

EUROPASS SUPPLEMENT TO THE DIPLOMA OF

NAME OF THE DIPLOMA

Técnico Deportivo en Fútbol

(Sports Instructor in Football)

DIPLOMA DESCRIPTION

The holder has acquired general skills relating to:

Providing initiation into football, and to promoting this sport.

Scheduling and carrying out the teaching of football and scheduling and conducting the training of football players and teams.

Coaching players and teams during football matches.

Certificate of Completion of Football Level I

Within this framework, each **SPORT TEACHING MODULE** includes the following **LEARNING RESULTS** that the holder acquires.

“Anatomical and physiological bases of sport I”.

The holder is proficient in:

- Describing the general characteristics of the bones of the human body.
- Identifying the joints and classifying them by their characteristics and their function.
- Interpreting the basic concepts of biomechanics related to physical activity.
- Determining the most significant characteristics of muscles.
- Identifying the major anatomical regions of the human body, listing their structure and function.
- Determining the function of the components of the cardiorespiratory system.
- Determining the fundamentals of energy metabolism.
- Explaining the fundamentals of nutrition and hydration.
- Employing basic biological science terminology.

“Psychopedagogical foundations of education and sport training I”.

The holder is proficient in:

- Describing the main psychological characteristics of children and young people and their influence on their initiation into sports.
- Applying the basic techniques for motivating young athletes.
- Identifying the factors that improve the process of acquiring sports techniques.
- Determining the role played by the Sports Instructor in acquiring sports skills and abilities.
- Describing the methods and systems used to teach sports skills.
- Employing basic teaching terminology.

“Sport training I”.

The holder is proficient in:

- Knowing the conditional physical attributes and their development depending on age.
- Knowing the perceptual-motor attributes and their development depending on age.
- Applying the basic methods and means used to develop physical attributes and perceptual-motor attributes.
- Applying basic concepts to the implementation of a correct warm-up.
- Employing basic theoretical sport training terminology.

“The organisation and legislation of sport I”.

The holder is proficient in:

- Knowing the administrative structure for sport in the relevant Autonomous Community and its relationship with the General Administration of the State in the same field.
- Differentiating between the managerial competencies that correspond, in the field of sport, to Autonomous Administration agencies, from those which, in the same field, correspond to local Bodies.
- Knowing the associative model of the relevant Autonomous Community.

“Sociological foundations of sport”.

The holder is proficient in:

- Identifying social and cultural values that can be transmitted through sport.
- Characterising the ways in which a Sports Instructor can intervene in the transmission of social values through sport.
- Raising awareness of the responsibility of the Sports Instructor in the transmission of social values.

“First aid and hygiene in sport”.

The holder is proficient in:

- Knowing the legislation that delimits the intervention of the Sports Instructor in the field of first aid.
- Identifying injuries and wounds, evaluating their degree of seriousness.
- Applying first aid methods and techniques.
- Applying evacuation protocols for injured and wounded people.
- Explaining the general principles of hygiene in sport.
- Describing the techniques for recovery following physical exercise.
- Knowing the effects of major drug dependencies on the human organism.
- Identifying the factors that lead to smoking and alcoholism and defining the effects that these dependencies produce on the organism of young athletes.

“Professional development I”.

The holder is proficient in:

- Knowing labour legislation applicable to holders of the level one diploma in football.
- Describing the legal requirements for the practice of the profession.
- Specifying the competencies, functions, tasks and responsibilities of the level one diploma in football.
- Defining the basic system of territorial organization of football.
- Describing the training structure of Sports Instructors in Football in Spain.

“Team management I”.

The holder is proficient in:

- Defining the most significant psychological characteristics of the different periods in the evolution of a footballer.
- Characterising the relationship models between a coach and young footballers.
- Determining the responsibility of the coach in the development of a young footballer.
- Determining the influence of non-sporting human groups in the sporting development of a young footballer.
- Detecting the different interests of young athletes as far as football is concerned.
- Knowing the social role of the football referee and the responsibility of the coach vis-à-vis his or her authority.

“Methodology of football teaching and training I”.

