

# EUROPASS DIPLOMA SUPPLEMENT

## TITLE OF THE DEGREE

**Certificate of completion of the initial cycle of fixed and free rigging sailing**

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## TITLE DESCRIPTION

### **The holder has acquired the General Competence related to:**

The general competence of the initial cycle of intermediate level in sailing with fixed rig and free rig consists of dynamizing, instructing and specifying the sport initiation of sailing; to govern recreational boats up to eight meters; to organize, accompany and tutor the athletes during their participation in activities, competitions and events of this level, using boats with fixed and free rig; and all this in accordance with the guidelines established in the reference program, respecting the natural environment, in safe conditions and with the optimum level of quality that allows the satisfaction of the athletes in the activity.

**In this framework, each SPORTS TEACHING MODULE includes the following LEARNING OUTCOMES acquired by the holder.**

### **"MED-C101: Basics of sports behavior".**

The titleholder:

- Identifies the motor, psychological, affective and social characteristics of the person/s, relating them to the maturational stages of childhood.
- Attends to the athlete describing and applying different communication and motivation techniques.
- Leads the group selecting and applying group dynamics and strategies for conflict resolution, according to the characteristics of the context.
- Transmits personal and social values by applying appropriate techniques and reflecting on one's own attitudes and behaviors.

### **"MED-C102: First Aid".**

The titleholder:

- Performs an initial assessment by applying assessment techniques according to established protocols and relating them to the principles of anatomy and physiology.
- Applies first aid techniques relating the type of injury to the protocol established in each case.
- Apply life support techniques identifying their instrumentation and describing their phases according to the established basic protocol.
- Applies self-management and psychological support techniques to the injured person and accompanying persons, describing and applying the most appropriate communication strategies
- Applies techniques for the control of the environment relating it to the established protocols and the organization of the emergency system.

### **"MED-C103: Adapted physical activity and disability".**

The titleholder:

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

### **"MED-C104: Sports organization".**

The titleholder:

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

### **"MED-VEVE102: Technical training".**

The titleholder:

- Fundamentals of sailing, describing the basic principles of navigation and relating it to the wind-sail-hull-water systems.
- Interprets the conditions of the sailing area, characterizing the natural signs and analyzing the hydrographic characteristics of the different types of navigable aquatic environments, and interpreting information from nautical charts and meteorological maps.



**"MED-VEVE103: Safety of navigation and conservation of materials."**

- Identifies the safety conditions of navigation, interpreting the regulations and applying the safety and environmental respect procedures in the activities of initiation to sailing with AF and AL.
- Intervene in the rescue of people and AF and AL vessels in the conditions of the initiation to the rescue sailing, applying aid and rescue techniques and protocols.
- Steers pleasure craft up to 8 meters in length and engine power appropriate to the boat provided the boat does not go more than 5 miles, in any direction, from a shelter, demonstrating control of the boat, describing and applying engine maintenance and upkeep techniques.
- Selects the nautical materials and boats for sailing, describing the basic principles of shipbuilding, identifying the characteristics of the boats, components and materials for sailing with AF and AL.
- Stores, stows, and maintains vessels and nautical materials, identifying the conditions of storage and transport, applying the appropriate maintenance techniques.

**"MED-VEVE104: Sailing methodology and initiation to competition".**

- Concretizes the reference program and organizes sessions of initiation to sailing with AF and AL, interpreting the reference program, identifying the characteristics of the sessions, elaborating and characterizing the learning sequences.
- Leads athletes in sport initiation sessions in sailing with AF and AL, describing and applying control, organization and dynamization procedures and models of relationship of the coach with the athletes of his team.
- Assesses the technique of sailing with AF and AL boats, describing the stages of acquisition of the technique and the characteristics of learning them, applying observation techniques, developing observation instruments, identifying the most common errors at this stage and relating the errors to the most common correction tasks.
- Collaborates in the collection of information on the process of initiation to sailing and competition with AF and AL identifying the characteristics of the most appropriate information and evaluation instruments, using procedures to obtain them throughout the activity.
- Accompanies athletes in sailing and beginner sailing competitions with AF and AL, interpreting the basic regulations applicable to both situations, identifying the characteristics of the competition, and the registration requirements.
- Collaborates in the organization of events and activities of sailing initiation with AF and AL, describing/analyzing the necessary material and human requirements.

