

EUROPASS SUPPLEMENT TO THE DIPLOMA OF

TITLE OF THE CERTIFICATE (original language: ES)

Técnico Deportivo en Media Montaña

TRANSLATED TITLE OF THE CERTIFICATE (English)

Sports Instructor in Mid Mountain Activities

Certificate of Completion of Initial Cycle of Hiking

PROFILE OF SKILLS AND COMPETENCES

The holder has acquired general skills relating to:

General skills of the intermediate level initial cycle in hiking consist of guiding and motivating athletes and users on routes along marked trails in low mountains, in natural spaces, and in leisure and environmental education activities; collaborating in the organisation of hiking activities; promoting knowledge of and respect for the natural, heritage and human environment; collaborating in supervising safety in adventure parks in trees or on artificial structures, all in accordance with the guidelines laid down in the reference programme, in conditions of safety and with the optimum level of quality to ensure the satisfaction of the athletes taking part in the activity.

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

“MED-C101: Bases of Sporting Behaviour”.

The title holder:

- Identifies the motor, psychological, affective and social characteristics of the individual(s), relating them to the different stages of maturity in childhood.
- Assists the athlete, describing and applying different techniques of communication and motivation.
- Leads the group, selecting and applying group dynamics and strategies to resolve conflicts, in accordance with the characteristics of the context.
- Transmits personal and social values, applying appropriate techniques and reflecting on his or her own attitudes and behaviour.

“MED-C102: First Aid”.

The title holder:

- Carries out an initial assessment, applying assessment techniques in accordance with established protocols and relating them to the principles of anatomy and physiology.
- Applies first aid techniques relating the type of injury to the established protocol in each case.
- Applies life support techniques, identifying their instrumentation and describing their phases in accordance with the established basic protocol.
- Applies self-control and psychological support techniques to the injured person and their companions, describing and applying the appropriate communication strategies.
- Applies techniques for environmental control relating them to the established protocols and the organisation of the emergency system.

“MED-C103: Adapted Physical Activity and Disability”.

The title holder:

- Identifies the main disabilities describing their basic characteristics and relating them to sport practice.
- Informs people with disabilities about sport practices, describing the specific communication techniques and identifying the limitations that may arise in their initiation.

“MED-C104: Sports Organisation”.

The title holder:

- Identifies the local and regional sports organisation relating it to the administrative structure and its basic competences.
- Specifies the structure of sport associations identifying their elements and organisation.

“MED-MOSE-102: Guiding on trails”.

The title holder:

- Guides hikers along marked low mountain itineraries, applying control and communication procedures appropriate to the characteristics of the group.

- Selects and adjusts hiking equipment, describing its characteristics, selection and adaptation criteria, and the operations involved in the maintenance of the equipment.
- Supervises individual equipment and installations in adventure parks in trees or on artificial structures, applying established procedures and describing the reference regulations.
- Collaborates in the provision of mountain rescue, describing the organisation thereof and applying action protocols in the event of accident or disappearance.
- Selects and specifies low mountain hiking itineraries describing the organisational criteria and the necessary advance information.
- Selects the regulations that apply to activities carried out in low mountain areas, analysing the relevant documentation that affects the design and structuring of routes and activities in programmes, events and hiking offers.
- He or she orients him or herself in low mountain routes, applying orientation techniques, interpreting maps and handling compasses, identifying errors in orientation and their cause.

“MED-MOSE-103: Low mountain physical and human environment”.

The title holder:

- Provides information on the environmental characteristics of low mountain routes and adventure parks, identifying and describing their physical structure and characteristics, and the environmental values of the natural environment.
- Provides information on the characteristics of low mountain routes, identifying and describing their heritage and ethnographic features.
- Interprets and assesses meteorological information, characterising natural signs, and using the appropriate information systems.

“MED-MOSE-104: Leisure Time”.

The title holder:

- Organises recreational and leisure activities that complement mountain activities, deciding on spaces and resources as well as regulations governing prevention and safety.
- Carries out recreational and leisure activities, applying animation and expression techniques and resources.
- Carries out recreational and leisure activities in the natural environment and in campsites in permanent facilities, respecting the principles of conservation, sustainability and the improvement of the environment.
- Develops activities to monitor and evaluate leisure time activities, selecting strategies, techniques and resources to identify aspects that can be improved.

“MED-MOSE-105: Practical training”.

