

**1. TITLE OF THE PROFESSION**

10145004 Személyi edző

2. TRANSLATED TITLE OF THE PROFESSION

Personal trainer

(THIS TRANSLATION HAS NO LEGAL STATUS)

3. PROFILE OF SKILLS AND COMPETENCES

- In addition to work as a gym trainer, the Personal Trainer is also able to perform the role of a personal trainer in the gyms of fitness and wellness clubs;
- is able to determine the client's physical and fitness status and, in addition to postural and movement analysis, to assess muscle balance and perform CORE muscle tests;
- is able to plan and conduct trainings for chronic patients, consulting with their doctor and taking the doctor's suggestions into account;
- draws up realistic and, if required, specific training goals based on the client's current condition, and assigns appropriate training tools and methods to achieve the goals;
- supervises the trainings carried out with various strength and cardio machines and other tools, provides assistance if necessary, corrects technical faults or gives advice to compile the training programme, and prepares a personalised training plan if required;
- formulates dietary recommendations to achieve a healthy lifestyle;
- confirms the client's motivation, provides accurate feedback on the effectiveness of the training, recommends changes to the training programme and modifies the training plan if necessary;
- plans and conducts sports activities according to the sensitive periods of age for motor skills development;
- plans and conducts training taking into account the health and functional needs of the developing body;
- plans and conducts extra-curricular activities in education and training institutions with the aim of developing motor skills;
- his/her activities aim to improve the fitness status of the population, promote healthy lifestyle, health preservation, and physical activity programmes;
- through oral consultation, written questionnaires or various IT and audio-visual tools, helps the client find an individual and/or collective recreational physical activity that suits his/her interests, fitness level, figure, and physical condition;
- provides information to clients on the accident prevention and safety regulations of the fitness facility, its services, the proper use of the machinery, the tools and equipment;
- complies with and enforces the accident prevention and safety regulations for the use of the fitness facility and the sports equipment;
- provides first aid according to the rules of the profession if necessary;
- has the complex skills needed to professionally help clients develop a health-conscious lifestyle, thereby improving the quality of life for those working with him/her.

4. CLASSIFICATION OF THE VOCATIONAL TRAINING ACCORDING TO THE ISCED FIELDS OF EDUCATION AND TRAINING (ISCED-F)

1014 Sports

(*) Explanatory notes:

¹ In the original language. | ² The translation of the designation is provided for information purposes only. | ³ Fill it out if necessary. The certificate supplement provides additional information on the qualification but have no legal value in itself. The format of the description is in conformity with Decision (EU) 2018/646 of the European Parliament and of the Council of 18 April 2018 on a common framework for the provision of better services for skills and qualifications (Europass) and repealing Decision No 2241/2004/EC.

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5. OFFICIAL BASIS OF THE CERTIFICATE

Name and status of the authority issuing the certificate	Name and status of the national/regional authority providing accreditation/recognition of the certificate Ministry for Innovation and Technology																		
Level of the certificate (national or international) NQF level: 5 EQF level: 5 Digital Competence Framework level: 5	Grading scale / Pass requirements Five -grade: 5 excellent 4 good 3 satisfactory 2 pass 1 fail																		
Certificate number: CXK A Serial number: 123456 Certificate issue date: 2023.12.07	Designation of the theoretical and practical subjects of the vocational qualification examination and their grades according to a five-grade scale <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td colspan="3">written</td> </tr> <tr> <td style="width: 80%;">Personal trainer central written examination</td> <td style="width: 10%; text-align: center;">100%</td> <td style="width: 10%; text-align: center;">5</td> </tr> <tr> <td colspan="3">project exercise</td> </tr> <tr> <td>Personal trainer portfolio development and implementation of training programme</td> <td style="text-align: center;">100%</td> <td style="text-align: center;">5</td> </tr> <tr> <td colspan="3">Result of the qualification examination</td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> <td style="text-align: center;">5</td> </tr> </table>	written			Personal trainer central written examination	100%	5	project exercise			Personal trainer portfolio development and implementation of training programme	100%	5	Result of the qualification examination				100%	5
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Access to next level of education/training To higher education	International agreements																		
Other information concerning the vocational training process Government Decree 157/2004 (V. 18.)																			
Legal basis Government Decree 12/2020 (II. 7.) on the Implementation of the Vocational Education and Training Act, Government Decree 319/2020 (VII. 1.) on the amendment of Government Decree 12/2020 (II. 7.) on the Implementation of the Vocational Education and Training Act, Government Decree 11/2020 (II. 7.) on the Implementation of the Act on Adult Education, Government Decree 292/2023 (VII. 6.) on the amendments to government decrees due to the ex-post impact assessment of the transformation in vocational education and training.																			

6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

Description of the sectoral basic training and the theoretical and practical vocational training	Distribution of programme elements in percentage
Total duration of the education/training	250 hours

Entry requirements:

- Educational attainment: secondary school-leaving examination
- Professional qualification: The following professional qualifications recognized by the state in the sports sector: - Sports coach (with the indication of the sport) - Sports instructor (with the indication of the sport) - Fitness-wellness instructor - Aqua trainer - Group fitness instructor - Fitness instructor - Recreational exercise programme manager (with the indication of the specialisation) - Dance instructor
Furthermore: - Tertiary physical education qualification - Physiotherapy qualification
Professional qualifications obtained within the framework of higher education indicated as a necessary professional qualification are listed in Government decree 157/2004. (V.18.) - on the list of qualifications required for the exercise of qualification-related activities in the field of sports.
- Medical fitness requirement: necessary

Further information:

WRITTEN EXAMINATION EXERCISES

- The exam part examines the acquisition of the theoretical background of the practical tasks with test-like tasks. The questions focus on physiological knowledge, first aid, training theory, gymnastics, individual conditioning, as well as basic pedagogical and psychological knowledge. These can include: true-false statements, single-choice, multiple-choice, closed-ended text completion, concept matching, figure recognition and completion as well as matching tasks (classification, relationship between two or three sets).

PROJECT EXERCISES

A) Portfolio: a document compiled from the candidate's progress, results, and works, certified by the mentoring practical instructor or specialist teacher. The portfolio is developed during the entire duration of the training. Content of the portfolio: 1.) Introduction: Goals, motivations, expectations. 2.) Documents: generated documents (e.g. the products of individual and/or group work, curriculum, feedback received from teammates and trainers; photographs; videos, reflections/self-reflections; study logs, etc.) Training plan for one macrocycle of the annual training plan for the development of one selected motor skill. The examinee's own training diary: tracking and documenting the student's own physical fitness and development throughout the entire period of study. 3.) Summary: summary, analysis and (self) evaluation of the professional development path, experiences and personal and group development. Defense of the portfolio: The candidate presents the content of their portfolio to the examination committee.

- B) Conducting the training programme The examinee plans, prepares, interprets and conducts an individual or group functional training program drawn from the list of practical exercises. Each item contains: a warm-up task, a strengthening and stretching task for a specific muscle group or one focused on group functional training, as well as an endurance-building task. Professional discussion with the examination committee.

You can find more information on the Programme and System Requirements in the following link: <https://ikk.hu>
This certificate supplement was elaborated in accordance with the programme requirements registered by the minister responsible for VET.

National Reference Point: National Office of Vocational Education and Training and Adult Learning:
<https://nrk.nive.hu>

Head of Examination Organiser:

Issue date: 2023.12.07

SEAL