

**1. TITLE OF THE CERTIFICATE (HU)**

55-813-01 Személyi edző

2. TRANSLATED TITLE OF THE CERTIFICATE (EN)

Personal trainer

(THIS TRANSLATION HAS NO LEGAL STATUS)

3. PROFILE OF SKILLS AND COMPETENCES**A typical holder of the certificate is able to:**

- function as a credible and positive role model;
- observe professional and ethical rules as well as legal regulations related to his/her job;
- learn about the client's health and fitness condition;
- support the client in his/her lifestyle changes;
- prepare long term, midterm and short term training objectives;
- prepare training programmes facilitating balanced physical ability development;
- take into account age and sex-related specificities;
- effectively manage interactional situations and apply motivation-inducing techniques;
- prevent injuries and accidents to the greatest possible extent;
- use and apply varied training equipment, locations and methods;
- cooperate with health professionals;
- apply the principles of healthy dieting in practice;
- assess the client's nutrition condition and physique as well as define the client's ideal weight;
- prepare individual body weight reduction purpose exercise programmes and nutrition plans, as well as effectively support their realisation.

4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

3722 Manager of fitness and recreational programmes

(*) Explanatory notes:

This document is designed to provide additional information about the specified certificate and does not serve as a legal certificate of vocational qualification. The format of the description is based on the following documents:

Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications; Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates, and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons undergoing training, volunteers, teachers and trainers.

More information on transparency is available at: <http://europass.cedefop.europa.eu/>

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5. OFFICIAL BASIS OF THE CERTIFICATE

<p>Name and status of the institute issuing the certificate</p>	<p>Name and status of the national/regional authority providing accreditation/recognition of the certificate</p> <p>Ministry of Human Capacities</p>												
<p>Level of the certificate (national or international)</p> <p>Level of vocational qualification according to the National Qualification Register: 55 advanced vocational qualification add-ons, which are based on vocational qualifications requiring the completion of the secondary school leaving exam and may be obtained primarily in formal education</p> <p>ISCED2011 code: 4</p> <p>NQF level: 5</p> <p>EQF level: 5</p>	<p>Grading scale / Pass requirements</p> <p>Five -grade: 5 excellent 4 good 3 satisfactory 2 pass 1 fail</p>												
<p>Certificate number: PT K</p> <p>Serial number: 123456</p> <p>Certificate issue date: 2023.10.02</p>	<p>Results achieved at the examination and their proportion expressed in percentage in the complex mark</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Oral examination</td> <td style="width: 45%;">Special training plans, nutrition</td> <td style="width: 10%; text-align: center;">5</td> <td style="width: 20%; text-align: center;">40.00</td> </tr> <tr> <td>Practical examination</td> <td>Designing and realising personal training plans</td> <td style="text-align: center;">5</td> <td style="text-align: center;">60.00</td> </tr> <tr> <td colspan="2">Result achieved at the complex vocational examination, expressed in grades.</td> <td style="text-align: center;">5</td> <td></td> </tr> </table>	Oral examination	Special training plans, nutrition	5	40.00	Practical examination	Designing and realising personal training plans	5	60.00	Result achieved at the complex vocational examination, expressed in grades.		5	
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<p>Access to next level of education/training</p> <p>To higher education</p>	<p>International agreements</p>												
<p>Other information concerning the vocational training process</p> <p>List of vocational prerequisites: 52 813 01 0100 33 01 Sports educator (denoting the actual sport) 52 813 01 0010 52 02 Sports trainer (denoting the actual sport) 52 813 01 0001 54 01 Manager of recreational exercise programmes (denoting the specialisation) 33 8962 01 Sports educator (denoting the actual sport) 52 8962 01 Sports trainer (denoting the actual sport) Tertiary-level degree in body culture Degree in physiotherapy</p>													
<p>Legal basis</p> <p>Act CLXXXVII of 2011 on Vocational Training Decree 23/2018 (VII. 18.) EMMI of the Minister of Human Resources amending Decree 27/2016 (IX. 16.) EMMI of the Minister of Human Resources on the professional and examination requirements of vocational qualifications falling within the sphere of competence of the Minister of Human Resources.</p>													

6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

Description of vocational education and training received	Percentage of total programme %	Duration (hours/weeks/months/years)
School-/training centre-based	Theory: 40 % Practice: 60 %	
Workplace-based		
Accredited prior learning		
Total duration of the education/training leading to the certificate		300 hours

Entry requirements:

- Secondary school leaving examination and
- 31 813 01 Sports educator (denoting the actual sport) or
- 54 813 02 Sports trainer (denoting the actual sport) or
- 54 813 01 Fitness and wellness instructor or
- 51 813 01 Aquatic trainer or
- 51 813 02 Group fitness instructor or
- 51 813 03 Fitness instructor

Vocational requirement modules:

10339-12 The theory and methodology of personal training
10340-12 Diet and body weight management
10341-12 Body shaping

This certificate supplement was prepared on the basis of the instruction for filling in the Certificate Supplement published on the homepages of the National Reference Point and the National Europass Centre.

National Reference Point – NSZFH – <http://nrk.nive.hu>

Head of Examination Organiser:
Issue date: 2023.10.02

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