

Saudi Fitness Standards Technical Expert Group (TEG)

Skills and Underpinning Knowledge for

Fitness Assistant

(Saudi Arabia Level 2 referenced to
EuropeActive L2 EQF2)

as part of the Saudi Fitness Instructor
Learning Outcomes Framework



General Sports Authority
الهيئة العامة للرياضة



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Saudi Fitness Assistant

This document supports the Saudi Competence Framework and contains the essential Skills and Knowledge written as Learning Outcomes, based on occupational purposes, required to work as a Fitness Assistant in the Health and Fitness Industry in Saudi Arabia, mapped to EuropeActive Standards Level 2 (EQF-2).

These Standards and the Education associated are purpose and outcome driven, aligned with Arabian Standards Occupational Classification (ASOC) and with Vision 2030’s aim to promote the creation of diversified employment opportunities for Saudi nationals.

All fitness assistants will require a Basic Core Knowledge related to the context of healthy active lifestyle promotion and safety principles in a fitness environment.

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Notes:

- Health and safety issues are integrated in other units.
- It is assumed that the Saudi Fitness Assistant (Level 2 EQF,) will have acquired all knowledge required to work as a Fitness Assistant as identified in the Sr Guide (Level 3 EQF, Fitness Instructor). Personal trainer must Be CPR certified.

SECTION 1: INTRODUCTORY INFORMATION

Health and sport are of increasing relevance in Saudi society. As in other countries, sport is an important element of economic, social and health related factors. The aim of fitness occupational standards is to support Saudi Vision 2030 themes: “Vibrant Society with Fulfilling Lives” and “Thriving Economy with rewarding Opportunities”.

Living healthy, being healthy

A healthy and balanced lifestyle is an essential mainstay of a high quality of life. Yet opportunities for the regular practice of sports have often been limited. This will change. We intend to encourage widespread and regular participation in sports and athletic activities, working in partnership with the private sector to establish additional dedicated facilities and programs. This will enable citizens and residents to engage in a wide variety of sports and leisure pursuits. We aspire to excel in sport and be among the leaders in selected sports regionally and globally.

Furthermore, Vision 2030 sets a clear target to increase sports participation:

- To increase the ratio of individuals exercising at least once a week from 13% of population to 40%

This objective represents a clear opportunity for the Health and Fitness Industry, however it also creates the responsibility to develop sufficient qualified exercise professionals that can service this new flow of participants in physical activity.

Thriving Economy Rewarding Opportunities

The skills and competencies of our children are one of the most important and cherished assets. To make the most of their potential, we will build a culture that rewards determination, provides opportunities for all and helps everyone acquire the necessary skills to achieve their personal goals. To this end, we will reinforce the ability of our economy to generate diverse job opportunities and institute a new paradigm in attracting global talents and qualifications.

On the economic aspects, three goals under the “Thriving Economy” theme are related to the potential contribution of a growing sports economy:

- To lower the rate of unemployment from 11.6% to 7%,
- To increase SME contribution to GDP from 20% to 35%
- To increase women’s participation in the workforce from 22% to 30%

It is also relevant, the following areas of work under the same theme, were health and fitness can be a catalyst for change:

Learning for Working

We will continue investing in education and training so that our young men and women are equipped for the jobs of the future. We want Saudi children, wherever they live, to enjoy higher quality, multi-faceted education.

Boosting our Small Businesses and Productive Families

Small and medium-sized enterprises (SMEs) are among the most important agents of economic growth; they create jobs, support innovation and boost

exports. SMEs in the Kingdom are not yet major contributors to our GDP, especially when compared to advanced economies. Therefore, we will strive to create suitable job opportunities for our citizens by supporting SME entrepreneurship, privatization and investments in new industries.

Providing Equal Opportunities

Our economy will provide opportunities for everyone – men and women, young and old – so they may contribute to the best of their abilities. We will place a renewed emphasis on lifelong training and we will seek to make the most of the potential of our workforce by encouraging a culture of high performance. One of our most significant assets is our lively and vibrant youth. We will guarantee their skills are developed and properly deployed.

SECTION 2: SAUDI OCUPATIONAL STANDARDS FRAMEWORK

Saudi Occupational Standards and the EQF, what are its benefits?

The Saudi Fitness Occupational Standards are referenced to EuropeActive’s Standards which follow the level system defined by the European Qualifications Framework (EQF).

EQF is a common European reference system which will link different countries’ national qualifications systems and frameworks together. In practice, it will function as a translation device making qualifications more readable. This will help learners and workers wishing to move between countries or change jobs or move between educational institutions at home.

Why does the EQF use learning outcomes?

The EQF uses 8 reference levels based on learning outcomes (defined in terms of knowledge, skills and competences). The EQF shifts the focus from input (lengths of a learning experience, type of institution) to what a person holding a qualification knows and can do. Shifting the focus to learning outcomes:

- supports a better match between the needs of the labor market (for knowledge, skills and competences) and education and training provision
- facilitates the validation of non-formal and informal learning
- facilitates the transfer and use of qualifications across different countries and education and training systems.

It also recognizes that Europe’s education systems are so diverse that comparisons based on inputs, say length of study, are impracticable.

