



SANTE CONFERENCE WORKSHOP

“Fight for good practices”

STANDARDS FOR TRAINERS IN THE FITNESS SECTOR

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Mimi Rodriguez Adami

Technical Director

Federazione Italiana Aerobica e Fitness



FITNESS = Health Enhancing Physical Activity

FITNESS VS SPORT

AEROBIC CAPACITY

MUSCULAR RESISTANCE

MUSCULAR STRENGTH

FLEXIBILITY/JOINT MOBILITY

BODY COMPOSITION

COORDINATIVE COMPONENTS

REGULATED

COMPETITIVE

REPETITIVE MOVES

MAY BE DANGEROUS

NOT HEALTH BASED

NOT LIFESTYLE

ORIENTED



WHAT IS FITNESS? WHAT IT IS NOT...

Fitness is not a sport but can be used as a basis to train for all sports.

It is not body building, although....

It is not plastic surgery, although ...

It is not competitive sport, although ...

It is not therapeutic, although ...



BEST PRACTICE?

- **Learning Outcomes**
- **Knowledge**
- **Skills**
- **Competencies**
- **Assessment**
- **Evaluation**



EQF – European Qualifications Framework

- Group Exercise to Music – Level 3
- Weight Room and Cardio Fitness – Level 3
- Personal Training – Level 4



Main Objective?

Safety and Protection of the client,
who will achieve a healthy lifestyle
through guided physical activity for
various reasons:

Fun

Health

Social



Is this an **EASY** Process?

- NO!
- Regulation of the Fitness industry?
- FR and PT
- UK and EI
- What's better: outside (government) regulation or self regulation?



Scientific evidence

- Health sector is critical of sport activities
- Doubts about health benefits of activities offered by sport clubs
- Lack of cooperation and common goals among various sport actors



Best Practice?

- Self regulation by all the stakeholders of the fitness industry:
 - Health clubs
 - Instructors
 - Certifications
 - Training schools
 - Programmes



It's a BIG job!

- Can it be done?
- Sure if we stop talking and start doing!!!
- So we can get

MORE PEOPLE, MORE ACTIVE, MORE OFTEN



THANK YOU !!!

- Questions ?
- Comments ?
- Suggestions ?



FIAF

Federazione Italiana Aerobica e Fitness

Viale Angelico, 101 - 00195 Roma

Tel.: (+39) 0637352328 - Fax: (+39) 063720717

info@fiaf.it - www.fiaf.it

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