**"MED-VEVE105: Practical training".**

- Identifies the organizational structure and operation of the club or sports entity relating it to the offer of activities in relation to sports initiation or the accompaniment of users in sports activities sailing.
- Act with autonomy, initiative and responsibility in the job position, demonstrating ethical behavior, personal communication skills, teamwork, respect for the environment, and applying the procedures established by the company.
- Collaborates in the development of sailing initiation and competition activities with fixed rigging (AF) and free rigging (AL), identifying the necessary material and human requirements, interpreting the reference schedules and executing the procedures in accordance with the established norm, and instructions received.
- Conducts and directs sessions of initiation to sailing with AF and AL, and directs the sailor in competitions, interpreting reference schedules, executing procedures and techniques related to the teaching learning process, and transmitting ethical values linked to respect and care for one's own body, respect for others, fair play, responsibility and personal effort.
- Accompanies the athlete in sailing and in competitions of initiation to sailing with AF and AL, interpreting the rules and regulations applicable to both situations, executing the procedures and techniques of transmission of values.
- Performs operations of storage, stowage, transport, preparation and maintenance of facilities, boats and nautical materials, necessary for the activities of initiation to sailing, interpreting instructions or established rules and executing procedures and techniques of the operations.
- Intervene in the rescue of people and boats of AF and AL in conditions of initiation to sailing, applying the techniques and protocols of aid and rescue, interpreting the safety regulations and respect for the environment.
- Performs first aid operations, interpreting the established rules and protocols and applying techniques and procedures according to established instructions or standards.

**JOBS YOU CAN PERFORM WITH THIS DEGREE**

This professional develops his professional activity both in the public sector, whether it is the General State Administration, regional or local administrations, and in private entities, whether they are large, medium or small companies, in sports boards, municipal sports entities, sports and social federations and clubs, sailing schools and nautical schools, educational centers, extracurricular activities service companies, summer camps, which offer sports-recreational activities of discovery and initiation of sailing.

It is located in the Sports, Leisure and Tourism sectors.  
The most relevant occupations and jobs are the following:

- Sailing initiation instructor.
- Competition initiation trainer.

**Entry requirements:** Secondary Education Graduate Degree and passing a specific test.

The specific access test consists of:

- Associated test: Preparation of the table:
  - Selects, prepares and collects the nautical materials and free rigging boats, identifying their characteristics and applying the appropriate techniques in conditions suitable for the initiation with winds that in no case exceed 10 knots.
- Associated test: Entry and exit from the beach with free-rigged boats:
  - Perform entry and exit from the beach and from the water, with free-rigged boats, applying the correct techniques and executing them with skill in wind conditions of up to 10 knots.
- Associated test: Navigation with free rigging:
  - Sail free-rigged vessels, maneuvering at will and maintaining a set course in wind conditions up to 10 knots.
- Associated test: Preparation of the boat with fixed rigging:
  - Selects, prepares and collects nautical materials and fixed rigging boats, identifying their characteristics and applying the appropriate techniques, in wind conditions not exceeding 10 knots.
- Associated test: Docking and undocking with fixed rigging boat  
To dock and undock the fixed rig boat, applying the correct techniques and executing them with skill in wind conditions of up to 10 knots.
- Associated test: Navigation test with fixed rigged boats  
Sail fixed-rigged vessels, maneuvering at will and maintaining a set course in wind conditions of up to 10 knots.

The RAE-VEVE101 test accredits the professional competence of "Mastering the basic techniques of sailing with fixed and free rigging, with sufficient level for the development of the tasks of the sport initiation in wind conditions up to 10 knots", to which the title assigns a training workload of 220 hours over the total duration of the initial cycle of intermediate level in sailing with fixed rigging and free rigging.

**Access to the next level of education or training:** To access the final cycle of intermediate level sailing with free rigging or with fixed rigging it will be necessary to have passed the initial cycle of intermediate level sailing with fixed rigging and free rigging.

