

# Svensk specifikation

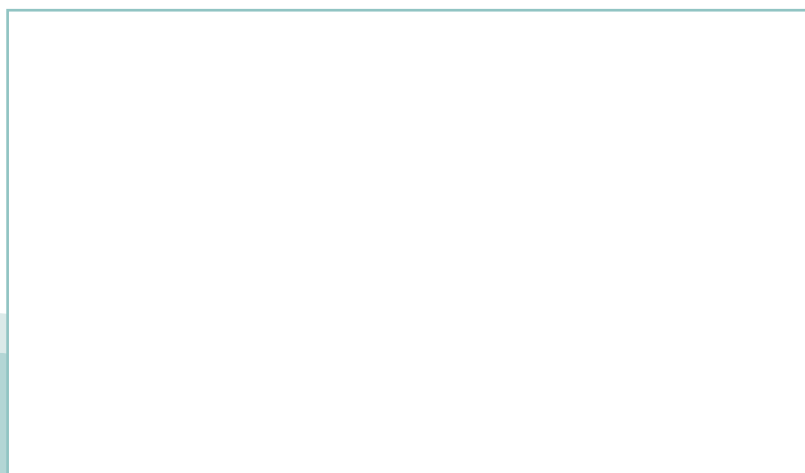
## SIS-SP 1:2012

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### **Hälsöfrämjande och fysiskt prestationsinriktade tjänster – Riktlinjer och kvalifikationskrav för personliga tränare och testledare inom fysisk aktivitet och träning**

**Health enhancement and physical performance-related services –  
Guidelines and qualification requirements for personal trainers  
and fitness testing professionals within physical activity and  
training**



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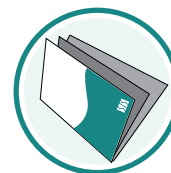
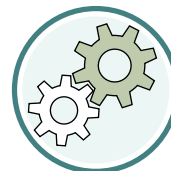
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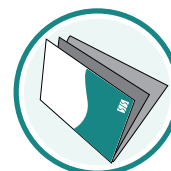
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## Foreword

This document, SIS Swedish Specification, SIS SP has been developed by SIS Specification group, SIS/SPG 571 Non-medical health services. In the preparation of the document the following organisations have actively participated (in alphabetical order):

Concept Motion

Gymnastik- och Idrottshögskolan (Swedish School for Health and Sports Sciences)

Health Profile Institute

Konsumentverket (Swedish Consumer Agency)

Lillsved Gymnastik- och idrottsfolkhögskolan

MF Hälsoutbildningar

Nordic Gym

Powerbreathe International

Scandinavian Top Athletic Center

Sveriges Konsumenter, (Swedish Consumer Agency)

Ylab

**SIS-SP 1:2012 (E)****1 Scope**

Health enhancement and physical performance-related services aiming at achieving, improving and/or maintaining fitness as well as to monitor fitness irrespective of the setting in which the services are provided. Service requirements include:

- Knowledge, skills and competence mandatory to conduct personal training;
- Scientifically supported physical measurements and assessment;
- Ethical code of practice.

Excluded are services provided as clinical/medical care and/or rehabilitation e.g.: Healthcare to treat or rehabilitate disease or injury. It further excludes group training concepts.

**2 Normative references**

Normative reference is cited at the appropriate place in the text.

*The European Qualifications Framework (EQF)*

**3 Terms and definitions**

For the purpose of this SIS Specification, the following terms and definitions apply:

**3.1****Health**

Health can be regarded as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities

**3.2****Wellness**

The condition of good physical, mental and emotional health, especially when maintained by an appropriate diet, exercise, and other lifestyle modifications.

Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being.

- *Wellness can be measured and graded.*
- *Wellness assessment is non-invasive and includes measurement of physical and mental performance and well-being.*
- *Wellness programs from a professional are preventive and do not include medical treatments.*

**3.3****Fitness**

Fitness can be defined as the state or condition of being physically sound and healthy, especially as the result of exercise and proper nutrition. It represents a state of general physical well-being and the state of being suitably adapted to an environment. Fitness can be divided into health-related and performance-related fitness.

