

EUROPASS SUPPLEMENT TO THE DIPLOMA OF

TITLE OF THE CERTIFICATE (original language: ES)

*Técnico Deportivo Superior en Esquí de Fondo
LOGSE*

TRANSLATED TITLE OF THE CERTIFICATE (English)

*Senior Sports Instructor in Cross-country Skiing
the General Organisation of the Educational System Law*

PROFILE OF SKILLS AND COMPETENCES

The holder has acquired general skills relating to:

Planning and directing the training of cross-country skiing athletes and teams, directing their participation in mid- to high-level competitions, and managing a winter sports department, section or school.

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.

“Professional development of Senior Sports Instructors in Cross-country Skiing”

The holder is proficient in:

- Specifying the competencies, functions, tasks and responsibilities of a Senior Sports Instructor in Cross-country Skiing.
- Identifying the civil and criminal liabilities of a Senior Sports Instructor in Cross-country Skiing that derive from the exercise of their profession.
- Knowing the Spanish and international regulations governing doping in winter sports.
- Knowing the system used to organise winter sports events and activities.
- Applying the criteria for the organisation and promotion of activities related to winter sports.
- Applying the system used to prepare and implement projects involving activities related to winter sports.
- Organising regional and national cross-country skiing competitions.

“Cross-country skiing equipment III”.

The holder is proficient in:

- Knowing the technical materials used in mid- and high-level competitions.
- Applying the criteria for the selection of technical equipment in accordance with the characteristics of cross-country skiing disciplines.
- Adapting the technical material to the characteristics of the athletes.
- Defining and carrying out special preparation processes for technical equipment.
- Carrying out special assembly and adjustment procedures for ski bindings.
- Carrying out assembly procedures for special competition accessories.

“Methodology of cross-country skiing training II”.

The holder is proficient in:

- Applying planning models to cross-country ski training with a view to high-level performance.
- Applying physical recovery methods to the training and competition periods of high-level skiers.
- Training the techniques and tactics of high-level competitive cross-country skiing.
- Conducting specific training of the conditional physical and perceptual-motor attributes that have a bearing on cross-country skiing disciplines.
- Applying the means and methods used to develop the psychological qualities that are required for high-level cross-country skiing.

“Optimisation of cross-country skiing techniques”.

The holder is proficient in:

- Knowing the demands of mid- and high-level competition in the different cross-country skiing disciplines.
- Delving deeply into the knowledge of the biomechanics of the ideal technical movements of the classic and freestyle technique.
- Knowing the adaptations of the ideal technical turning movement depending on specific situations.
- Knowing how to plan, organise and conduct technical and tactical training appropriate to the performance and high performance stages of the different cross-country skiing disciplines.
- Knowing the methods used to assess and monitor the technical and tactical performance of skiers.

“Safety in sport III”.

The holder is proficient in:

- Applying safety measures in training and in high-level cross-country skiing competition specialities.
- Avoiding the most frequent injuries in high-level cross-country skiing, in the training and competition stages.
- Knowing how a coach can collaborate in the recovery of sportsmen and women.

“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 Cross-country Skiing.

“Practical training”.

- The aim of the practical training block of the Senior Sports Instructor in Cross-country Skiing 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:
 - Schedule and direct the training of athletes and teams and their participation in mid- and high-level cross-country skiing competitions.
 - Schedule and direct the physical preparation of cross-country skiers.
 - Schedule and direct the teaching of the sport of cross-country skiing.
 - Schedule and coordinate the activities of lower-level sports instructors.
 - Manage a winter sports 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 carry out their activity in the field of cross-country skiing teaching and training and the management of high-level athletes and teams.

In the field of sports management, managing a winter sports 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. Winter sports schools.
4. Sports clubs and associations.
5. Federations.
6. Sports boards.
7. Companies providing sporting services.
8. Training centres for winter 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: 855 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. To access the Senior Sports Instructor in Cross-country Skiing Diploma, as well as the above requirements, it will be necessary to accredit the Sports Instructor in Cross-country Skiing Diploma (1,015 hours).

Access to the next level of education or training:

The Senior Sports Instructor in Cross-country Skiing 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 319/2000, of 3 March, which establishes the diplomas of Sports Instructor

and Senior Sports Instructor in the specialities of Winter Sports, and which lays down the corresponding minimum education requirements. (Official State Gazette of 28 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
Professional development III	10
Cross-country skiing equipment III.	25
Methodology of cross-country skiing training II.	65
Optimisation of cross-country skiing techniques.	65
Safety in sport III	10
Complementary block	40
Practical training block	110
Final project	40
TOTAL MINIMUM EDUCATION REQUIREMENTS IN HOURS*	470
TOTAL DURATION OF THE DIPLOMA	855
<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

