

EUROPEAN NETWORK OF SPORT SCIENCE, EDUCATION AND EMPLOYMENT

Sport and physical activity in Europe:

Preparing and sustaining effective professionals and volunteers

8TH FORUM **ENSSEE**

Incorporating the biennial Forum of the International Council for Coach Education

Thematic Network Project Aligning a European Higher Education Structure In Sport Science

- AEHESIS -

ALLAN PILKINGTON
-Coordinator Health & Fitness Area -

Saturday 03rd September 2005
Limerick, Ireland

Structure of the Presentation

1. Brief presentation of the AEHESIS Project
2. The Health and Fitness Sub-group
3. First year activities and results
4. Objectives of the second year
5. « 6 steps » of the Tuning Model
6. Organisation of the work
7. Presentation of the results of the second year

- First Part -

AEHESIS Project

- Year 1 -

AEHESIS Project

Co-ordinated by the German Sport University Cologne on behalf of ENSSEE

The principal aim of the project is to
"Aligning a European Higher Education Structure in Sport"

- 3 years project (2003-2006)
- 62 partners from 26 countries (European Networks, European Organisations and Academic Institutions)
- 4 areas:** Coaching, Physical Education, Sport Management, **Health and Fitness**

The Health and Fitness Expert Group

CONTACT	ORGANISATION	COUNTRY
Allan Pilkington - Co-coordinator -	EHFA - SPRITO Directions	
Paolo Parisi	IUSM - Rome University for Movement Science	
Susana Franco	Escola Superior de Deporto de Rio Maior	
Aurelien Favre	SPRITO Directions	
Terttu Parkatti	University of Jyväskylä	
Ben Gittus	Skills Active	
Louise Sutton	Leeds Metropolitan University	

1st Year Activities & Results

Outcomes

- To develop a methodology to analyse programmes in higher education and identify good practises
- To give a detailed description of the existing Health and Fitness programmes in Europe and develop a database
- To make the link with the needs of the LMI in Health and Fitness

Tools used: Online and Postal Questionnaire

RESULTS

32 Health & Fitness programmes / 32 Institutions

Content Levels Credits Languages

RESULTS

- Limerick University, 03rd September 2005 - Allan Pilkington – Health and Fitness Group -

- Second Part -

AEHESIS Project

- Year 2 -

- Limerick University, 03rd September 2005 - Allan Pilkington – Health and Fitness Group -

Year 2: Objectives

➡ To improve the quality of the Higher Education programmes in relation with the elements of the Bologna process.

METHODOLOGY USED:

6 STEPS OF THE "TUNING PROCESS"

Professional Area Standard Occupations Activities

Competences Learning Outcomes

Curriculum / Indicative Content

- Limerick University, 03rd September 2005 - Allan Pilkington – Health and Fitness Group -

Organisation of the Work

3 HEALTH AND FITNESS OCCUPATIONS DEVELOPPED:

- **Advanced Gym Instructor / Personal Trainer** – Louise Sutton
- **Public Health Promotion Specialist** – Lead by Susana Franco –
- **Health-Related Exercise Specialist** – Lead by Paolo Parisi –

- ➡ 3 Working Sub-Groups organised (1 per occupation)
- ➡ Consultation Team of 35 Health and Fitness experts across the 25 European countries
- ➡ Revision and finalisation of the 3 documents

- Limerick University, 03rd September 2005 - Allan Pilkington – Health and Fitness Group -

- Third Part -

Presentation of the work & workshops discussion

- Limerick University, 03rd September 2005 - Allan Pilkington – Health and Fitness Group -