



EUROPASS CERTIFICATE SUPPLEMENT (*)



1. TITLE OF THE CERTIFICATE (ET)⁽¹⁾

Kulturismi, fitnessi ja jõusaalitreener I

⁽¹⁾ In the original language

2. TRANSLATED TITLE OF THE CERTIFICATE (EN)⁽¹⁾

Bodybuilding and fitness trainer I

⁽¹⁾ If applicable. This translation has no legal status.

3. PROFILE OF SKILLS AND COMPETENCES

Has basic knowledge of how to develop physical abilities of a person
Has interpersonal and group management skills
Understands and is able to conduct training lessons according to a specific training plan
Considers the age- and gender-specific characteristics of the trainees while conducting training lessons
Ensures general safety of the trainees and provides first aid, if required
Is familiar with and adheres to the coach's professional ethics
Has basic knowledge of the competition regulations and terminology related to Bodybuilding and fitness

4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE ⁽¹⁾

Trainer; sports specialist supervising athletes and other parties involved in sports.

⁽¹⁾ If applicable

^(*) Explanatory note

This document is designed to provide additional information about the specified certificate and does not have any legal status in itself. The format of the description is based on the following texts: 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 available at: <http://europass.cedefop.eu.int>

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5. OFFICIAL BASIS OF THE CERTIFICATE

<p>Name and status of the body awarding the certificate</p> <p>Eesti Olümpiakomitee [Estonian Olympics Committee] Pirita tee 12, 10127 Tallinn, Estonia Tel +372 6031500 Fax 0372 6031501 e-post eok@eok.ee www.eok.ee</p> <p>A non-profit organisation founded in 1923 and restored in 1989. Its members include Estonian sports federations, sports associations, sports unions of rural municipalities and cities, and natural persons. Its activities are based on the Olympic Charter.</p>	<p>Name and status of the national/regional authority providing accreditation/recognition of the certificate</p> <p>Estonian Qualification Authority Pärnu mnt 142, 11317 Tallinn, Eesti Tel +372 679 1700 Fax +372 679 1701 e-mail kutsekoda@kutsekoda.ee www.kutsekoda.ee</p> <p>The Estonian Qualification Authority was established in August 2001 in order to continue developing the professional qualifications system launched by the Estonian Chamber of Commerce and Industry in 1997. The objectives of the Estonian Qualification Authority lie in facilitating the establishment and development of an integrated and organised professional qualifications system, establishing prerequisites for achieving comparability of the qualifications of Estonian employees as well as acknowledgement of other countries, and managing the state register of professions as an authorised processor of the register.</p>
<p>Level of the certificate (national or international)</p> <p>National: Estonian professional qualifications system I level of the certificate</p>	<p>Grading scale / Pass requirements</p> <p>Theory examination (written test) and examination on practical skills</p>
<p>Access to next level of education/training</p> <p>Bodybuilding and fitness trainer II</p>	<p>International agreements</p> <p>None in the filed</p>
<p>Legal basis</p> <p>Professions Act (RT I 2003, 83, 559; 01.01.2004)</p>	

6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

<p>Prerequisites for application for a certificate (level of education or training, work experience, in-service training, etc.) Indicate duration in time if necessary.</p>								
<p>Prerequisites</p> <table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Training</td> <td rowspan="2" style="width: 50%; vertical-align: top;"> <p>60 academic hours on the basis of the coach's curriculum for level I.</p> </td> </tr> <tr> <td>Age</td> </tr> <tr> <td> </td> <td style="vertical-align: top;"> <p>18 years minimum.</p> </td> </tr> <tr> <td> </td> <td> </td> </tr> </table>	Training	<p>60 academic hours on the basis of the coach's curriculum for level I.</p>	Age		<p>18 years minimum.</p>			<p>Duration (hours, weeks, months, years)</p>
Training	<p>60 academic hours on the basis of the coach's curriculum for level I.</p>							
Age								
	<p>18 years minimum.</p>							
<p>Entry requirements</p> <p>Basic education</p>								

Additional information

More information (including a description of the national qualifications system) available at:

www.kutsekoda.ee