

# EUROPASS SUPPLEMENT TO THE DIPLOMA OF

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

*Técnico Deportivo Superior en Alta Montaña*

**TRANSLATED TITLE OF THE CERTIFICATE (English)**

*Senior Sports Instructor in High Mountain Activities*

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## PROFILE OF SKILLS AND COMPETENCES

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

The general skills acquired in the advanced level cycle in high mountain activities consist of designing itineraries and guiding people through terrain in high mountain conditions, using specific progression techniques on snow-covered and icy terrain, in ice climbing and ski mountaineering; organising high mountain itineraries; scheduling and directing the teaching and training of the specific techniques used in situations of difficulty and all this in accordance with the established objectives, the optimum level of quality and in conditions of safety.

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

### “MED-C301 Physiological Factors in High-Level Performance”.

The title holder:

- Analyses the main concepts of energy metabolism and the neuromuscular system and recognises the most important physiological adaptations to training.
- Selects athletes for high-level competition by analysing the physiological factors that influence high-level performance.
- Collaborates with specialists in determining the athlete's diet and prescribing ergo-nutritional aids, analysing the main concepts of sports nutrition and the harmful effects of doping substances on health.
- Manages the athlete's preparation by relating the principles of load and training control and comparing the main means and methods of sports recovery.
- Schedules and directs training in special conditions identifying its bases and its most important characteristics.

### “MED-C302 Psychosocial Factors in High-Level Performance”.

The title holder:

- Selects athletes for high-level competition, analysing the psychological characteristics of high-level athletes and teams and the psychological demands of high-level performance.
- Assesses the athlete's environment, analysing the social aspects that affect his or her sporting performance and facilitates their academic training and personal development.
- Manages the athlete's preparation, structuring the procedures and methods of psychological preparation in relation to the processes of motivation for and tackling of high-level competition.
- Coordinates the team of technical staff specialised in applied sports sciences, identifying the functions of the psychologist and applying human resources management techniques.

### “MED-C303 Training of Sports Trainers”.

The title holder:

- Trains sports instructors, analysing the conditions that facilitate adult learning and the appropriate learning strategies for the acquisition of professional skills.
- Prepares didactic programmes of sport teaching modules, analysing the regulations governing their organisation, their programming, sequencing and assessment processes, and specifying the elements that make up the programme.
- Schedules and directs training sessions for sports instructors, analysing the characteristics and elaborating didactic resources specific to sports education.
- Tutors sports instructors in their specific training process (specific modules, practical training and final project) identifying strategies and procedures for their monitoring and assessment.
- Promotes the ethical and moral development of instructors and high-performance athletes, assessing the impact that their behaviour and attitudes have on a social level, especially through the media.

- Participates in the organisation of the training of sports instructors, analysing the characteristics of educational centres and the regulations governing the liability of teaching staff.

**“MED-C304 Organisation and Management Applied to High Performance”.**

The title holder:

- Supervises the safety conditions of the facilities and resources required for high performance in sport, applying the established procedures and relating them to current regulations.
- Organises and carries out activities related to the management and constitution of a sports organisation or company, analysing its objectives and structure, and relating them to current regulations.
- Manages a Sports Organisation applying appropriate economic and accounting management procedures.
- Organises and manages competitions and events at the level of Sports Technification, analysing the administrative requirements, the necessary material and human resources, and taking into account the regulatory legal framework and sustainability criteria.
- Accompanies athletes in high performance competitions, identifying the legislative and organisational framework in which such competitions are framed, and analysing the regulations that may apply to professional athletes, high-level athletes (HLA) and high-performance athletes (HPA).
- Selects employment opportunities, identifying the possibilities of job insertion and lifelong learning alternatives.

**“MED-MOAM302 Technical improvement in high mountain activities”.**

The title holder:

- Selects, prepares and organises individual, collective and safety material for high mountain progression, during ascents and on ridges, analysing their technical characteristics, and applying appropriate hygiene, maintenance and revision protocols.
- Assesses the execution of individual progression and belay techniques in high mountain terrain, analysing and demonstrating technical standards and relating errors in execution to their causes.
- Prepares and directs programmes and sessions involving the teaching of progression, belay and self-rescue techniques in snow-covered high mountain terrain, devising learning sequences and applying adaptation procedures and specific methodologies.

**“MED-MOAM303 Guiding in high mountains”.**

The title holder:

- Prepares high mountain routes, analysing users' expectations and the technical and psychological demands of the activity, applying criteria for collecting and interpreting information on the route and its context.
- Supervises safety in the design of high mountain routes, analysing the risks inherent to high mountain areas, the characteristics of the prevention plans and the action protocols.
- Guides groups and users on high mountain routes, applying guiding techniques and such specific risk management, monitoring and direction procedures as are best suited to the characteristics of the route and the participants.

