

Instructor Education within the Pluspunkt-System

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- The Brand "Pluspunkt Gesundheit" and its Quality Standards
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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 1st level.
- ➤ The 2nd 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 2nd 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
- o *Imparting knowledge* on health and regular feed-back to the participants.
- o **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, contends, 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.



Health prevention in Germany

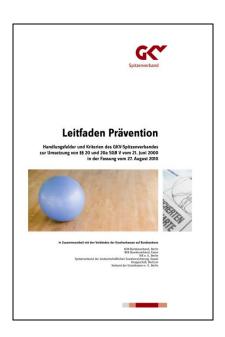
Since 2000, health prevention became a task by law for the insurance companies.

The insurance companies passed a guideline.

In the guideline are special quality standards fixed with the keywords "quality" and "effectiveness".

The aims are

- Reduction of physical inactivity in general
- Prevention and reduction of particular health risks





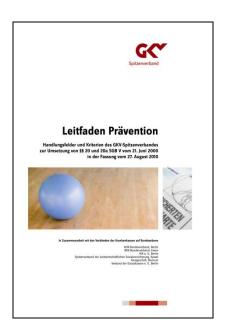
Health prevention in Germany

Since 2000, health prevention became a task by law for the insurance companies.

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The aims are

- Reduction of physical inactivity in general Instructors with the brand "Pluspunkt" are accepted!
- Prevention and reduction of particular health risks
 Only instructors with a formal education are accepted!





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 2nd 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 2nd 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
 - o the health system and
 - o health and education policy
- the comparability of the formal and non-formal education
- and a better permeability between both systems.