The holder is proficient in:

- Applying the principles of teaching to the teaching-learning process of football.
- Employing a methodological progression in teaching football techniques and tactics.
- Determining the technical and tactical content of the stages of an initiation to football and acquisition of basic techniques.
- Characterising the different methods and styles of teaching that are applicable in the phases of initiation and acquisition of basic techniques.
- Employing different means, resources and aids to teach football technique and their application in the phases of initiation and acquisition of the basic technique.

- Identifying defects in technical execution, determining their causes and applying methods and means to correct them.
- Defining criteria for assessing progress in the learning technique.

“Physical preparation I”.

The holder is proficient in:

- Knowing the influence of conditional physical attributes and perceptual-motor attributes in the
- basic technical movements of football.
- Applying development models of the conditional physical attributes and the perceptual-motor attributes depending on the different ages.

“Rules of the game I”.

The holder is proficient in:

- Knowing the regulatory measurements and characteristics of the elements involved in the development of the game of football.
- Teaching the basic rules and regulations of football.

“Safety in sport”.

The holder is proficient in:

- Avoiding the most common overuse injuries in football.
- Applying the necessary measures to prevent the most common injuries due to indirect agents in football.
- Determining methods and means of security applicable to football training sessions and matches.
- Applying the most effective methods to prevent disorders caused by the effect of solar radiation.

“Tactics and game systems I”.

The holder is proficient in:

- Knowing the fundamental principles of football tactics and their application to the game at the stage of initiation to the sport.
- Knowing the basic game systems and strategic actions applicable to the game in the stage of initiation to the sport.
- Applying his or her knowledge of tactics, game systems and strategies to games between teams of young footballers.
- Employing the elementary terminology of football tactics.
- Applying criteria to training tactics, strategy and game systems with young footballers.
- Initiating them in the knowledge of football history.

“Individual and collective technique I”.

The holder is proficient in:

- Knowing the basics of football technique.
- Determining basic technical football movements and teaching methodology at the sporting initiation stage.
- Employing the elementary terminology of football technique.
- Executing basic technical movements of football.

“Complementary block”.

The holder is proficient in:

- Understanding the most commonly used terminology in the science of the sporting speciality in German, French or English.
- Employing a word processor to facilitate compliance with the functions appropriate to their level.
- Introducing future instructors to the practice of sport by disabled people.

“Practical training”.

- The aim of the practical training block in the level one of the Sports Instructor in Football course is for pupils to develop in a practical way the skills they have acquired during the training period, applying in real-life

situations the knowledge and skills they have acquired in their theoretical and practical training, and to obtain the experience they need to effectively initiate pupils in football, coaching and accompanying the team as they practice the sport and ensuring the safety of the athletes.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE DIPLOMA

The following are the most relevant occupations and jobs:

- He or she shall carry out their activity in the field of sport initiation. The teaching of futsal is expressly excluded.
- This Instructor shall always act within a public or private body related to the practice of football. The different types of bodies or companies in which they can carry out their functions are:
 - Sports schools and initiation centres.
 - Sports clubs and associations.
 - Sports federations.
 - Sports boards.
 - Companies providing sporting services.
 - Schools (extracurricular activities).
- According to article 155 of the General Competition Rules of the Royal Spanish Football Federation (RFEF) and as approved by the Management Committee of the National Sports Council, the Certificate of Completion of Football Level One has the same professional attributes as a Basic Football Coach Diploma and as UEFA's "B" licence; it entitles its holder to train football teams in youth and lower categories within their territory.

Sports Instructor in Football Level II

Within this framework, each SPORT TEACHING MODULE includes the following LEARNING RESULTS that the holder acquires.

"Anatomical and physiological bases of sport II".

The holder is proficient in:

- Determining the anatomic characteristics of the segments of the body and interpreting their movements.
- Explaining the mechanics of muscle contraction.
- Applying the basic fundamentals of mechanical laws to the knowledge of the different types of human movement.
- Relating the responses of the cardiorespiratory system to exercise.
- Interpreting the bases of energy metabolism.
- Describing the bases of how the central nervous system works and how it is involved in controlling the motor activity.
- Describing the bases of how the autonomic nervous system works and how it is involved in controlling the systems and apparatuses of the human body.
- Describing the bases of how the digestive apparatus and the kidneys work.

"Psychopedagogical foundations of education and sport training II".

