



JULY 2013

eLF Bulletin



Welcome to the bulletin of the **eLearning Fitness Project (eLF)**



The objective of this bulletin is to give you information about the eLF project including the existing partnership and the potential impact on the Health Fitness sector. The bulletin will focus on the activities carried out so far and those leading to the end of the project.

For further information about the project please visit the eLF website www.elearningfitness.eu or refer to the contact details at the end of this message.

Introduction to the project

The eLearning Fitness project, also called eLF, is a three year project funded by the Directorate-General Education, Audiovisual and Culture of the European Commission under the Lifelong Learning Programme.



The Health Fitness sector continues to grow in Europe and must be prepared to meet the challenges in the field of education and employment in order to both achieve its potential and impact positively on European and National agendas (e.g. health, economic growth).

All those working in the sector must be equipped with the necessary skills and competencies to perform in the labour market.

The objective of the eLF project is to work towards ensuring skills and competencies through two main developments which are:

- a European e-Learning platform with content based on the European occupational



standards for fitness instructors and personal trainers to cover the theory (knowledge) and the practical skills and competencies



a pilot national register for professional fitness instructors who meet those minimum standards.

Activities under this project started on 1st of January 2011 and will finish at the end of 2013.

We invite you to read through the rest of the bulletin to obtain further information about the project and potential impact the expected work to be carried out might have on the Health Fitness sector.

You can download a copy of the project brochure [here](#).

Expected **outcomes** and potential impact



The eLF project aims **to facilitate the training of fitness professionals through distance learning** in a manner which meets the [European standards](#) in the fields of group exercise (including cardio respiratory, muscle conditioning and aqua fitness) as well as individual fitness instruction with weights, resistance machines and cardio fitness equipment at the [European Qualification Framework](#) (EQF) Level 3 and Personal Training at EQF Level 4. This mode of learning is a flexible means by which individuals can access training and continuing education during their free time.

The second objective of the project is **the development of a pilot national register platform for fitness professionals** within partner countries where no register exists. At the end of the e-Learning testing period, graduates will be registered on the pilot register.

A major impact of the project will be the development of a more professional level of fitness instructors and personal trainers, who meet the European occupational standards for fitness instructor and personal trainer occupations. These standards are referenced to the European Qualifications Framework (EQF).

This will also enhance consistency of Vocational Education and Training while promoting the mobility of exercise professionals across Europe, which will ultimately safeguard consumers with a potential impact on 40 million Europeans through health enhancing physical activity.

The use of the eLF outcomes will facilitate the growth and expansion of the physical activity sector in Europe while addressing existing inadequacies in professional standards for [Health Fitness Instructors](#) and [Personal Trainers](#).

