



**U.P.K.L.**

Institutional stakeholder to develop community  
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<b>Professional Area</b>	Sport, wellness and personal care
<b>Economic sector of membership</b>	RECREATIONAL, CULTURAL AND SPORTS ACTIVITIES
<b>Denomination</b>	INTERNATIONAL / EUROPEAN SOCIAL SPORT COACH
<b>classification and connection with the National Information System of the Professions</b>	ORGANISATIONAL PROFESSIONS IN THE FIELD OF PHYSICAL AND SPORT EDUCATION
<b>Description</b>	<p>The function of the European Social Sport Coach / International Social Sport Coach is to design and deliver specific motor activity programs aimed at developing specific educational processes. Through the teaching of the discipline technique, it transmits to the student the behavioural codes designed to recognise and assimilate the human rights and behaviours aimed at achieving the pre-established social objectives in the programme.</p> <p>It prepares the teaching activity for individuals or groups; it evaluates the training needs analysing the students' socio-cultural context of origin.</p> <p>The activity of the European Social Sport Coach / International Social Sport Coach is aimed at the promotion of correct lifestyles aimed at preventing the use of doping substances, drugs and alcohol.</p> <p>It advises, motivates and updates the students, individually or in teams, so as to allow the improvement of their state of well-being, always favouring the experimentation of the various relational dynamics through the practice of sport. It prepares programmes to harmonise physical, moral and intellectual growth through the practice of the reference sporting discipline. It signals to those interested, in full compliance with privacy policies, the phenomena which affect eating disorders.</p> <p>The activity of the European Social Sport Coach / International Social Sport Coach is aimed at all the targets which define the different evolutionary ages of man.</p>
<b>Work Type Situation</b>	<p>The European Social Sport Coach / International Social Sport Coach operates in 4 specific contexts: Sport Centres, School, Centres of social aggregation, recovery community.</p> <p>Depending on the size of the company in which the European Social Sport Coach / International Social Sport Coach operates, they can operate full-time or part-time, as an employee or freelancer using the contracts provided for by legislation. The European Social Sport Coach / International Social Sport Coach generally enjoys autonomy in the choice of training means and in the organisation of its work. At sports centres, it can work in close contact with other professional technicians dedicated, for example, to competitive activities, in which case it cooperates in respecting the roles and interacts in</p>

	<p>order to enhance the talent of the student/athlete.</p> <p>In the scholastic context, European Social Sport Coach / International Social Sport Coach is used alongside teachers to develop specific and/or experimental projects in the curricular and/or extracurricular field; in any case, it cannot replace the Physical Education teacher as required by legislation.</p> <p>At the social gathering centres and recovery communities, the European Social Sport Coach / International Social Sport Coach operates in close collaboration with the scientific coordinators of the company. Their role is aimed at achieving the objectives communicated to them.</p> <p>However, programmes and activities which are in contrast to the principles set out in the papers which sanction the defence of human rights cannot be requested from the European Social Sport Coach / International Social Sport Coach.</p>
<b>Prerequisites</b>	<p>Age of majority. High school diploma. Technical qualification issued by national sports federation, sports promotion body or international sports federation recognised by the bodies mentioned in the UPKL-UESpT quality framework.</p> <p>As foreseen by the UPKL-UESpT quality framework, the Degree in Motor Sciences or Communication Sciences, in Humanities and Human Rights, entitles students to specific educational credits.</p> <p>For the subjects included in this specific case study, suitable courses will be evaluated and proposed to complete the skills required by the figure.</p>
<b>Training Paths</b>	<p>Due to the different levels of complexity which this profession can assume, and to the interdisciplinary character inherent in motor and sports activities, it is advisable to undertake a specialised higher education course.</p> <p>The European Social Sport Coach / International Social Sport Coach is an intermediate figure, with a high value, which specifically links the functions performed by the sports federation Technical Framework and the Motor Sciences graduates.</p> <p>Further professionalisation paths can be obtained through the degree in physical education with an educational and adaptive orientation, the specialist degree in sciences and techniques of physical activities adapted up to the post-graduate master's degree in adapted physical activity.</p>
<b>Contiguous Professional Figures</b>	<p>PROXIMITY WITH FIGURES DRAWN FROM SELECTED SOURCES: Thesaurus Professional Figures National Job Exchange: Sports Instructor-Coach Orientation Ch, The Swiss orientation and training portal: Sports coach/Sports trainer PROXIMITY WITH SPORTS ORGANISER ; TALENT SCOUT CAREER LEVEL PROXIMITY: SPORT STRUCTURE MANAGER PROXIMITY WITH OTHER REPERTORY FIGURES: Fitness Instructor, Sports Instructor Sports Facilities Manager</p>
<b>Level</b>	<p>Simplified European training levels 85/368/EEC: Level 5  qualifications subject only to the general conditions of recognition</p>
<b>EQF Level</b>	<p>6</p>
<b>Knowledge related to the FP</b>	<ul style="list-style-type: none"> <li>- of the aspects related to the cognitive development of the human being</li> <li>- of human physiology and the musculoskeletal system in the different stages of human developmental age</li> <li>- of strength and speed training methodology</li> </ul>

	<ul style="list-style-type: none"> <li>- of the technique aimed at obtaining the specific discipline provision</li> <li>- of resistance training methodology, the control of the mind over the body</li> <li>- of ideomotor and sensorimotor programming methods</li> <li>- of methods for the development of human internal energy</li> <li>- legal aspects of the function of sports technicians in anti-doping matters</li> <li>- concerning safety on sports facilities</li> <li>- in fiscal/administrative matters related to the role</li> <li>- on first aid in the event of a claim</li> <li>- Teaching and Dynamics of the Self and social relations</li> <li>- Human and social rights in the EU in building the identity of the self.</li> <li>- Physiology and development of growth in human developmental age</li> <li>- Physiology and ideomotor and sensorimotor activity in sports applied to the educational dimension</li> <li>- Sport as an educational tool in the EU and the history of peoples</li> </ul>
<b>Skills associated with the Figure</b>	
<b>BEING ABLE TO CONDUCT THE SPORTS EDUCATION PROGRAMME</b>	
<b>Knowledge</b>	<p>Sports disciplines  Elements of pedagogy,  Elements of didactics in sport-education  Elements of the dynamics of the Self and social relations  Human and social rights in the EU / World in building the identity of the self  Physiology and growth development in human evolutionary ages.  Physiology and ideomotor and sensorimotor activity in sports applied to the educational dimension  Sport as an educational tool in the EU and the history of peoples.  Elements of nutrition and well-being  First aid elements</p>
<b>Proficiencies</b>	<p>Applying criteria for evaluating physical growth through sports performance  Applying educational techniques through sports aimed at developing trust-cooperation behaviours  Applying educational techniques in the management of human relationships through sports  Applying techniques for evaluating the physical, moral and intellectual conditions of students  Using communication tools for the performance of educational programmes</p>

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