



# EUROPASS CERTIFICATE SUPPLEMENT (\*)



Republic of Estonia

## 1. TITLE OF THE CERTIFICATE (ET)<sup>(1)</sup>

**Kulturismi, fitnessi ja jõusaalitreener IV**

<sup>(1)</sup> In the original language

## 2. TRANSLATED TITLE OF THE CERTIFICATE (EN)<sup>(1)</sup>

**Bodybuilding and fitness trainer IV**

<sup>(1)</sup> If applicable. This translation has no legal status.

## 3. PROFILE OF SKILLS AND COMPETENCES

Has knowledge and experience of forming training groups on the basis of athletes' sports results and abilities, and counsels other coaches on formation of training groups  
Masters contemporary theory and methodology for development of physical abilities  
Is familiar with and applies in practice scientific research methodology  
Has knowledge and experience of preparing individual training plans and development plans based on athletes' physical and mental abilities  
On determination of weights and exercises to be used, takes into account the age and gender specific qualities and the state of health of those being supervised  
Is able to ensure safety of the trainees and provides first aid, if required  
Masters the teaching of bodybuilding and fitness technique and tactics, and the methodology for professional training  
Masters the methodology of preparing athletes for competitions; can supervise athletes in competitions  
Is familiar with and adheres to the coach's professional ethics  
Is familiar with the competition regulations and terminology related to rhythmic gymnastics

## 4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE <sup>(1)</sup>

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

<sup>(1)</sup> If applicable

### <sup>(\*)</sup> 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><b>Name and status of the body awarding the certificate</b></p> <p>Eesti Olümpiakomitee [Estonian Olympics Committee]  Pirita tee 12,  10127 Tallinn, Estonia  Tel +372 6031500  Fax 0372 6031501  e-post <a href="mailto:eok@eok.ee">eok@eok.ee</a>  <a href="http://www.eok.ee">www.eok.ee</a></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><b>Name and status of the national/regional authority providing accreditation/recognition of the certificate</b></p> <p>Estonian Qualification Authority  Pärnu mnt 142,  11317 Tallinn, Eesti  Tel +372 679 1700  Fax +372 679 1701  e-mail <a href="mailto:kutsekoda@kutsekoda.ee">kutsekoda@kutsekoda.ee</a>  <a href="http://www.kutsekoda.ee">www.kutsekoda.ee</a></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><b>Level of the certificate (national or international)</b></p> <p>National:  Estonian professional qualifications system  IV level of the certificate</p>	<p><b>Grading scale / Pass requirements</b></p> <p>Theory examination (written test) and examination on practical skills</p>
<p><b>Access to next level of education/training</b></p> <p>Bodybuilding and fitness trainer V</p>	<p><b>International agreements</b></p> <p>None in the filed</p>
<p><b>Legal basis</b></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><b>Prerequisites</b></p>	<p><b>Duration (hours, weeks, months, years)</b></p>

Work experience	<p>10 years – when applying for the IV level of the certificate on the basis of the III level of the certificate</p> <p>3 years – when applying for the IV level of the certificate on the basis of higher education in sports acquired within the past 5 years</p> <p>8 years – when applying for the IV level of the certificate on the basis of higher education in sports acquired earlier than within the past 6 years</p>
Training	40 academic hours of professional training within the past 4 years
Age	<p>31 years minimum – when applying for the IV level of the certificate on the basis of the III level of the certificate</p> <p>24 years minimum - when applying for the IV level of the certificate on the basis of higher education in sports</p>
<p><b>Entry requirements (required)</b></p> <p>Secondary education</p> <p><b>Additional information</b></p> <p>More information (including a description of the national qualifications system) available at:  <a href="http://www.kutsekoda.ee">www.kutsekoda.ee</a></p>	