

# **Instructor Education within the Pluspunkt-System**

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# Content

- The Non-Formal Education System in the German Sport System
- The Brand “Pluspunkt Gesundheit” and its Quality Standards
- The Health Prevention in Germany
- Experiences, Consequences and Wishes

# The non-formal education system in the German Sport System

## License system with 2 and 3 levels:

- The basic education comprises 120 units; after an exam, the instructor receives the license of the 1<sup>st</sup> level.
- The 2<sup>nd</sup> license level has the profile “prevention and health” and covers 60-80 units with special topics
  - Health prevention – kids
  - Posture and physical exercise – like back training
  - Cardio training
  - Relaxing and coping with stress
- The license has to renew all 4 years with a further education with 15 units.

# The non-formal education system in the German sport system

Important is:

- There is no interference by the government.
- The Sport is responsible for the education system.
- The DTB decides by himself about the education profiles, he develops the concepts, fixes the contents of the lessons and the methods.
- The government subsidizes the education measures on the 1st level.
- The government pays a little amount to the clubs per valid license per year.

# The brand “Pluspunkt Gesundheit” and its quality standards

There are special standards to get the brand:

- **Holistic approach to health** (based at the main aims of health sport).
- **High qualification requirements of instructors:** the 2<sup>nd</sup> license level is demanded with a special further education every two years.

## Special competences: e.g.

- Improving psychosocial resources, wellbeing
- Binding to regular physical activity
- **Imparting knowledge** on health and regular feed-back to the participants.
- **Controlling of effects** of the program via physiological testing and questionnaires to the participants.

# The brand “Pluspunkt Gesundheit” and its quality standards



There are special standards to get the brand:

***Specification of program-planning*** according to target groups, health effects, contents, method of teaching; a manual or at least a framework-plan should be available.

- ***Organisational requirements:*** each program has to be carried out at least once a week with a minimum unit-length of 60 minutes; the number of participants is limited to 20.; the rooms and gymnastic halls as well as the teaching aids have to be appropriate.







## **Experiences, consequences and wishes**

- We had to adapt our education system and our quality standards to the expectations of the health system.
- Only with this adaptation and our guarantee to fulfil the quality standards, the health system accepted our non-formal education.
- With the 2<sup>nd</sup> license level, the instructors get money from the clubs; better qualification – higher recognition – more money.
- With the possibility of getting money for the lessons; a big demand arose for the 2<sup>nd</sup> license level.

## **Experiences, consequences and wishes**

- The instructor quality and so the quality of the trainings are much higher than 10 years ago. We launched a quality offensive!
- Our traditional gymnastics clubs changed their profile from a sport-orientated to a health-orientated club. (75 % offer health enhancing exercise programmes)
- Now the instructors in the field of fitness and health are collecting several different certificates, because they want to earn money – it's a possibility to work self employed.  
It's a new labour market! Inside and outside the clubs.

# Experiences, consequences and wishes

- We wish us a higher recognition in general from
  - the health system and
  - health and education policy
- the comparability of the formal and non-formal education
- and a better permeability between both systems.