The title holder:

- Identifies the organisational structure of a sports club or entity and how it works, relating it to activities offered or the accompaniment of users in hiking activities.
- Acts with autonomy, initiative and responsibility in his or her job, behaving in an ethical manner, showing personal communication skills, teamwork, respect for the environment, and applying the procedures established by the company.
- Carries out operations for the preparation and maintenance of the necessary material and facilities for the activities of initiation and accompaniment in hiking, interpreting instructions or established rules and executing procedures and techniques inherent to such operations.
- Intervenes in risk management during the practice or in the undertaking of routes, appropriate to the hiking initiation level, identifying and applying specific procedures in accordance with the applicable instructions or rules.
- Carries out first aid operations, interpreting established rules and protocols and applying techniques and procedures according to the established instructions or rules.
- Carries out operations involving the accompaniment and guiding of users or groups along hiking routes and on camping sites, interpreting information related to the activity, and executing techniques and procedures related to such escorting.
- Carries out operations involving the supervision and maintenance of individual equipment and installations in adventure parks in trees or on artificial structures, applying established procedures.
- Participates in the activation of leisure and environmental education activities, selecting spaces and applying animation and expression resources.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

The Instructor in Hiking, Initial Cycle, carries out his or her activity both in the public sphere, whether in the General State Administration or in Autonomous Government or local administrations, and in private entities, in sports boards; municipal sports bodies; sports and social federations and clubs; educational centres; companies providing extracurricular activities services; holiday camps; tourist companies: hotels, campsites, hostels, rural houses, travel agencies, adventure parks in trees or on artificial structures, ski resorts with a complementary offer of out-of-season activities, refuges, mountain hostels, camps; or companies that manage natural parks and offer sports-recreational activities including guided tours along marked trails and through natural spaces, in the sectors of sport, leisure and free time and tourism.

The following are the most relevant occupations and jobs:

- Guide along marked low mountain trails and through delimited natural spaces, adventure parks in trees or on artificial structures.
- Operator in adventure parks in trees or on artificial structures.

Entry requirements: Secondary Education Graduate Diploma and successful completion of a test of a specific nature.

The specific entrance test consists of:

Associated test: personal technical equipment:

- o The student selects and equips him or herself with appropriate personal technical material for low mountain progression.

Associated test: progression and endurance on low mountain terrain:

- o He or she progresses through varied low mountain terrain demonstrating endurance and agility, overcoming natural obstacles, keeping to the established route and using the appropriate personal equipment.

The RAE-MOSE101 test accredits that the student has attained the professional competence of having “Mastered the techniques of low mountain progression on varied terrain with a sufficient level to carry out the tasks required to guide at this level”. The diploma assigns to this test a training workload of 90 hours of the total duration of the intermediate level initial cycle in hiking.

Access to the next level of education or training: In order to access the intermediate level final cycle in canyoning, it will be necessary to accredit having passed the intermediate level initial cycle in hiking.

List of qualifications and skill units of the National Catalogue of Professional Qualifications of the intermediate level initial cycle in hiking.

The intermediate level initial cycle in hiking includes skill unit UC 1868_2: Employing educational techniques and resources for leisure time activities, included in professional qualification SSC564_2: Animation of educational leisure time projects for children and young people

Sports Instructor in Mid Mountain Activities, final cycle

PROFILE OF SKILLS AND COMPETENCES

The holder has acquired general skills relating to:

General skills of the intermediate level final cycle in mid-mountain activities consists of designing routes, guiding and animating athletes and users in mid-mountain terrain; promoting and disseminating knowledge and respect for the physical, heritage and human environment in which the activity takes place; managing the material resources required for the activities and coordinating the technicians under their charge; organising guiding activities in this environment, all in accordance with the guidelines established in the reference programme, under conditions of safety and with the optimum level of quality to ensure the satisfaction of the athletes and users taking part in the activity.

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

“MED-C201: Bases of Sporting Learning”.

The title holder:

- Identifies the characteristics of the Sports Technification (ST) athlete, relating them to the stage of adolescence and analysing the psychological variables involved in sports performance.
- Assesses the athlete's technical-tactical improvement process, analysing the characteristics of motor learning and the factors involved.
- Applies the techniques used to manage, organise and activate basic training and technical improvement activities, analysing the methodology and the appropriate control and motivation procedures.
- Interprets the sports teaching programme analysing its components and designing activities in accordance with the learning stage of the athlete.
- Coordinates the intervention of the technical staff under his or her responsibility, applying human resource management techniques.
- Mentors athletes during their participation in training sessions and competitions, identifying and instilling personal and social attitudes and values.