- *Fitness can be measured and graded.*
- *Fitness assessment is non-invasive and includes measurement of physical performance and components of health-related fitness.*
- *Fitness programs from a personal trainer are preventive and do not include medical treatments.*

### 3.3.1

#### **Health-related fitness**

A state of physical health evaluated by assessment following components:

- Muscular components: muscular strength, muscular power, muscular endurance.
- Cardiorespiratory component: submaximal exercise capacity, maximal aerobic power, heart functions, lung functions, blood pressure.
- Morphological components: BMI, body fat content, subcutaneous fat distribution, bone mass, flexibility.
- Metabolic component: resting metabolic rate, glucose tolerance, lipid metabolism.
- Motor component: agility, balance, motor coordination.

### 3.3.2

#### **Performance-related fitness**

A state of physical performance capacity evaluated by assessment of following components:

- Strength
- Power
- Endurance
- Flexibility
- Coordination
- Balance
- Speed of movement/s
- Anaerobic work capacity

### 3.4

#### **Friskvård (Swedish)**

A Swedish term for a set of activities generally aimed to promote health and prevent illness

### 3.5

#### **Training**

is a designed process to become better in something; e.g. improving individuals' fitness and/or wellness

#### 3.5.1

##### **Health-related training**

is a designed process to achieve, improve and/or maintain healthy level of health-related fitness, e.g.: muscular strength, body composition, flexibility, balance, metabolism, etc.

#### 3.5.2

##### **Performance-related training**

is a designed process to improve one's physical performance capacity

#### 3.5.3

##### **Personal training**

is a service with an overall purpose to improve, achieve and/or maintain the fitness of an individual

#### 3.5.4

##### **Personal trainer**

is a professional responsible for the service of the personal training

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### 3.5.5

#### **Personal trainer competences**

areas of competence of the personal trainer.

- A. muscular component such as muscular strength, muscular power and muscular endurance;
- B. cardio-vascular/respiratory component such as endurance and maximal aerobic capacity;
- C. motor component such as balance, coordination and flexibility.

These areas are not hierarchical.

### 3.5.6

#### **Personal trainer education**

a designed set of theoretical and practical teaching/learning activities aimed to convey knowledge, skills and values necessary for personal training

### 3.5.7

#### **Accredited personal trainer education provider**

education and examinations of personal trainers, verified by an independent third-party organization or authority acting under National legislation

### 3.5.8

#### **Personal trainer certification**

a process of verification and confirmation of professional competence and agreement to comply with the code of practice

## 3.6

### **Physical activity**

any bodily movement that requires energy expenditure and produced by skeletal muscles

### 3.6.1

#### **Exercise referral/prescription (Fysisk aktivitet på recept, FaR, Swedish)**

a method of health intervention, used within the health-care system, aimed to motivate an individual to participate in a specific, according to a prescription details, health-related training outside of the health-care system

## 3.7

### **Health-related physical test**

measurement of a component of health-related fitness in order to assess a state of physical fitness or physical capacity of an individual

### 3.7.1

#### **Fitness testing professional (testledare, Swedish)**

a professional responsible for measurement and assessment of fitness components

### 3.7.2

#### **Physical testing education**

a designed set of theoretical and practical teaching/learning activities aimed to convey knowledge, skills and values necessary for an assessment of components of fitness

### 3.7.3

#### **Physical testing professional certification**

a process of verification and confirmation of professional competence and agreement to comply with the code of conduct

### 3.7.4

#### **Accredited physical testing professional education provider**

education and examinations of personal trainers, verified by an independent third-party organization or authority acting under National legislation



**3.8****Health enhancing services**

not a part of a regulated health-care system and have, or claim to have, a specific goal; achieve, improve and maintain health

**3.9****Exercise equipment**

objects, tools and/or mechanical devices manufactured specifically to be used for training

**3.10****Assessment instruments**

devices and/or methods used for measurements

**4 Abbreviations**

PT EP – Personal Trainer Education Provider;

PTC – Personal Trainer Certification;

Cert PT – Certified Personal Trainer;

Cert FTP – Certified Fitness Testing Professional.

**5 Personal trainer qualifications requirement****5.1 General requirements****Knowledge**

A Personal trainer shall have a factual and theoretical knowledge within the field of the human biology, psychology, physical activity and exercise in relation to physical fitness in accordance with EQF level 4.

**Skills**

A Personal trainer shall have a range of practical skill required in the area of physical exercise and training in accordance with EQF level 4.

