

KEY DECISIONS



- Meeting AEHESIS, London 13th – 14th January 2005 -

Health and Fitness Group:

Allan Pilkington
Louise Sutton
Ben Gittus
Susana Franco
Aurelien Favre

Apologies: Terttu Parkatti, Philippe Masseur, Paolo Parisi, Romas Kairaitis.

Main Actions (2nd Year):

- To develop a curriculum model for the Health and Fitness activities using the “six steps models”.
- To review the draft questionnaire for the second year of the project.
- To identify and mapping of trends in Curriculum reforms. (No decision taken yet)
- To identify and mapping of trends in the job market related to societal changes. (No decision taken yet)
- To establish Employer Group (EHFA)

I- Summary of the “six steps Tuning model” in the Health and Fitness area:

1- Professional Area: Health and Fitness

Action: The first task will be to define in one sentence the *Health and Fitness area*. (See “Key Purposes” in the EHFA document: Functional Map)

2- Standard Occupations

In accordance with the EOSE Nomenclature of Occupation (NEORS), four standard occupations have been accepted by the Health and Fitness Group:

- **Gym Instructor (Gym)** which includes Fitness Instructor and Personal Trainer.
- **Clinical Exercise Specialist (CES)**
- **Public Health Promotion Officer (PH)**
- **Fitness Management (FM)**

Action: For the project, we will have to define *in one generic sentence* each of these 4 major occupations.

3- Activities

For three of these occupations, our task will be to define the **4/5 main activities** corresponding.

Action: We have decided to focus on **Gym Instructor**, **Clinical Exercise Specialist** and **Public Health Promotion Officer**. Referring Gym Manager to the Sport Management Group

4- Competences

Action: For each activity listed in point 3, we will have to define the corresponding competences.

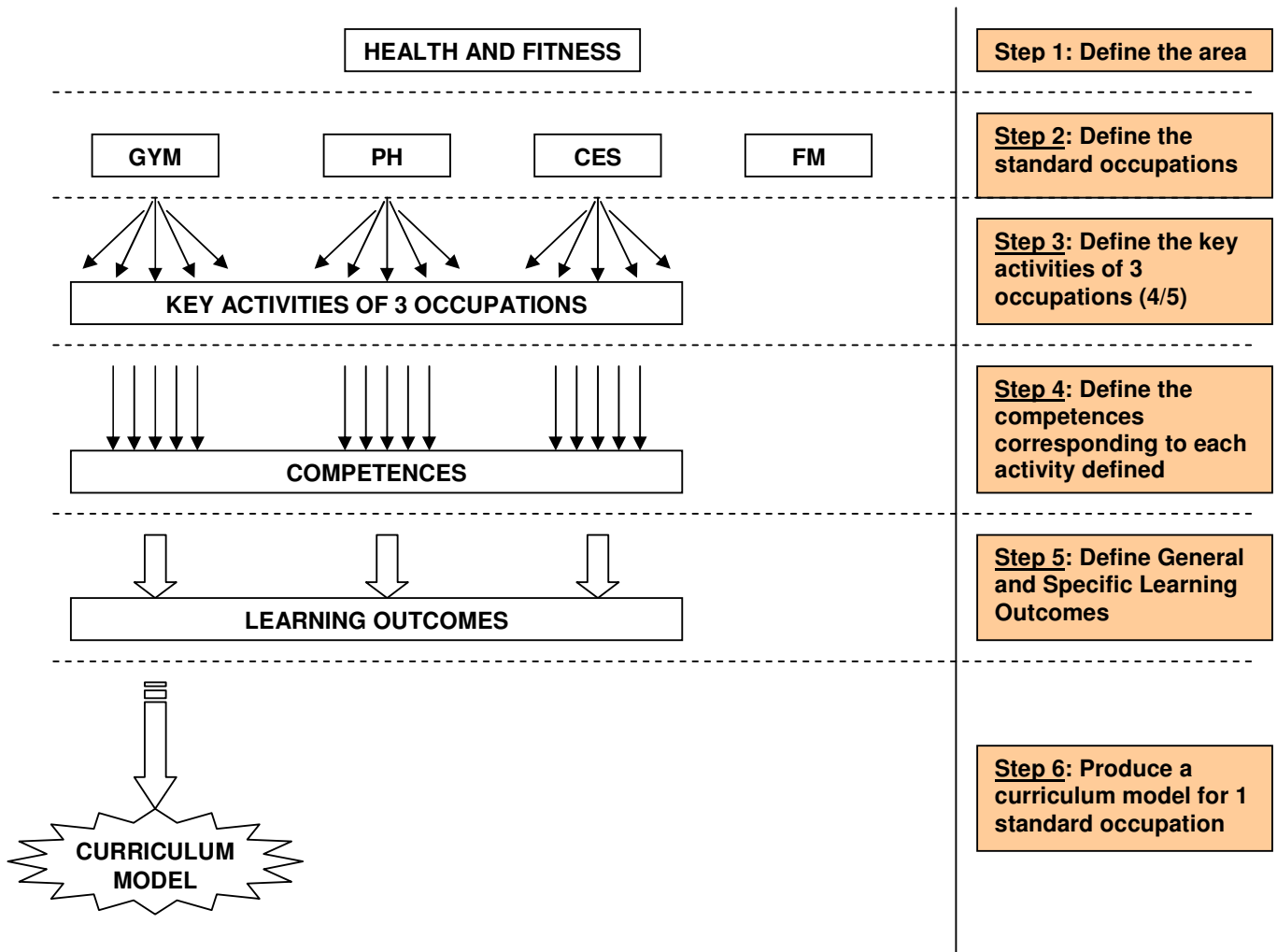
5- Learning Outcomes (General and Specific)