The holder is proficient in:

- Determining the most relevant psychological aspects that influence the learning of sportsmanship.
- Applying strategies to improve how athletes function psychologically.
- Identifying emotional factors and problems related to sports training and competition.
- Identifying perceptual factors involved in sporting optimisation.
- Evaluating the effect of decision-making in sporting performance.
- Designing practice conditions to improve the learning of sports.
- Knowing the psychological aspects related to managing sports groups.

"Sport training II".

The holder is proficient in:

- Applying elements of training scheduling and monitoring.
- Employing systems and methods that develop the various physical and perceptual-motor attributes.
- Applying methods used to train physical attributes and perceptual-motor attributes.
- Interpreting basic concepts of the preparation of psychic and behavioural attributes.

“The organisation and legislation of sport II”.

The holder is proficient in:

- Knowing the legal framework of sport.
- Differentiating competencies in the area of sport between those that correspond to the General Administration of the State or those that correspond to the Autonomous Community.
- Knowing the sports association model at State level.

“Theory and sociology of sport”.

The holder is proficient in:

- Explaining the differences between sport in days gone by and contemporary sport.
- Determining the main factors that have led to the massive presence of the sporting phenomenon in advanced societies.
- Knowing the etymological derivation of the word sport.
- Interpreting the traits that constitute sport.
- Specifying the factors that have led to the expansion of sport in today's society.
- Knowing the ethical content of sport and the causes that distort the sporting ethic.
- Identifying the role of sport in today's society.
- Linking the evolution of the sport with the development of Spanish society.

“Professional development II”.

The holder is proficient in:

- Knowing labour legislation applicable to holders of the diploma of Sports Instructor in Football.
- Specifying the competencies, functions, tasks and responsibilities of a Sports Instructor in Football.
- Specifying the degree of development of the professions of football instructors in countries of the European Union and the professional equivalence of Spanish instructors to professionals in those countries.
- Knowing the organisation and functions of the Royal Spanish Football Federation.

“Team management II”.

The holder is proficient in:

- Knowing the psychological conditioning factors of a footballer during training periods and competition in order to optimize relationships within the team during the stage when technique and tactics are being perfected.
- Understanding the communication process between coach and player and coach and team.
- Employing the different systems of communication between the coach and the team members.
- Applying methods to analyse the development of the game in football.

“Methodology of football teaching and training II”.

The holder is proficient in:

- Delving deeply into the knowledge of the teaching-learning process in football.
- Choosing between the scheduling models of football teaching and training.
- Applying criteria for the scheduling of football teaching and training in the phases when technique is being perfected and availability may vary.

“Physical preparation II”.

The holder is proficient in:

- Applying criteria for planning the physical preparation of football players.
- Knowing the implication of the physical attributes and the perceptual-motor attributes in the technical performance of the individual footballer, to carry out their training.
- Knowing the implication of the conditional physical attributes in the implementation of the tactical actions of players in football teams.

“Rules of the game II”.

The holder is proficient in:

- Delving deeply into the knowledge of the rules of football.
- Interpreting special instructions within the rules of football.
- Interpreting instructions given by referees and their performances in sports competitions.
- Knowing the singularities of the rules of the International Football Association Board.

“Tactics and game systems II”.

The holder is proficient in:

- Knowing attacking and defending actions and how they are applied to the game in the stages when technique is being perfected and availability may vary.
- Delving deeply into the knowledge of game strategies and systems and their application to real life situations in the stages of perfecting when technique is being perfected and availability may vary.
- Employing tactical training systematics for the practice of high-level football.

“Individual and collective technique II”.

The holder is proficient in:

- Delving deeply into the knowledge of technical football movements and actions.
- Carrying out long-term scheduling of technique training.
- Determining the characteristics of the training of technical actions.
- Establishing training systems for football players in relation to individual technique, collective attacking technique and defensive technique.
- Establishing technical training systems for goalkeepers.
- Employing training systems for individual football players’ technical movements.
- Applying training systems for football teams’ technical actions.

“Complementary block”.

The holder is proficient in:

- Understanding the most commonly used terminology in sporting science in German, French or English.
- Employing one or other database computer program.

“Practical training”.

