

## EUROPASS SUPPLEMENT TO THE DIPLOMA OF

### TITLE OF THE CERTIFICATE (original language: ES)

*Técnico Deportivo Superior en Alta Montaña  
LOGSE*

### TRANSLATED TITLE OF THE CERTIFICATE (English)

*Senior Sports Instructor in High Mountain Activities  
the General Organisation of the Educational System Law*

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### PROFILE OF SKILLS AND COMPETENCES

#### The holder has acquired general skills relating to:

Guiding individuals or groups on high mountain ascents, planning and organising alpinism, climbing and ski mountaineering expeditions and running a department, section or school of mountaineering and climbing sports.

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

##### “Biomechanics of sport”.

The holder is proficient in:

- Applying the fundamentals of biomechanical analysis to the study of technique in high-performance athletes.
- Interpreting the results of biomechanical analysis in order to monitor the training of high-level athletes.

##### “High performance sports training”.

The holder is proficient in:

- Applying planning and control methods to train conditional physical and perceptual-motor attributes in high-level athletes.
- Knowing the phenomena of fatigue and over-training and applying the necessary controls to avoid the effects of these phenomena in high-level athletes.

##### “Physiology of effort”.

The holder is proficient in:

- Knowing the fundamentals of the assessment of functional capacity with a view to high performance.
- Interpreting the results of functional capacity assessment.
- Interpreting the results of the nutritional assessment of athletes.
- Collaborating with specialists in deciding on an athlete’s diet.
- Collaborating with specialists in prescribing ergogenic aids.
- Leveraging the physiological advantages of high-altitude training.
- Familiarising him- or herself with the apparatuses of a physiology-of-effort laboratory.

##### “Sports management”.

The holder is proficient in:

- Recognising the regulations that are applicable to professional athletes.
- Employing management and organisational techniques in the field of sport.
- Knowing the regulations that govern High-level Sport, at State and Autonomous Community level.
- Knowing the regulations that govern the control of doping.
- Knowing the regulations in relation to sports sponsorship.
- Knowing the measures designed to prevent violence in sport.

##### “Psychology of high performance sports training”.

The holder is proficient in:

- Identifying the psychological needs of athletes competing in top competitions.
- Applying psychological strategies to optimise athletes’ performance.
- Acquiring the necessary psychological knowledge and skills to direct other coaches and to work with sports science specialists.
- Identifying the specific competences of the sport psychologist, differentiating them from the psychological role of the coach.

### **“Sociology of high-performance sport”.**

The holder is proficient in:

- Identifying problems inherent in the practice of high-level sport.
- Knowing the problems of adaptation that athletes face when their sporting life comes to an end.
- Knowing the social significance of high-performance sport and sport as a spectacle and its impact on athletes competing in top competitions.
- Knowing the methods of social research applied to sport.
- Employing techniques to identify trends in society related to the practice of sports.

### **“Guiding in alpinism and ski mountaineering II”.**

The holder is proficient in:

- Applying the techniques used to design and organise high-level alpinism and ski mountaineering activities.
- Leading individuals or groups through high mountain terrain involving a high degree of difficulty.

### **“Professional development of Senior Sports Instructors in High Mountain Activities”**

The holder is proficient in:

- Specifying the competencies, functions, tasks and responsibilities of a Senior Sports Instructor in High Mountain Activities.
- Identifying the civil and criminal liabilities of a Senior Sports Instructor in High Mountain Activities, that derive from the exercise of their profession.
- Knowing the Spanish and international regulations governing doping in mountain sports and climbing.
- Knowing the system used to organise expeditions to high mountain areas.
- Organising and promoting activities related to mountain sports.
- Preparing and implementing projects involving activities related to mountain sports.
- Specifying the degree of development of the professions of mountain sports and climbing instructors in countries outside the European Union and determining the professional equivalence of Spanish instructors to professionals in those countries.

### **“Alpinism training II”.**

The holder is proficient in:

- Applying periodisation models to alpinism training with a view to high-level performance.
- Applying the means and methods used to develop the psychological qualities that are required for high-level alpinism.
- Assessing the nutritional requirements involved in high-altitude alpinism.
- Applying physical recovery methods to high-level alpinists.

### **“Technical optimisation of alpinism”.**

The holder is proficient in:

- Traversing high mountain terrain involving a high degree of difficulty.
- Teaching how to ascend high mountains involving a high degree of difficulty.
- Teaching how to climb on tall walls.
- Determining the characteristics of technical alpinism equipment.
- Preparing and selecting suitable spaces for the practice of mountain sports and climbing specialities.

