

**1. TITLE OF THE PROFESSION**

5 1014 20 01 Fitness-Wellness Instruktör

**2. TRANSLATED TITLE OF THE PROFESSION**

Fitness-Wellness Instructor

(THIS TRANSLATION HAS NO LEGAL STATUS)

**3. PROFILE OF SKILLS AND COMPETENCES**

- independently plan, organise and lead group and individual training sessions and exercise programmes in recreational sports facilities (e.g. fitness and wellness clubs, hotel wellness centres, swimming pools, leisure centres, gyms, etc.) in possession of a broad base of knowledge in sport and movement science;
- direct their activities towards improving the fitness of the population and promote healthy lifestyles, health preservation and physical activity programmes;
- help the client, through verbal consultation, written questionnaires or various video technologies, to find an individual and/or collective recreational exercise programme that suits the client's interests, fitness level, body type and physical condition;
- perform customer service, reception and marketing communication tasks in sports facilities;
- inform clients about the accident prevention and safety regulations of the fitness-wellness facility, its services, the proper use of machinery, tools and equipment;
- observe and enforce the accident prevention and safety regulations of the fitness-wellness facility;
- administer first aid as necessary according to the rules of the profession;
- provide professional assistance, based on a complex competence, for the client to develop a health-conscious lifestyle.

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

3722 Fitness and recreation instructor and programme leader

4222 Receptionist

**(\*) Explanatory notes:**

<sup>1</sup> In the original language. | <sup>2</sup> The translation of the designation is provided for information purposes only. | <sup>3</sup> 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

<p><b>Name and status of the authority issuing the certificate</b></p>	<p><b>Name and status of the national/regional authority providing accreditation/recognition of the certificate</b></p> <p>Ministry for Innovation and Technology</p>																				
<p><b>Level of the certificate (national or international)</b></p> <p><b>NQF level:</b> 5</p> <p><b>EQF level:</b> 5</p> <p><b>Digital Competence Framework level:</b> 4</p>	<p><b>Grading scale / Pass requirements</b></p> <p>Five -grade: 5 excellent 4 good 3 satisfactory 2 pass 1 fail</p> <p>The prerequisite of being eligible to sit for a sectoral basic examination is the successful completion of all the required training courses, or the recognised prior learning should incorporate the requirements of the sectoral basic examination. The prerequisite of being eligible to sit for a vocational examination is the successful completion of all the training courses and the uninterrupted professional practice required. In case the student is required to pass a sectoral basic examination, latter shall be recognised with the following weighting: The result of the basic sectoral examination will be computed into that of the vocational examination with the following weighting: Sectoral basic examination: 10%, Vocational examination: 90%</p>																				
<p><b>Certificate number:</b> CXK A</p> <p>Serial number: 123456</p> <p><b>Certificate issue date:</b> 2023.12.07</p>	<p><b>Designation of the theoretical and practical subjects of the sectoral basic examination and the vocational examination and their grades according to a five-grade scale</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2"><b>Sectoral basic examination :</b> The examination was passed based on recognised prior learning</td> </tr> <tr> <td colspan="2"><b>Vocational examination</b></td> </tr> <tr> <td colspan="2"><b>central interactive</b></td> </tr> <tr> <td style="width: 80%;">Health, training theory, customer service</td> <td style="text-align: center;">5</td> </tr> <tr> <td colspan="2"><b>project exercise</b></td> </tr> <tr> <td style="width: 80%;">Fitness-wellness instructor practical final examination</td> <td style="text-align: center;">5</td> </tr> <tr> <td colspan="2">Result of the vocational examination in percentage</td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> </tr> <tr> <td colspan="2">Result of the vocational examination with grades</td> </tr> <tr> <td></td> <td style="text-align: center;">5</td> </tr> </table>	<b>Sectoral basic examination :</b> The examination was passed based on recognised prior learning		<b>Vocational examination</b>		<b>central interactive</b>		Health, training theory, customer service	5	<b>project exercise</b>		Fitness-wellness instructor practical final examination	5	Result of the vocational examination in percentage			100%	Result of the vocational examination with grades			5
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<p><b>Access to next level of education/training</b></p>	<p><b>International agreements</b></p>																				
<p><b>Other information concerning the vocational training process</b></p>																					
<p><b>Legal basis</b></p> <p>Government Decree 12/2020 (II. 7.) on the Implementation of the Vocational Education and Training Act, Act LXXX of 2019 on Vocational Education and Training.</p>																					

## 6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE SUPPLEMENT

Description of the sectoral basic training and the theoretical and practical vocational training	Distribution of the total number of hours of the programme
Total duration of the education/training	2186 hours

### Entry requirements:

- School prequalification: primary education
- Occupational health fitness assessment: required
- Career aptitude test: required. In the career aptitude test, motor skills and 50m of deep water swimming in any stroke is assessed.

### Further information:

VOCATIONAL PRACTICAL SUBJECT	HOURS
Training programme I	12 hour
Gymnastics I	12 hour
first aid	12 hour
Training programme II	12 hour
Gymnastics II	12 hour
Sports organisation knowledge	12 hour
Sports basics	12 hour
Aqua training	12 hour
Group and special training session types	12 hour
Individual physical conditioning	12 hour
Customer service	12 hour

VOCATIONAL THEORETICAL SUBJECT	HOURS
Vocational knowledge	12 hour
Vocational foreign language knowledge	12 hour
Anatomy and biology knowledge	12 hour
Hygiene	12 hour
Training theory I	12 hour
Training programme I	12 hour
Gymnastics I	12 hour
first aid	12 hour
Functional anatomy	12 hour
Exercise physiology	12 hour
Training theory II	12 hour
Training programme II	12 hour
Gymnastics II	12 hour
Communication	12 hour
Sports organisation knowledge	12 hour
Sports history	12 hour
Pedagogy	12 hour
Psychology	12 hour
Sports management and marketing	12 hour
Sports basics	12 hour
Aqua training	12 hour
Group and special training session types	12 hour
Individual physical conditioning	12 hour
Customer service	12 hour
Continuous field practice	160 hour
Altogether	580 hour

Link to the Training and Outcome Requirements and the Programme Plans: <https://ikk.hu>

The present diploma supplement was elaborated in compliance with Government Decree 12/2020 (II. 7.) on the implementation of the Act on Vocational Education and Training.

**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**

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