“MED-C202: Bases of Sports Training”.

The title holder:

- Identifies the physical characteristics of men and women, analysing the anatomical-physiological functions of the organism in relation to physical exercise.

- Promotes healthy sport practices, identifying the most appropriate hygienic guidelines in the stages of sport initiation and technification.
- Assesses the general motor condition of men and women applying the appropriate assessment techniques and methodology and distinguishing the different basic physical capacities.
- Interprets the programme describing the principles and basic elements of sports training.
- Develops the general motor condition of men and women, analysing the methodological principles used in the training of the abilities and the means used.

“MED-C203: Adapted sport and disability”.

The title holder:

- Organises sport initiation sessions analysing the needs of people with disabilities.
- Applies resources that encourage the participation of people with disabilities in physical sports activities analysing the characteristics of the task and identifying the limitations for the practice of sport originated by the context.
- Organises athletes with disabilities interpreting the main functional classifications of adapted sport and the characteristics of adapted sports.
- Counsels people with disabilities towards the practice of sport recognising the structure of adapted sport and the available sources of information.

“MED-C204: Sports organisation and legislation”.

The title holder:

- Interprets competition regulations relating them to the national sport organisation and its administrative structure and the disciplinary regime of the sport.
- Selects and prepares the necessary material resources and facilities analysing their safety conditions and relating them to current regulations.
- Prepares the travel of the person or group, applying established procedures and current regulations.
- Leads and accompanies sportspersons in competitions at initiation and technification level analysing the characteristics of competition organisation.
- Carries out management activities of a Sports Club applying the appropriate procedures for its constitution and implementation.

“MED-C205: Gender and Sport”.

The title holder:

- Identifies the reality of women’s sport, analysing the social elements that characterise it.
- Encourages the incorporation of women into the sports field analysing their specific peculiarities and those of their context, and applying different intervention strategies.
- Supports the incorporation of women into sport, identifying the role of institutions and the lines of support for women’s sport.

“MED-MOME-202: Hiking school”.

The title holder:

- Prepares hiking and mid-mountain teaching programmes, specifying objectives, content, activities, methodology and assessment criteria, adapted to different age groups.
- Specifies and directs teaching sessions on progression techniques in mountaineering: hiking and mid-mountain areas in summer, orienteering and environmental awareness, applying specific techniques.
- Coordinates the activity of other sports instructors in the teaching of mountaineering and the organisation of events, identifying their functions and the distribution of roles in training activities.
- Assesses the development of introductory hiking and mountaineering programmes, using instruments to collect information and drawing up reports.
- Organises hiking activities analysing the specific needs of people with disabilities, as well as the possibilities of adapting materials, technical aids and activities in the field of hiking.
- Estimates the costs involved in the organisation and management of mountaineering activities, differentiating the items and concepts to be allocated depending on the logistics required for each activity.

“MED-MOME-203: Technical improvement mid-mountain mountaineering in summer”.

The title holder:

- Selects and maintains progression and bivouac equipment for mid-mountain areas in summer, describing their technical characteristics, applying techniques and procedures to adapt them to individual characteristics, applying inspection protocols and maintenance techniques.
- Assesses the execution of progression and bivouac techniques in mid-mountain areas in summer, analysing technical standards, elaborating learning sequences and relating mistakes in their execution to their causes.
- Intervenes in rescue situations, identifying risk situations in mid-mountain areas in summer, applying rescue and self-rescue techniques, adapting the techniques to simulated situations.

“MED-MOME-204: Guiding and orientation in mid-mountain areas”.

The title holder:

- Orientates him or herself in situations of poor visibility in mid-mountain terrain in summer, applying specific orientation techniques, using terrain indicators, and describing the adaptation of these indicators to the different environments.
- Devises and prepares routes through mid-mountain terrain in summer and orients him or herself on them, using computer programmes and applications for satellite positioning systems.
- Devises and prepares routes through mid-mountain terrain in summer, analysing the objectives and needs of this type of activity, selecting the information, and analysing the necessary human and material resources, and filling in the technical sheet.
- Assesses the past, present and future meteorological situation, identifying the systems used to access meteorological information, analysing meteorological models, and interpreting the meteorological information produced, and justifying whatever decisions need to be taken.
- Guides the group through mid-mountain routes, applying safety and control protocols and interpreting the signs of changes in the weather.