**Competence**

After certification, a personal trainer shall be able to:

- conduct a range of exercises and make adequate choice and selection for their customer and in line with his or her target;
- make training plans, instruct, assist, correct, motivate, supervise and provide a safe set up for the customer in relation to load, environment and programming.

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5.1.1 Knowledge requirements

PT competences	A	B	C
Movement sciences	<b>Anatomy:</b> skeleton, joints, muscle, muscle types, skeletal muscles and functions <b>Biomechanics:</b> basis of kinematics, mass, force, torque, power, muscular force/length, force/velocity relationships	<b>Anatomy:</b> Histology, visceral  <b>Biomechanics:</b> impact, impulse, environmental resistance (air, water)	<b>Anatomy:</b> the CNS, PNS <b>Biomechanics:</b> stability, balance
Physiology	<b>Muscular</b> contraction, basis of motor control	<b>Cardiorespiratory</b> system; circulation, energy utilization	<b>Motor control</b> , proprioception, vestibular functions, vision, intra- and intermuscular coordination
Psychology	<b>General psychology;</b> areas, professions, boundaries, do's and don'ts, Learning and leadership	<b>Motivation psychology;</b> Drive theories, self-determination theory	
Health sciences	<b>General;</b> Health related vs performance related fitness components	<b>Cardiovascular health;</b> physical activity levels and recommendations	<b>Motor components</b> (Särskilt utsatta grupper) Vulnerable groups
Nutrition	<b>General Health;</b> energy balance	<b>Cardio-vascular health and diets,</b> Energy and nutrients for aerobic exercise, salt- and water balance,	
Medicine	<b>Public health,</b> national health status, muscular skeletal injuries and their limitations/don'ts, eating & exercise disorder, negative health effects of performance enhancement substances	<b>Cardiovascular Health;</b> considerations and limitations, acute and chronic conditions; negative health effects of performance enhancement substances	<b>Neurological conditions and disorders</b> energy & nutrition deficits
Exercise science	Training principles, Strength components	Aerobic power, anaerobic/aerobic thresholds	Morphological and neuromuscular components;
Training methodology	Basis for methods for <b>strength</b> , power and muscular endurance. Concentric, isometric and eccentric methods	Basis for methods for <b>Endurance</b> training methods; plateau & interval training, heart rate based training	Basis for methods for <b>Balance</b> training; to maintain, to restore in standing and locomotion <b>Flexibility;</b> active, passive, combined methods <b>Coordination:</b> from simplicity to complexity
Health ethics	Trainer's ethics, customer integrity, Anti doping policy	Trainer's ethics, customer integrity, Anti doping policy	Trainer's ethics, customer integrity, Anti doping policy
Health care	National health care continuum, non-medical services. Rules and regulations		

### 5.1.2 Overall skills requirements

A personal trainer has to:

- exhibit ability to execute exercises clearly and correctly with and without training equipment;
- be able to make reasonable choice of equipment and exercise correspondingly to customer's goal and status;
- exhibit ability to describe exercises to a customer, correct the execution and provide safety assistance in exercises;
- exhibit ability to qualitatively evaluate exercise load in relation to individuals' goal and physical ability;
- exhibit ability to practically plan and conduct a personal training session according to the customer's goal;
- be able to execute CPR (Cardio Pulmonary Resuscitation).

#### Customer relation

The PT shall be able to create a safe and friendly atmosphere and to meet each customer at their specific level.

#### Planning

The PT shall master the skill of making fitness related training micro plans including goal and target, client evaluation and session design.

#### Conduction

The PT shall be able to inform and instruct verbally, demonstrate and explain exercises, their correct execution and potential risks as well as assist for safety. The PT shall have an understanding of the construction, care and management of the equipment used for personal training. The PT should be able to explain, upon request, training choices.

#### Training log

The PT shall be able to document demographic information; session structure and conducted exercises in a professional manner in regards to accuracy and confidentiality.

### 5.1.3 Implementation

The conduction of personal training shall match the goal, plan and the customer's fitness level and wellbeing for the day.

- The Personal Training in regards of physical fitness may but must not include all of the following:
  - i. Strength training
  - ii. Flexibility training
  - iii. Endurance training
  - iv. Balance training
  - v. Postural training
  - vi. Functional training
- The Personal Training do not include services within assessment, rehabilitation, psycho-therapy, dietary recommendation or any other form of advising to customers within the area of medicine.