

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

54-813-01 Fitness-wellness instruktör

2. TRANSLATED TITLE OF THE CERTIFICATE (EN)

Fitness and wellness instructor
(THIS TRANSLATION HAS NO LEGAL STATUS)

3. PROFILE OF SKILLS AND COMPETENCES

A typical holder of the certificate is able to:

- promote the importance of physical fitness and promote the physical activity taught;
- give classes with musical accompaniment of varying ambiance, dynamism and degree of training difficulty;
- offer physical activities for groups or individuals;
- compile a set of activities suited to the level of the actual group, adjust load intensity as suitable;
- plan and carry out activities suited for specific groups or age groups;
- demonstrate and teach activities;
- create a proper group atmosphere and motivate group members;
- recognise and correct faults, prevent injuries;
- give first-aid if necessary;
- professionally supervise training sessions using power builder and cardio equipment;
- perform fitness related advisory activities, (if necessary) prepare training plans;
- provide information on rules concerning the operation of the fitness centre;
- manage cash flow;
- carry out administrative tasks;
- sell products distributed by the department;
- cooperate in managing technical and personal problems;
- apply sales incentive and marketing communication techniques.

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

3722 Manager of fitness and recreational programmes
4222 Receptionist

(*) 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/>

©European Communities 2002 ©

5. OFFICIAL BASIS OF THE CERTIFICATE																																				
Name and status of the institute issuing the certificate		Name and status of the national/regional authority providing accreditation/recognition of the certificate Ministry of Human Capacities																																		
Level of the certificate (national or international) Level of vocational qualification according to the National Qualification Register: 54 advanced vocational qualifications, which require the completion of the secondary school leaving exam and may be obtained primarily in formal education ISCED2011 code: 4 NQF level: 5 EQF level: 5		Grading scale / Pass requirements Five -grade: 5 excellent 4 good 3 satisfactory 2 pass 1 fail																																		
Certificate number: PT K Serial number: 123456 Certificate issue date: 2023.10.02		Results achieved at the examination and their proportion expressed in percentage in the complex mark <table border="1"> <tbody> <tr> <td>Oral examination</td> <td>Health, training theory, gymnastics</td> <td>5</td> <td>20.00</td> </tr> <tr> <td>Oral examination</td> <td>Target group and physical activity related studies</td> <td>5</td> <td>10.00</td> </tr> <tr> <td>Practical examination</td> <td>Aqua training</td> <td>5</td> <td>10.00</td> </tr> <tr> <td>Practical examination</td> <td>Group fitness classes</td> <td>5</td> <td>20.00</td> </tr> <tr> <td>Practical examination</td> <td>Personal conditioning</td> <td>5</td> <td>20.00</td> </tr> <tr> <td>Practical examination</td> <td>Customer service</td> <td>5</td> <td>10.00</td> </tr> <tr> <td>Practical examination</td> <td>Special class types</td> <td>5</td> <td>10.00</td> </tr> <tr> <td colspan="2">Result achieved at the complex vocational examination, expressed in grades.</td> <td>5</td> <td></td> </tr> </tbody> </table>			Oral examination	Health, training theory, gymnastics	5	20.00	Oral examination	Target group and physical activity related studies	5	10.00	Practical examination	Aqua training	5	10.00	Practical examination	Group fitness classes	5	20.00	Practical examination	Personal conditioning	5	20.00	Practical examination	Customer service	5	10.00	Practical examination	Special class types	5	10.00	Result achieved at the complex vocational examination, expressed in grades.		5	
Oral examination	Health, training theory, gymnastics	5	20.00																																	
Oral examination	Target group and physical activity related studies	5	10.00																																	
Practical examination	Aqua training	5	10.00																																	
Practical examination	Group fitness classes	5	20.00																																	
Practical examination	Personal conditioning	5	20.00																																	
Practical examination	Customer service	5	10.00																																	
Practical examination	Special class types	5	10.00																																	
Result achieved at the complex vocational examination, expressed in grades.		5																																		
Access to next level of education/training To higher education		International agreements																																		
Other information concerning the vocational training process																																				
Legal basis Act CLXXXVII of 2011 on Vocational Training Decree 27/2016 (IX. 16.) EMMI of the Minister of Human Resources on the Vocational and Examination Requirements of Vocational Qualifications.																																				

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		2 years

Entry requirements:

- Secondary school leaving examination

Vocational requirement modules:

11498-12 Employment I (for training courses built on secondary school-leaving examination)

11499-12 Employment II

10323-12 Healthcare and first aid

10324-12 Training theory and gymnastics

10334-12 Aqua training

10336-12 Fitness room conditioning

10335-12 Group fitness classes

10338-12 Special classes and training activities

10337-16 Customer service in fitness and wellness facilities

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

SEAL