“MED-MOME-215: Technical Improvement in Snow-covered, Nordic-Type Terrain.”

The title holder:

- Selects and maintains progression equipment for snow-covered, Nordic-type terrain, describing their technical characteristics, applying techniques and procedures to adapt them to individual characteristics, applying inspection protocols and maintenance techniques.
- Assesses the execution of progression techniques on snow-covered, Nordic-type terrain, on foot or using snowshoes, analysing and demonstrating technical standards, elaborating learning sequences and relating mistakes in their execution to their causes.
- Leads and specifies sessions for the teaching of progression techniques on snow-covered, Nordic-type terrain using snowshoes and safety equipment, analysing reference programmes and applying organisation and assessment methodology and techniques appropriate to the situation and the group.
- Intervenes in rescue and evacuation situations on snow-covered terrain, analysing the characteristics of the situation, analysing and demonstrating the techniques and protocols for self-rescue, rescue and transport of injured persons, elaborating learning sequences, and relating errors to their causes.
- Manages risk in adventure parks in trees or on artificial structures, analysing safety conditions and evacuation or rescue situations, and executing specific protocols and techniques.

“MED-MOME-216: Guiding on snow-covered, Nordic-type terrain and long-distance treks”

The title holder:

- Prepares and organises routes through snow-covered, Nordic-type terrain, identifying relevant sources of information, applying criteria for the selection and interpretation of information, assessing the difficulty and risk of the itineraries/routes based on an analysis of the material and human resources.
- Supervises safety in the design of routes through snow-covered, Nordic-type terrain, analysing the characteristics of the snow cover and the risks inherent to it, applying safety analysis protocols and analysing preventive measures appropriate to this type of activity.
- Guides groups and users on routes through snow-covered, Nordic-type terrain, choosing and applying monitoring and management procedures specific and appropriate to the characteristics of the route and the participants, applying guiding in the natural environment, analysing possible contingencies and their causes, applying preventive and corrective measures.
- Prepares and organises long-distance treks, analysing their characteristics, the sources of information and the criteria for collecting such information, interpreting the meteorological characteristics of major mountain massifs, and the effects of altitude, identifying and analysing logistical needs.

“MED-MOME-217: Practical training”

The title holder:

- Identifies the organisational structure and the functioning of the practice sports centre (company, school, club, federation) relating these to its offer of teaching and guiding activities in mid-mountain areas, on snow-covered, Nordic-type terrain and on long-distance treks, and its management activities.
- Collaborates in the selection, storage and maintenance of the necessary material for mid-mountain activities and long-distance treks.
- Prepares, programmes and directs teaching sessions on progression and orientation techniques and environmental education, in mid-mountain activities, on snow-covered, Nordic-type terrain and on long-distance treks, interpreting the information received, applying the techniques and procedures in accordance with the established instructions and rules.
- Organises and leads mid-mountain hiking activities in summer for people with disabilities, applying resources that encourage their participation taking their limitations into account.
- Collaborates in the coordination of summer schools offering mid-mountain activities, snow-covered, Nordic-type terrain and long-distance treks, analysing the structure of the school, and applying the procedures and techniques involved in managing the finances and coordinating the technicians.
- Leads routes and activities involving guiding people on mid-mountain routes, on snow-covered, Nordic-type terrain and on long-distance treks, identifying the necessary conditions and resources, applying specific procedures and techniques, and respecting safety protocols and environmental regulations.

- Collaborates in the organisation of guiding and sports education activities and events related to mid-mountain areas, interpreting the related instructions and rules, identifying and preparing the necessary resources and applying the established procedures.
- Collaborates in the elaboration of itineraries in mid-mountain areas using computer technology and global positioning systems.
- Collaborates in the control of safety in adventure parks in trees or on artificial structures, applying specific control and revision techniques, and evacuation or rescue protocols.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

This professional carries out his or her activity both in the public sphere, whether in the General State Administration or in Autonomous Government or local administrations, and in private entities, in sports boards; municipal sports bodies; sports and social federations and clubs; educational centres; companies providing extracurricular activities services; holiday camps; tourist companies: hotels, campsites, hostels, rural houses, travel agencies, adventure parks in trees or on artificial structures, ski resorts with a complementary offer of out-of-season activities, refuges, mountain hostels, camps; or companies that manage natural parks and offer sports-recreational activities involving the guiding and technical training of hiking and initiation to orienteering, in the sectors of sport, leisure and free time and tourism.

