



eLF: e-Learning Courses and Register for Fitness Professionals

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Abstract

The paper presents the main results and methodology of eLF e-learning courses (n. 511669-2010-LLP-KA3-KA3MP), co-financed by the European Union, in particular by the EACEA, as part of the LLP-Lifelong Learning research program. The eLF e-learning aims to train professionals that will meet the European training standards in the fields of group exercise, to include cardiorespiratory, muscle conditioning and aquafitness as well as individual fitness instruction with weights, resistance machines and cardiofitness equipment at EQF level 3 and Personal Training at EQF level 4.

The courses are multilingual, very structured and use complex didactical materials.

The project involves over 25 European countries. The value added of the eLF e-learning is: all participants who successfully complete the course will be admitted to the ELF NATIONAL REGISTER valid in all the project partner countries. The register will certify the qualification both to potential clients and companies that want to hire instructors and will allow the instructor to have access to job offers from other European countries that recognize the registers. This register put in practice European Union guidelines concerning certification of competences, transparency, favouring mobility of Fitness instructors across Europe.

The course has been recognised by the European Federation of Fitness EHFA.

References

[1] www.elearningfitness.eu