### **“Technical ski mountaineering training II”.**

The holder is proficient in:

- Correctly ascending and descending snow-covered terrain using ski-mountaineering skis.
- Demonstrating high-level ski mountaineering techniques.
- Implementing ski mountaineering safety techniques.
- Determining the technical characteristics of high-level ski mountaineering material and equipment.

### **“Complementary block”.**

The holder is proficient in:

- Employing multimedia to teach or train the sporting speciality.

### “Final project”.

- The purpose of the final project is to ensure that the student has assimilated and is able to integrate, synthesize and apply the theoretical and practical knowledge he or she has acquired during the training process and is as a result able to embark on a professional career as a Senior Sports Instructor in High Mountain Activities.

### “Practical training”.

- The aim of the practical training block of the Senior Sports Instructor in High Mountain Activities 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:
  - Guide individuals or groups on high mountain ascents.
  - Schedule and organise alpinism, climbing and ski mountaineering expeditions.
  - Manage a winter sports and climbing department, section or school.

### RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

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 work in the field of teaching, guiding and accompaniment in alpinism and ski mountaineering activities carried out on mountain and high mountain terrain, and in the management of high-level athletes during expeditions.

In the field of sports management, managing a mountain sports and climbing department, section or school.

The different types of bodies or companies in which they can carry out their functions are:

1. High-performance sports centres.
2. Sports technicalisation centres.
3. Mountain sports and climbing schools.
4. Sports clubs and associations.
5. Mountain sports and climbing federations.
6. Sports boards.
7. Companies providing sporting services.
8. Training centres for mountain sports instructors.

### OFFICIAL BASIS OF THE CERTIFICATE

**Name and status of the body awarding the certificate:** The Ministerio de Educación y Formación Profesional (the Ministry of Education and Vocational Training) 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:** 755 hours.

#### Level of the certificate (national or international)

- NATIONAL: Non-university higher education.
- INTERNATIONAL:
  - Level 5b of the International Standard Classification of Education (ISCED 5b).
  - Level 5 of the European Qualifications Framework (EQF 5).

**Entry requirements:** A bachelor's degree or equivalent or a certificate of having passed the corresponding sporting tests. To access the Senior Sports Instructor in High Mountain Activities Diploma, as well as the above requirements, it will be necessary to accredit the Sports Instructor in High Mountain Activities Diploma (1,100 hours).

Specific sporting merit entrance examinations:

The applicant shall accredit, by submitting his or her curriculum vitae, that they have completed, at least, the following sporting activities:

- a) Two climbing routes at an altitude of more than 3,500 metres, requiring the resolution of technical problems and requiring psychic stability.
- b) Ten routes on rock/snow/ice graded 6a or higher, carried out at an altitude of more than 2,000 metres, involving a wall at least 300 metres in length. At least three of these routes must have been carried out in winter.
- c) Ten rock climbing routes, including a wall at least 200 metres in length and graded 6b/A2.
- d) Sixteen days of high-altitude ski mountaineering, either consecutively or grouped in periods of at least four consecutive days.

The alpinism ascents and climbing routes must have been carried out as lead climber or alternating pitches with a partner for at least 50 per cent of the duration of the ascent.

**Access to the next level of education or training:** The diploma of Senior Sports Instructor in High Mountain Activities will give access to the specialisation:

- a) Adapted high mountain activities.
- b) High mountain activity guide

The Senior Sports Instructor in High Mountain Activities Diploma entitles the holder to gain direct access to official university degree courses under such admission conditions as may be established.

**Legal basis. Rules and regulations on which the Diploma is based:** Minimum teaching requirements established by the State: Royal Decree 318/2000, of 3 March, which establishes the diplomas of Sports Instructor and Senior Sports Instructor in the specialities of Ski Mountaineering and Climbing, 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	HOURS
Sports biomechanics	15
High performance sports training	30
Physiology of effort	20
Sports management	25
Psychology of high performance sports training	10
Sociology of high-performance sport	10
Guiding in alpinism and ski mountaineering II	20
Professional development of the Senior Instructor in High Mountain Activities	15
Alpinism training II	15
Technical ski mountaineering training II	25
Optimisation of alpinism techniques	40
Complementary block	40
Practical training block	110
Final project	40
<b>TOTAL MINIMUM EDUCATION REQUIREMENTS IN HOURS*</b>	<b>415</b>
<b>TOTAL DURATION OF THE DIPLOMA</b>	<b>755</b>
<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 <b>Annex I</b> to this supplement.</i></p>	

## INFORMATION ABOUT THE EDUCATION SYSTEM