He or she finds work in the sports and leisure and free time and tourism sectors.

The following are the most relevant occupations and jobs open to these professionals:

- a) Guide in mid and low mountain areas and on snow-covered, Nordic-type terrain.
- b) Instructor in the initiation in and improvement of mountaineering sports.
- c) Safety controller in adventure parks in trees or on artificial structures.

The performance of these occupations and jobs in the public sector shall be carried out in accordance with the principles and requirements for access to public employment provided for in current regulations.

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: 570 hours, initial cycle, 690 hours final cycle; Total 1,260 hours.

Level of the certificate (national or international):

- NATIONAL: Post-compulsory secondary education.
- INTERNATIONAL:
 - Level 3 of the International Standard Classification of Education (ISCED 3).
 - Level 4 of the European Qualifications Framework (EQF4).

Entry requirements: Secondary Education Graduate Diploma and successful completion of a test of a specific nature as well as a certificate of successful completion of the initial cycle in hiking.

The specific entrance test consists of:

- Associated test: Progression in low and mid mountain areas:
 - He or she progresses over varied, unmarked low and mid-mountain terrain, demonstrating endurance and agility, overcoming natural obstacles, selecting the route to be followed, carrying the appropriate personal equipment and a 10 kg rucksack.
- Associated test: Orienteering:
 - He or she follows a circuit over low and mid-mountain terrain using specific mountain cartography, demonstrating the combined use of different orientation techniques, a map and a compass to reach the checkpoints, carrying a rucksack with their personal equipment weighing at least 10 kg.

The RAE-MOME214 test accredits that the student has attained the professional competence of having “Mastered the specific techniques of mid-mountain progression in summer with a sufficient level to carry out the tasks inherent to the professional profile”. The diploma assigns to this test a training workload of 50 hours of the total duration of the intermediate level final cycle in mid-mountain activities.

Access to the next level of education or training:

- To access the Senior Instructor in High Mountain Activities Diploma, it will be necessary to hold a bachelor's degree or equivalent qualification for access purposes, as well as the Sports Instructor in Climbing Diploma and the Sports Instructor in Mid Mountain Activities Diploma, and to pass a test of a specific nature.
- The Sports Instructor in Mid Mountain Activities will have access to the following specialisations:
 1. Trail marking.
 2. Environmental interpretation.

3. Heritage interpretation.
4. Nordic walking.
5. Adapted mid mountain activities.
6. Mountain survival.

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

- Minimum teaching requirements established by the State: Royal Decree **702/2019, of 29 November, establishing the diplomas** of Sports Instructor in Canyoning, Sports Instructor in Climbing and Sports Instructor in Mid Mountain Activities, setting out their basic curricula and access requirements.
- The diploma of Sports Instructor in Mid Mountain Activities, established by Royal Decree 318/2000, of 3 March, will have the same professional and academic effects as the diploma of Sports Instructor in Mid Mountain Activities established by Royal Decree 702/2019, of 29 November.
- The diploma of having completed the First Level established by Royal Decree 318/2000, of 3 March, will have the same professional and academic effects as the Intermediate Level Initial Cycle in Hiking regulated by Royal Decree 702/2019, of 29 December.

List of qualifications and skill units of the National Catalogue of Professional Qualifications of the Intermediate Level Final Cycle in Mid Mountain Activities.

The Intermediate Level Final Cycle in Mid Mountain Activities includes the complete professional qualifications of:

a) AFD159_2: Guide on low and medium mountain routes, which includes the following skill units:

1. UC0505_2: Designing and organising routes through low and mid mountain areas.
2. UC0506_2: Progressing efficiently and safely through low and mid mountain terrain and snow-covered, Nordic-type terrain.
3. UC0507_2: Guiding and animating people through low and mid mountain terrain and snow-covered, Nordic-type terrain.
4. UC0272_2: Providing assistance as first responder in the event of an accident or emergency situation.

b) SSC564_2: Animation of educational leisure time projects for children and young people, comprising the following skill units:

1. UC1866_2: Organising, animating and assessing activities in children's and young people's educational leisure time.
2. UC1867_2: Acting in group processes taking into account the behaviour and evolutionary characteristics of children and young people.
3. UC 1868_2: Employing educational techniques and resources for leisure time animation..

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. It may be accompanied by an Annex I which the corresponding Autonomous Community shall fill in.

INFORMATION ABOUT THE EDUCATION SYSTEM