What does level 2 mean at EQF?

| EQF Level | Knowledge | Skills | Competences |
|--|--|---|---|
| | In the context of EQF, knowledge is described as theoretical and/or factual. | In the context of EQF, skills are described as cognitive (involving the use of logical, intuitive and creative thinking) and practical (involving manual dexterity and the use of methods, materials, tools and instruments). | In the context of EQF, competence is described in terms of responsibility and autonomy. |
| .. The learning outcomes relevant to Level 2 are | Basic factual knowledge of a field of work or study | Basic cognitive and practical skills required to use relevant information to carry out tasks and to solve routine problems using simple rules and tools .. | Work or study under supervision with some autonomy |

What does level 2 mean at Fitness QF?

| EQF Level | Occupation | EuropeActive Standards | Target Audience |
|-----------|-------------------|---|---|
| Level 2 | Fitness Assistant | EuropeActive Level 2 Core knowledge of how the body works Core knowledge on how to adopt an active healthy lifestyle Core knowledge of how to ensure a safe, clean and friendly environment | General Population (age group 14+ years) |

SECTION 3: SAUDI FITNESS ASSISTANT – Mapped to EuropeActive (EQF Level 2)

Skills and Underpinning Knowledge for Fitness Assistant, part of the Saudi Fitness Learning Outcomes Framework

Occupational Title Fitness Assistant

Occupational Purpose

The purpose of a Fitness Assistant is to promote health and fitness participation of new and existing members. Also, to provide a friendly and informative fitness environment, actively assisting other workers and members.

Occupational Description

A fitness assistant works to provide a clean, safe and friendly environment that promotes regular member attendance and satisfaction. They are a source of information and encouragement for all members and actively assist fitness instructors wherever possible.

Occupational Roles

A fitness assistant should be able to:

- 1) Provide safe, clean and friendly fitness environment;
- 2) Promote fitness exercise as a part of a healthy lifestyle and be a positive example of it;
- 3) Support fitness and health-related motives and goals for individuals;
- 4) Provide information about the role of physical activity, modes of exercise and related services;
- 5) Observe clients/members always and inform them where necessary about health and safety requirements and emergency procedures in the fitness environment;
- 6) Positively interact and motivate clients/members to participate in regular physical activity;
- 7) Promote healthy activities for daily living to clients/members (lifestyle management);
- 8) Promote customer referral: invite customers to bring friend and family along and promote their fitness activities in their social environment;
- 9) Work within the parameters given at Level 2, recognizing the standards and professional limitations that this provides, referring to appropriate members of staff for guidance and support.

Core Fitness Knowledge

Section Overview

- Knowledge and understanding of how the body works
- Knowledge and understanding of how to adopt an active, healthy lifestyle
- Knowledge and understanding of how to ensure a safe, clean and friendly environment

Section Headings

1. How the body works

1.1 Fundamentals of skeletal system (Names and movement of the skeletal bone and joints)

1.2 Fundamentals of muscular system (name and location of muscles structure)

1.3 Fundamentals of cardiorespiratory system (Components of the pulmonary circulatory system and its role in exercise)

1.4 Fundamentals of energy system and nutrition (Introduction to energy sources and basic nutrients and its relationship to exercise)

2. How to adopt an active, healthy lifestyle

2.1 Principles of active healthy living

2.2 Components of an active healthy lifestyle

2.3 Incorporating physical activity in daily life

2.4 Components of an activity session

2.5 Recording physical activity in a personal activity log (PAL). (Basic measurements, knowledge and operation of basic equipment, and how to properly support trainees)

2.6 Healthy living and active lifestyle motivational techniques (motivating and encouraging within the limits of his knowledge)

3 How to ensure a safe, clean and friendly environment

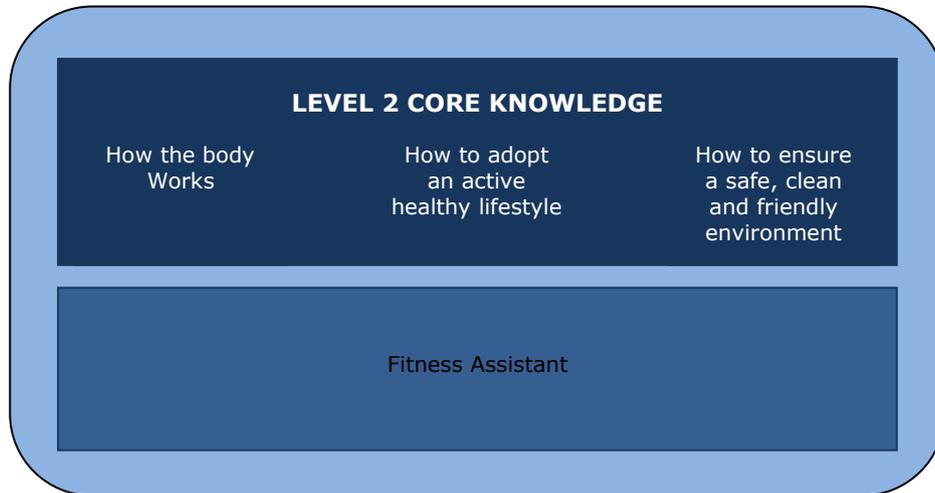
3.1 Health and safety principles in physical activity