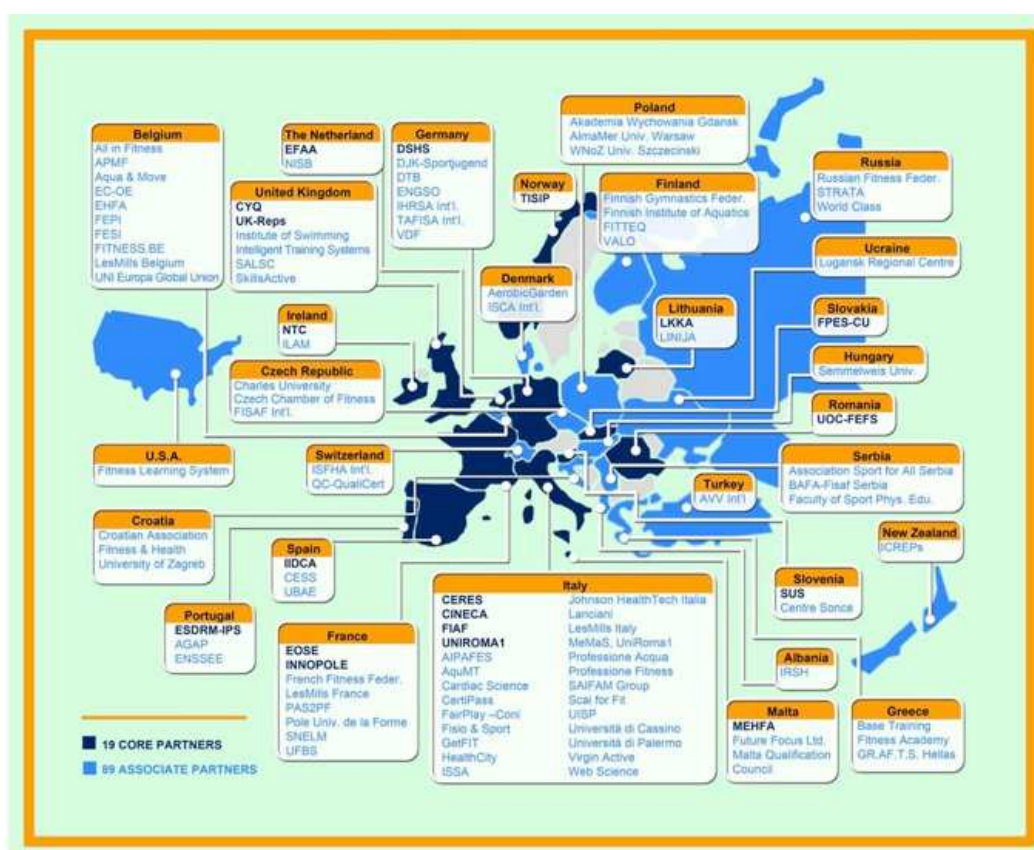
The eLF project will provide an accessible route for students of physical activity to gain the knowledge, skills and competence required via e-Learning in a manner suited to validation and certification on conclusion.

Presenting the **partnership**

The consortium is led by the University of Rome La Sapienza and has gathered a mix of 19 experienced core partners from 18 different European countries. The partners collectively have the expertise in the Health Fitness sector necessary to deliver the eLF project's expected outcomes at the highest quality standard.

The core partnership is supported by a network of 86 associate partners from 26 countries across the world expanding the eLF network to a total of over 100 organisations.

The large network of partners within the consortium provide the strength needed to ensure the highest quality delivery of the work plan and to provide the potential basis for the implementation of the final outcomes at National and European levels both during and after the completion of the project.



Partnership Details

Work **carried out** to date



Prior to developing the e-Learning system for the eLF project, consortium partners carried out extensive research, analysis and comparison on existing platforms in the Health Fitness area.

In parallel, research on existing registers of professionals was also



conducted and the current development of the pilot eLF national register platform is based on the [UK Register of Exercise Professionals](#) but also takes into consideration the [European Register of Exercise Professionals \(EREPS\)](#), the [International Confederation of Registers of Exercise Professionals \(ICREPS\)](#) and other existing national registers of exercise professionals ([Australia](#), [New Zealand](#) and [South Africa](#)).

Following completion of the research the consortium of the eLF project carried out activities to develop a relevant European training system for e-Learning in fitness. The development process for the e-Learning content was primarily accomplished by the involved training providers and based on European Health and Fitness Association (EHFA) established European occupational standards for fitness instructing at EQF Level 3 (Fitness, Aqua Fitness and Group Fitness Instructor) and personal training at EQF Level 4. In order to achieve the minimum learning outcomes for European standards all courses have a preparatory module devoted to core knowledge that contains the theory element. The core knowledge is supported by multimedia content (video files, pictures, presentations etc.) which demonstrate the required exercises and the correct method of execution for each. All information is available on an eLF branded moodle e-Learning platform.

There are currently approximately 400 candidates across all partner countries registered to participate in the pilot testing of the project and participants will follow an assessment process that includes:

- **distance evaluation using tests and questionnaires for theoretical knowledge**
- **face to face evaluations (organised in each partner country) for teaching skills and practical elements**

In addition to the eLF moodle platform a [website](#) for general information about the project has also been developed.

Next steps for the eLF Project

The eLF project is currently in a very busy phase with a lot of activity being carried out by all partners to reach a successful conclusion.