- The aim of the practical training block of the Sports Instructor in Football course is for pupils to develop in a practical way the skills they have acquired during the training period, applying in real-life situations the knowledge and skills they have acquired in theoretical and practical training, and to obtain the experience they need to effectively:
 - Teach football techniques and tactics.
 - Manage footballers’ training.
 - Manage players and teams during football competitions.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE DIPLOMA

The following are the most relevant occupations and jobs:

- This diploma accredits the acquisition of sufficient professional knowledge and skills to assume responsibilities autonomously or within a public body or a private company.
- He or she shall carry out their activity in the field of football teaching and training. The different types of bodies or companies in which they can carry out their functions are:
 - Sports schools.
 - Football clubs or sports associations.
 - Territorial football federations.
 - Sports boards.
 - Companies providing sporting services.
 - Schools (extracurricular activities).

- According to article 155 of the General Competition Rules of the Royal Spanish Football Federation (RFEF) and article 61 of the RFEF's Club Licensing Regulations for UEFA Competitions, both of which by the Management Committee of the National Sports Council, the diploma of Sports Instructor in Football has the same professional attributes as an Advanced Football Coach Diploma and as UEFA's "A" licence; it entitles its holder to train football teams and squads at Autonomous Community level, and its possession is the minimum compulsory requirement to act as a head coach in the National Youth Football League and in the First Division of the Women's Football League and to act as assistant first-team coach in Spanish football clubs that take part in any club competition run under the auspices of UEFA.

AWARD, ACCREDITATION AND LEVEL OF THE DIPLOMA

Body that issues the Diploma in the name of the King: The Ministerio de Educación (the Ministry of Education) or the Autonomous Communities in the area of their own administrative responsibility. The degree has academic and professional effects that are valid throughout the entire State.

Official duration of the Diploma: 1,020 hours.

Level of the Diploma (national or international).

- NATIONAL: Non-university education.
- INTERNATIONAL:
 - Level 3 of the International Standard Classification of Education (ISCED 3).
 - Level 4 of the European Qualifications Framework (EQF 4).

Access requirements: A Graduate Degree in Compulsory Secondary Education, or a Certificate of having passed the test that replaces the corresponding academic requirement. To access the top level of football, it will also be necessary to accredit that one has passed an entrance test of a specific nature. To access the second level in football, as well as the above requirements, it will be necessary to accredit the Certificate of Completion of Football Level One (455 hours).

Access to the next level of education or training: This allows access to the title of Senior Sports Instructor in Football after having accredited experience as head coach of teams that take part, during at least one season, (6 months or 183 days) in the Third Division, in the Regional Leagues, the Nacional Youth League or in Youth (under 18), Cadet (under 16), Infants (under 14) or Junior (under 10) competitions.

Legal basis. Rules and regulations on which the Diploma is based:

Minimum teaching requirements established by the State: Royal Decree 320/2000, of 3 March, which establishes the diplomas of Sports Instructor and Senior Sports Instructor in the specialities of Football and Futsal, and which lays down the corresponding minimum education requirements. (Official State Gazette of 29 March)

Explanatory note: This document is intended as supplementary information to the Diploma in question, but on its own it does not have any legal validity.

COURSE STRUCTURE OF THE OFFICIALLY RECOGNISED DIPLOMA

SPORTS EDUCATION MODULES ESTABLISHED IN THE ROYAL DECREE	Level one HOURS	Level two HOURS
Anatomical and physiological bases of sport	15	25
Psychopedagogical foundations of education and sport training	10	15
Sport training	15	25
Sociological foundations of sport	5	-
The organisation and legislation of sport	5	5
First aid and hygiene in sport	15	-
Theory and sociology of sport	-	10
Professional development	5	5
Team management	5	15
Methodology of football teaching and training	10	10
Physical preparation	5	15
Rules of the game	15	10
Safety in sport	10	-
Tactics and game systems	20	20
Individual and collective technique	20	20
Complementary block	15	25
Practical training block	80	110
TOTAL MINIMUM EDUCATION REQUIREMENTS (HOURS)*	250	310
TOTAL DURATION OF THE DIPLOMA 1,020 hours	455	565
<p><i>*55% of the minimum education requirements of the diploma reflected in the above table is of an official nature and is valid throughout the national territory. The remaining 45% is specific to each Autonomous Community and may be reflected in Annex I to this supplement.</i></p>		

INFORMATION ABOUT THE EDUCATION SYSTEM