**List of qualifications and units of competence of the National Catalogue of Professional Qualifications of the initial cycle of medium grade sailing with fixed rigging and free rigging.**

The intermediate level initial cycle in sailing with fixed and free rigging includes the complete qualification of Sport initiation in sailing with free and fixed rigging boats AFD507\_2 which includes the following units of competence:

- a) UC1651\_2: Execute the techniques for steering free-rigged sailboats with effectiveness and security.
- b) UC1652\_2: Execute the steering techniques of fixed rigged sailing boats efficiently and safely.
- c) UC1653\_2: To specify, direct and dynamize sequenced sessions of sport initiation to sailing, using free-rigged and fixed-rigged vessels.



- d) UC1654\_2: Dynamize actions of promotion and accompaniment of athletes in sailing events and competitions.
- e) UC0272\_2: Assist as first responder in case of accident or emergency situation.

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**TITLE DESCRIPTION****The holder has acquired the General Competence relating to:**

The general competence of the final cycle of intermediate level in free rig sailing consists in adapting, directing and dynamizing the basic training and technical improvement in the stage of sport technification of sailing with free rig boats; organizing, accompanying and tutoring the sailors during their participation in activities, competitions and events of this level; establishing the sailing areas of the level of initiation and technification; to manage the necessary material resources and coordinate the activities of the technicians in charge; to organize activities, competitions and events of the sport technification level; all this according to the guidelines established in the reference programming, respecting the natural environment, in safe conditions and with the optimum level of quality that allows the satisfaction of the sailors participating in free-rigged sailing.

**Within this framework, each SPORTS TEACHING MODULE includes the following LEARNING OUTCOMES acquired by the holder.****"MED-C201: Bases of sports learning".**

The Titleholder:

- Identifies the characteristics of the sports technification athlete (TD), relating them to the stage of adolescence and analyzing the psychological variables involved in sports performance.
- Assesses the process of technical tactical improvement of the athlete, analyzing the characteristics of motor learning and the factors involved.
- Applies the techniques of management, organization and dynamization of basic training activities and technical improvement, analyzing the methodology and the adequate control and dynamization procedures.
- Interprets the programming of sports education, analyzing its components and designing activities according to the learning stage of the athlete.
- Coordinates the intervention of the technical staff in charge, applying human resources management techniques.
- Tutors athletes during their participation in training and competitions, identifying and instilling personal and social attitudes and values.

**"MED-C203: Adapted sport and disability".**

The titleholder:

- Organizes sports initiation sessions analyzing the needs of people with disabilities.
- Applies resources that promote the participation of people with disabilities in physical sports activities analyzing the characteristics of the task and identifying the limitations for sports practice originated by the context.
- Organizes athletes with disabilities by interpreting the main functional classifications of adapted sport and the characteristics of adapted sports.
- Orients people with disabilities to the practice of sport by recognizing the structure of adapted sport and the sources of information available.

**"MED-C204: Sports organization and legislation".**

The titleholder:



- Interprets the competition regulations in relation to the national sports organization and its administrative structure and the sports disciplinary regime.
- Selects and prepares the necessary material resources and facilities analyzing their safety conditions and relating it to current regulations.
- Prepares the movement of the person or group, applying the established procedures and current regulations.
- He directs and accompanies athletes in competitions at the initiation and technification levels, analyzing the characteristics of the organization of the competitions.
- Performs management activities of a Sports Club applying the appropriate procedures for its constitution and startup.

## **"MED-C205: Gender and sport".**

The titleholder:

- Identifies the reality of women's sports, analyzing the social elements that characterize it.
- Promotes the incorporation of women into the sports field by analyzing their specific peculiarities, those of their context and applying different intervention strategies.
- Supports the incorporation of women in sports, identifying the role of institutions and lines of support for women's sports.

## **"MED-VEVE201- Sailing School".**

The titleholder:

- Collaborates in the process of detection and selection of sports talents of sailors by analyzing the characteristics of detection and selection systems and programs and applying specific techniques.
- Develops programs of initiation to sailing with fixed and free rigging, according to RFEV standards, specifying the contents and adaptations in the age groups, coordinating their development and application with other technicians.
- Coordinates the activity of other sport technicians in sailing initiation, analyzing the functions of the technicians in the initiation courses and events, and discriminating the structure of a sailing school.