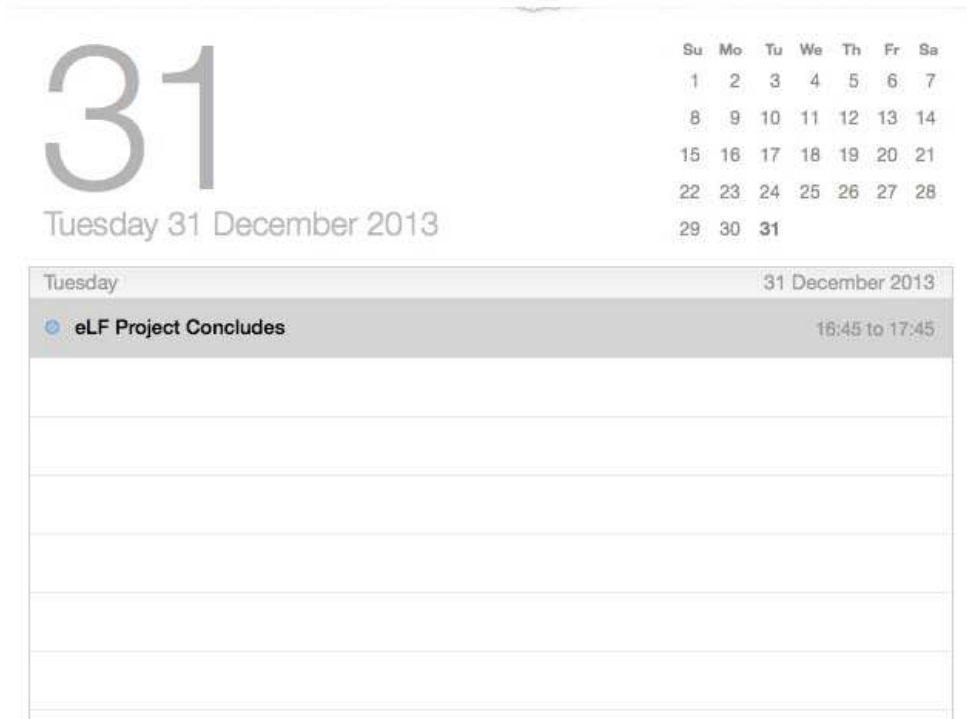
The english language e-Learning material for the project has now been written, cross-checked and referenced and individual partners are currently undertaking the translations into their national languages. It is anticipated that by the end of Summer 2013 the **Group Fitness Instructor, Fitness / Gym Instructor and Personal Trainer Level 4 modules** will be released in the national languages to complement the existing english language repositories. The Level 3 Core Knowledge is currently open for students / trainees from all partner countries.

Among the goals of the eLearning Fitness project are the need to comply with occupational standards for fitness instructors and personal trainers and to provide pilot National Registers for professional fitness instructors who meet those minimum standards.

In order to achieve these ambitious goals, both the development of the e-Learning contents and the final assessment of trainees (including a practical, on-site face-to-face examination) comply with European Health & Fitness Association (EHFA) standards. The Standards Council of EHFA has endorsed the eLearning Fitness project by stating that ***all graduates of the eLF courses are formally entitled to be registered onto***

the European Register of Exercise Professionals (EREPS).

In each partner country where a National Register of Fitness Professionals does not exist, the eLF project will deliver a pilot implementation of such a register, with a directory which lists those trainees who have successfully completed the final assessment of the eLF course. These directories will be made available following procedures which comply with any existing national regulations.



The project is scheduled to complete by December 31st 2013.

Online communication

The eLF project has established a number of methods of communication in order to deliver up to date news, visibility and dissemination of information.

The eLF [website](#)

The multilingual [website](#) contains detailed information about the partnership and its objectives along with documents downloadable in various languages. At the end of the funded period all training materials developed during the project will be made available for download from here.

The eLF [facebook page](#)

The eLF facebook page can be accessed [here](#).



Contact

FOR GENERAL CONTACT INFORMATION - PLEASE CLICK [HERE](#)

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