Action: For the three relevant occupations we have chosen, our task will be to specify the *learning outcomes* students will have to integrate at the end of the programme related to the agreed competences.

6- Curriculum Model

For **one occupation**, the last step will be to produce a **curriculum model**.

Action: We have decided to develop this last point for the *Gym Instructor occupation*.



WORKING PLAN (2nd Year)

Topics	Action	Who	When
<u>ACTIONS 1</u>			
1) Gym Instructor	Steps 1 to 5	Allan, Louise, Aurelien	End February 2005
2) Clinical Exercise Specialist	Steps 1 to 3	Paolo/Terttu	End February 2005
3) Public Health Promotion Officer	Steps 1 to 3	Susana/Romas	End February 2005
Identify people to send the draft document concerning "Gym Instructor Steps 1 to 5"	Create a Second Team of Experts	Health and Fitness Group (lead- Allan)	February 2005
Assessment of the document	Send the document to the second team of experts to obtain feedbacks	Allan, Aurelien	Early March 2005
Phone Conference	State of achievement, problems, questions...	Health and Fitness Group	1st March 2005 15.00pm UK Time
<u>ACTIONS 2</u>			
Feedback and Comments	Receive and collect feedbacks from the experts	Aurelien	End March 2005
1) Gym Instructor Occupation	Draft Curriculum Model	Louise, Allan	8 th April 2005 (Meeting)
2) Clinical Exercise Specialist	Steps 4 and 5 + revision 3	Paolo	8 th April 2005 (Meeting)
3) Public Health Promotion Officer	Steps 4 and 5 + revision 3	Susana	8 th April 2005 (Meeting)
<u>ACTIONS 3</u>			
Health and Fitness Meeting	Review and sign off documents ready (Document on steps 1 to 5 for the three occupations and the first draft curriculum for Gym Instructor)	Health and Fitness Group (6 persons)	8th – 10th April 2005 (12.00 to 12.00) Portugal Rio Maior University
Acceptation of these documents	Send out to experts	Health and Fitness Group	After the meeting

*** The second tier of experts will be drawn from the people who attended the first conference plus any additional experts proposed and accepted by the group.**

II- The Questionnaire

During this meeting, our second task has been to discuss through the working group (Health and Fitness) on **the content of the questionnaire** and highlight the questions we would like to change or review.

Aurelien will have to produce a version with the comments we evoked and send it to Louise. She will have to review it and finalise the version.

It was agreed that the questionnaire will be revised with a view to placing the questionnaire online as an independent Part B and leaving the current online section in tact. It will be possible to download Part B, complete and then upload for analysis. The group are requested to encourage more organisations from their geographical area to complete part A and B once it is online.