



**1. TITLE OF THE PROFESSION**

10144003 Csportos fitness instruktör

**2. TRANSLATED TITLE OF THE PROFESSION**

Group fitness instructor  
(THIS TRANSLATION HAS NO LEGAL STATUS)

**3. PROFILE OF SKILLS AND COMPETENCES**

- choose the appropriate music for different types of classes;
- compile a series of exercises suited to the knowledge level of the group;
- adequately adjust the intensity of the effort;
- demonstrate exercises in a technically correct and aesthetic manner;
- motivate class participants;
- recognise and correct mistakes;
- prevent injuries;
- give first-aid if necessary;
- create a pleasant class atmosphere;
- recognise and deal with class members requiring individual attention;
- give classes of varying ambiance, dynamic and degree of training difficulty.

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

1014 Sports

**(\*) 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

<b>Name and status of the authority issuing the certificate</b>	<b>Name and status of the national/regional authority providing accreditation/recognition of the certificate</b> Ministry of Human Resources																		
<b>Level of the certificate (national or international)</b> NQF level: 4 EQF level: 4 Digital Competence Framework level: 4	<b>Grading scale / Pass requirements</b> Five -grade: 5 excellent 4 good 3 satisfactory 2 pass 1 fail																		
Certificate number: CXK A  Serial number: 123456 Certificate issue date: 2025.03.13	<b>Designation of the theoretical and practical subjects of the vocational qualification examination and their grades according to a five-grade scale</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td colspan="3"><b>written</b></td> </tr> <tr> <td style="width: 80%;">Group fitness instructor central written exam</td> <td style="width: 10%; text-align: center;">100%</td> <td style="width: 10%; text-align: center;">5</td> </tr> <tr> <td colspan="3"><b>project exercise</b></td> </tr> <tr> <td>Creating a group fitness instructor portfolio and running a training program</td> <td style="text-align: center;">100%</td> <td style="text-align: center;">5</td> </tr> <tr> <td colspan="3"><b>Result of the qualification examination</b></td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> <td style="text-align: center;">5</td> </tr> </table>	<b>written</b>			Group fitness instructor central written exam	100%	5	<b>project exercise</b>			Creating a group fitness instructor portfolio and running a training program	100%	5	<b>Result of the qualification examination</b>				100%	5
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<b>Access to next level of education/training</b> To higher education	<b>International agreements</b>																		
<b>Other information concerning the vocational training process</b>																			
<b>Legal basis</b> 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, Act LXXX of 2019 on 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
<p><b>Entry requirements:</b></p> <ul style="list-style-type: none"><li>- Secondary school leaving examination</li></ul> <p><b>Further information:</b></p> <p>WRITTEN EXAMINATION EXERCISES</p> <p>physiology First aid theory of training gymnastics group conditioning basic pedagogy and psychology</p> <p>PROJECT EXERCISES</p> <p>training diary, training plan, group lesson plan sports education and training verbal and nonverbal communication use of music, sense of rhythm motivation, class atmosphere functional anatomy use of technical language error correction, evaluation management style Communication compliance with accident prevention regulations</p> <p>You can find more information on the Programme and System Requirements in the following link: <a href="https://ikk.hu">https://ikk.hu</a> This certificate supplement was elaborated in accordance with the programme requirements registered by the minister responsible for VET.</p> <p><b>National Reference Point: National Office of Vocational Education and Training and Adult Learning: <a href="https://nrk.nive.hu">https://nrk.nive.hu</a></b></p>	

Head of Examination Organiser: Issue date: 2025.03.13	SEAL
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