**“MED-MOAM304 Ice climbing”.**

The title holder:

- Selects, prepares and organises individual, collective and safety material for ice and mixed climbing, relating the technical characteristics to the conditions of the group, the weather and the technical difficulty of the route, applying adaptation criteria and appropriate hygiene, maintenance and revision protocols.
- Assesses the execution of progression and individual and collective safety techniques in ice climbing in cascades, corridors and mixed climbing, analysing and demonstrating technical standards, analysing changes in terrain and mountain conditions, and relating errors in execution to their causes.
- Prepares programmes involving the teaching of progression, safety and self-rescue techniques in cascade, corridor and mixed ice climbing, and leads sessions, assessing the existing material and human conditions, applying adaptation procedures and specific methodologies.
- Devises and prepares routes for cascade, corridor and mixed ice climbing, analysing users' expectations and the technical and psychological demands of the activity, applying criteria for collecting and interpreting information on the route and its context and establishing the necessary human and material resources.
- Supervises safety in the design of cascade, corridor and mixed ice climbing routes, analysing the inherent hazards, how ice behaves in ice and mixed climbing and the specific meteorology, applying safety analysis protocols and analysing preventive measures appropriate to this type of activity.
- Guides groups and users on cascade, corridor and mixed ice climbing routes, choosing the most appropriate techniques in accordance with the characteristics of the route and the participants.

### **“MED-MOAM305 Ski mountaineering”.**

The title holder:

- Selects, prepares and organises individual, collective and safety material for ski mountaineering, relating the technical characteristics to the conditions of the group, the weather and the technical difficulty of the route, applying technical adaptation criteria to individual characteristics and appropriate hygiene, maintenance and revision protocols.
- Assesses the execution of the fundamentals of gestural technique and tactics of individual progression in uphill and downhill ski mountaineering, analysing and demonstrating technical standards and relating errors in execution to their causes.
- Prepares programmes involving the teaching and learning sequences of uphill and downhill progression techniques in ski mountaineering, and leads sessions, assessing the existing material and human conditions, applying adaptation procedures and specific methodologies.
- Devises and prepares ski mountaineering routes, analysing users' expectations and the technical and psychological demands and characteristics of the activity, applying criteria for collecting and interpreting information on the route and its contexts and establishing the necessary human and material resources.
- Guides groups and users along ski mountaineering itineraries choosing the most appropriate techniques in accordance with the characteristics of the route and the participants, applying specific risk management, monitoring and direction procedures, analysing possible contingencies, their causes, and preventive and corrective measures.

### **“MED-MOAM306 Physical preparation of high mountain athletes”.**

The title holder:

- Assesses the physical condition of the high mountain athlete in ski mountaineering, high mountain activities and ice climbing, analysing the specific demands of each activity and applying specific assessment procedures.
- Identifies the ergogenic and ergo-nutritional needs of athletes in high mountain activities, analysing the specific demands, applying procedures for the preparation of diets and assessing the procedures and regulations governing anti-doping control.
- Programmes the long-, medium- and short-term fitness preparation of high mountain athletes, analysing the preparation models, the characteristics of the different cycles or periods of preparation and the criteria for the combination and evolution of the means and methods used.
- Manages the recovery and motor adaptation of injured high mountain athletes, analysing the types of injury and selecting and applying adapted programmes.
- Specifies and directs fitness training cycles and sessions for high mountain athletes, analysing the factors that determine the workload, justifying and applying fitness training methods and analysing procedures to customise the work.

### **“MED-MOAM307 Final Project”.**

The title holder:

- Designs projects related to the competences of Senior Sports Instructors in High Mountain Activities, basing the project on the information collected, developing its component stages and estimating the human and material resources involved.
- Plans and schedules the execution of the project, determining the preparation stages or cycles, the methodology used and the necessary resources.
- Selects the monitoring and control procedures for the development and execution of the project, justifying the functions within the project, the selection of variables and the instruments used.
- Presents the project, selecting its most relevant aspects, justifying the decisions taken and using the most appropriate didactic and technical resources in each case.

### **“MED-MOAM308 Practical Training”.**

The title holder:

- Identifies the organisational structure and the functioning of practice sports centres relating these to their offer of high mountain route guiding activities, or/and the management activities of the same and applying safety procedures and protocols during their practice.
- Identifies the organisational structure and the functioning of training centres for sports instructors, relating these to their training offer, analysing the applicable regulations and applying safety procedures and protocols during their practice.
- Collaborates in the administration of the high mountain department of training sports centres, applying economic and accounting management procedures.
- 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 practice sports centre.