3.2 Health and safety requirements and emergency procedures in the fitness environment

3.3 Customer service

**Fitness Assistant
Knowledge Areas**

Fitness Assistant



Section 1 - CORE FITNESS KNOWLEDGE

Section Overview

- Knowledge and understanding of body works principles
- Knowledge of principles of safe and healthy fitness environment

Section Headings

1. How the body works

- 1.1. Fundamentals of skeletal system
- 1.2. Fundamentals of muscular system
- 1.3. Fundamentals of cardio-respiratory system
- 1.4. Fundamentals of energy systems and nutrition

2. How to adopt an active, healthy lifestyle

- 2.1 Principles of active healthy living
- 2.2 Components of an active healthy lifestyle
- 2.3 Incorporating physical activity in daily life
- 2.4 Components of an activity session
- 2.5 Recording physical activity in a personal activity log (PAL).
- 2.6 Healthy living and active lifestyle motivational techniques.

3. How to ensure a safe, clean and friendly environment

- 3.1 Health and safety principles in physical activity
- 3.2 Health and fitness requirements for accidents prevention and emergency procedures in fitness environments
- 3.3 Fundamentals of Customer Service

Content Summary and Learning Outcomes:

1. How the body works

1.1. Fundamentals of skeletal system

Learners should demonstrate knowledge and understanding of:

- The major bones in the human body
- The functions of the skeleton
- The structures of the skeleton

1.2. Fundamentals of muscular system

Learners should demonstrate knowledge and understanding of:

- The location of the main skeletal muscles
- The functions of the muscular system
- The structures of the muscular system

1.3. Fundamentals of cardio-respiratory system

Learners should demonstrate knowledge and understanding of:

- The main function of the lungs
- The structure of the lungs
- The main function of the heart
- The structure of the heart

1.4. Fundamentals of energy systems and nutrition

Learners should demonstrate knowledge and understanding of:

- The benefits of balance between nutrition and activity
- The different nutrient groups
- The daily intake of nutrients required for the body
- The types of fuels used to provide energy for activity

2. How to adopt an active, healthy lifestyle

2.1. Principles of active healthy living

Learners should demonstrate knowledge and understanding of:

- Types of activities and exercises that help to maintain physical health and fitness
- Benefits of leading an active healthy lifestyle
- Conditions affecting health
 1. Inactive lifestyles
 2. Poor nutrition
 3. Factors affecting health

- Risk factors for coronary heart disease
- Risk factors linked to overweight and obesity

2.2. Components of active healthy lifestyle

Learners should demonstrate knowledge and understanding of:

- The five components of physical fitness
- WHO Guidelines for physical activity (WHO, 2011)

2.3. Incorporating physical activity in daily life

Learners should demonstrate knowledge and understanding of:

- Different types of activities and active choices that can be incorporated into daily life

2.4 Components of an activity session

Learners should demonstrate knowledge and understanding of:

- The purpose and basic structure of a:
 1. Warm up
 2. Main session
 3. Cooldown
- Methods of monitoring intensity

2.5 Recording physical activity and healthy choices in a personal activity log (PAL).

Learners should demonstrate knowledge and understanding of:

- Recording personal information regarding active behaviors (basic measurements, knowledge and operation of basic equipment, i.e. PA trackers).
- Nutritional changes to daily dietary intake
- How to properly support participants

2.6 Healthy living and active lifestyle motivational techniques

Learners should demonstrate knowledge and understanding of:

- Motivating and encouraging techniques within their limits of knowledge

3. How to ensure a safe, clean and friendly environment

3.1 Health and safety principles in physical activity

Learners should demonstrate knowledge and understanding of:

- Health and safety principles when preparing to take part in physical activity
- Choosing safe and effective physical activity
- The purpose of a PARQ screening form

3.2. Health and fitness requirements for accidents prevention and emergency procedures in fitness environment

Learners should demonstrate knowledge and understanding of:

- The national legal responsibilities of the fitness assistant
- National and local requirements and procedures in the working environment/Risk assessment/Identifying procedure.
- Ways and methods for dealing with emergencies accordingly to international recognize procedures (in example, *AHA/ACSM Joint Statement: Recommendations for cardiovascular screening, staffing, and emergency policies at health/fitness facilities*, from 1998).
- An absolute duty of care to be aware of their working environment and to be able to prevent accidents and emergencies – and to protect themselves, their colleagues and clients.
- Their legal responsibilities and accountability when dealing with the public and awareness of the need for honesty and accuracy in substantiating their claims of authenticity when promoting their services in the public domain.

3.3. Fundamentals of Customer Service

Learners should demonstrate knowledge and understanding of:

- The definition of the exercise customer
- How to welcome and receive the customer
- The need and how to be service oriented
- How to approach and respond to customers in a positive way
- The basic principles of customer service
- How to be open and friendly all the time
- The methods and practices, which contribute to effective customer care
- The basic skills of effective customer care: *Communication and Body language*