

# The special education system for Fitness- & Health instructors of the German Gymnastic Federation

## Competence areas:

- **Area of responsibility:** Planning; Organisation; Carrying out & Evaluation of HESA/HEXE
- **Personal and social competences:** Leading Groups; Perception of group dynamics; Basic rules of communication; Perception of the particularity of the target group
- **Special competences for the subject:** Knowledge of the structure and functions of HESA/HEXE; Ability to use the knowledge for the particular target group; Basic knowledge about the scientific findings & innovative equipment; Knowledge about the fitness trends; Ability to establish and to take care for new groups.
- **Teaching competences:** Knowledge and skills to plan, organise, carrying out and evaluate course units; Learning and teaching methods
- **Didactic-methodical competences:** Target group orientation; Learning by doing/action orientation; diversity of methodical approaches; Experience orientated learning; team orientated learning.

## The Education Syllabus

### First level: Fitness & Health (120 LE)

- **Person- & group related areas (10 LE)**  
Instructors as group leader (7 LE);  
Construction of courses (2LE); Drop out & retention (1 LE).
- **Activity related area (96 LE):**  
Fitness- and Health Sport (definition & objectives) (4 LE); Anatomical, physiological & psycho-social basics (18 LE); Warming up & cool down (2 LE); Endurance training for fitness & health (14 LE); Power & flexibility training (17 LE); Coordination training (7 LE); Fitness & health training with music (3 LE); games as fitness and health training (3 LE); Model course lessons and verification of learning outcomes (28 LE);

Optional: Trends within the fitness and health scenery (3 LE); Nutrition (2 LE); Relaxation (3 LE).

- **Association & club related area (10 LE)**  
Structure of the organisation; History and topical situation of DTB; Liability and supervision-obligation rules; Marketing & advertisement; Further education possibilities.

### Second Level: Health Prevention (30-60 LE)

- This profile is a kind of further education, specially dedicated to the German concept of Health-Sport with its particular aims for primary and secondary prevention of sedentary people.
- This level gives special qualification, to plan, organise, carry out and evaluate health-sport courses with focus on particular health effects.
- Only with this license instructors can get the quality mark "Pluspunkt Gesundheit. DTB.

## The DTB Education System in the area of Fitness & Health