- Participates in the training of sports instructors, reviewing the academic and curricular organisation of the centre, giving classes and collaborating in the tutoring of the Practical Training and Final Project modules.
- Carries out tasks involved in the maintenance and storage of high mountain equipment, applying the techniques and procedures used in the practice centre.
- Adapts and specifies programmes, directs teaching sessions on progression, belay and self-rescue techniques in snow-covered high mountain terrain, in high mountain and ski mountaineering, interpreting the information received, applying the techniques and procedures in accordance with the established instructions and regulations.
- Designs, organises and directs routes and activities for guiding people on high mountain routes, identifying the conditions, selecting the necessary resources and logistics, applying specific procedures and techniques, and respecting safety protocols and environmental regulations.
- Designs, organises and directs routes and activities for guiding people on ice climbing routes, identifying the conditions, selecting the necessary resources and logistics, applying specific procedures and techniques, and respecting safety protocols and environmental regulations.
- Designs, organises and directs routes and activities for guiding people on ice climbing routes, identifying the conditions, selecting the necessary resources and logistics, applying specific procedures and techniques, and respecting safety protocols and environmental regulations.

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

This professional carries out his or her professional activity both in the public sphere, whether in the General State Administration or in Autonomous Government or local administrations, and in private entities, whether they be large, medium-sized or small companies, as a freelancer or as an employee in sports councils, municipal sports bodies, federations, technical centres, high performance centres and sports and social clubs, educational centres and service companies that offer guided sports-recreational activities or high performance in the sports speciality.

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) High mountain activity guide
- b) Teacher in high mountain schools.
- c) Alpinism trainer.
- d) Trainer of intermediate and advanced instructors.
- e) Manager of a mountain activities school.
- f) Organiser of high mountain activities.
- g) Technical Director

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 (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:** 1,175 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:**

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, the Sports Instructor in Mid Mountain Activities Diploma, or the Sports Instructor in High Mountain Activities Diploma, as regulated by Royal Decree 318/2000, of 3 March, and to pass a test of a specific nature.

**Test RAE-MOAM301, of a specific nature for access to the cycle of advanced level courses in high mountain activities:**

Associated test: "Technical and personal equipment test":

- Prepares endurance and downhill tests on mountain skis, selecting and positioning specific equipment and applying protocols for checking and inspecting the materials.

Associated test: "Endurance test on mountain skis":

- Progresses along a ski mountaineering route, executing the specific techniques appropriate to the level of demand and safety of the test.

Associated test: "Downhill test on mountain skis":

- Performs an off-piste descent on mountain skis on untreated snow, executing the specific techniques appropriate to the level of demand and safety of the test.

Associated test: "Technical and personal equipment test":

- Prepares a progression test using crampons and an ice axe on ice on varied terrain, using the specific material for the test and taking into account the protocols for checking and inspecting the materials.

Associated test: "Progression test using crampons and an ice axe on an all-points circuit":

- Progresses along an ice route with a gradient varying between 35° and 45°, executing the all-points technique and using a single ice axe.

Associated test: "Technical and personal equipment test":

- Prepares a progression test on an ice cascade using the frontal technique and the specific material for the test and taking into account the protocols for checking and inspecting the materials.

Associated test: "Progression test on an ice cascade using the frontal technique":

- Progresses along an ice climbing route through a grade four cascade, executing the frontal point technique and using two ice axes.

The test of a specific nature of the advanced level cycle in high mountain activities accredits the professional competence of having "mastered the specific techniques of high mountain, ice climbing and ski mountaineering progression, at a sufficient level to carry out the tasks of guiding people in high mountain areas". The diploma assigns to this test a training workload of 200 hours or 16 ECTS credits out of the total duration of the advanced level cycle in high mountain activities.

#### **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. In order to facilitate the validation system, 79 ECTS credits have been assigned to the total duration of the teaching of the advanced level cycle in high mountain activities.

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

Basic curriculum established by the State: Royal Decree 701/2019, of 29 November, establishing the diplomas of Senior Sports Instructor in High Mountain Activities and Senior Sports Instructor in Climbing and setting out their basic curricula and access requirements.

The diploma of Senior Sports Instructor in High Mountain Activities, established by Royal Decree 318/2000, of 3 March, will have the same professional and academic effects as the diploma of Senior Sports Instructor in High Mountain Activities established by Royal Decree 701/2019, of 29 November.

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**

<b>SPORTS EDUCATION MODULES ESTABLISHED IN THE ROYAL DECREE</b>	<b>ECTS CREDITS</b>
MED-C301 Physiological factors in high-level performance.	5
MED-C302 Psychosocial factors in high-level performance.	3
MED-C303 Training of sports trainers.	4
MED-C304 Organisation and management applied to high performance.	4
MED-MOAM302 Technical improvement in high mountain activities.	10
MED-MOAM303 Guiding in high mountains.	12
MED-MOAM304 Ice climbing.	6
MED-MOAM305 Ski mountaineering.	10
MED-MOAM306 Physical preparation of high mountain athletes.	3
MED-MOAM307 Final Project.	6
MED-MOAM308 Practical Training.	16
	TOTAL CREDITS
	<b>79</b>
OFFICIAL DURATION OF THE DIPLOMA (HOURS)	<b>1,175</b>

\*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.

## INFORMATION ABOUT THE EDUCATION SYSTEM