## **"MED-VEVE202- Sailing competitions and events".**

The titleholder:

- Concrete the timing of nautical events by analyzing the characteristics of the nautical clubs and the opportunity in the program of activities.
- Manages and organizes sailing events for the promotion and initiation of a sailing club, analyzing the characteristics and material and human requirements of the events according to the class and technical characteristics of the routes.
- Collaborates in the management, organization and development of technical sailing events, analyzing the conditions for the organization of events and competition rules.
- Collects the information on the development of the sport event of promotion and initiation to sailing, analyzing the data collection systems, the usable documentation and applying techniques for its processing and archiving.

## **"MED-VEVE203- Safety in sailing".**

The titleholder:

- Identifies the safety conditions of navigation in the technification stage, interpreting the applicable safety and environmental protection regulations.
- Intervene in the rescue of persons and fixed and free rigged vessels under conditions of navigation of the training in sports technification, applying the techniques and protocols of aid and rescue.
- Resolves emergency situations in the steering of recreational motor and sailing vessels up to 12 meters in length and engine power suitable for navigations between the coast and the 12meter line mile parallel to it, identifying the functions of the skipper of recreational boats, analyzing the measures to be taken and the characteristics of emergency situations.
- Employs communication devices, demonstrating their characteristics, applying techniques of preparation and maintenance of the devices and analyzing the communication systems and codes suitable for the navigation.
- Directs the navigation of the vessel, interpreting the navigation charts, applying the appropriate techniques and procedures, as well as the navigation instruments, to position the vessel on the chart.
- Controls and organizes the safety of the sport of sailing and of the sports facilities used, interpreting and analyzing the applicable regulations and environmental protection measures.

## **"MED-VEVE204- Physical preparation of the sailor".**

The titleholder:



- Assesses the physical condition of the sailor, identifying the capabilities on which their performance in training and competition depends, applying tests and field tests, and analyzing their results.
- Adapts and concretizes cycles and training sessions for the physical condition of the sailor, analyzing the reference programming, methodology, specific means of preparation and applying procedures.
- Directs sessions for the development of the sailor's physical condition by applying management techniques, following a reference program and applying self-evaluation techniques.
- Promotes healthy sports practices, analyzing the predominant sports gestures and identifying the most appropriate hygienic guidelines in the stages of initiation and sports technification, for the prevention of injuries and pathologies typical of sailing with fixed and mobile rigging.

## **MED-VEVE205- Adapted sailing".**

The titleholder:

- Organizes introductory sessions to adapted sailing analyzing the specific needs of people with disabilities, interpreting the main functional classifications.
- Conducts familiarization sessions and basic fundamentals of sailing in adapted sailing, analyzing adaptations in equipment and maneuvers, and interpreting the basic safety rules applicable.
- Applies resources that encourage the participation of people with disabilities in adapted sailing, identifying the limitations for the practice of adapted sailing caused by the context.
- Orients people with disabilities to the practice of adapted sailing by recognizing the structure of this sport and the sources of information available.

## **MED-VEAL209- Technical-tactical improvement of free-rigged sailing".**

The titleholder:

- Evaluates the performance of the sailor in training and during the competition in the stage of sport technification, analyzing the technical standards and tactical situations, developing learning sequences, and relating the execution errors with their causes.
- Adapts and specifies the cycles and training sessions of the sailor, analyzing the reference programs, the methodology, the specific means of preparation and applying the procedures.
- Conducts training sessions for the sailor, demonstrating the techniques of this level, analyzing and applying management and organization techniques, and applying self-evaluation techniques.
- Directs the sailor in competitions, analyzing the factors that condition performance, as well as the sailing regatta regulations and the competition regulations, selecting intervention strategies and care for the athlete.
- Develops the technical design of the navigation area of the competition by analyzing: the hydrographic characteristics of the different types and means of water, the meteorological maps, the rules of the race, the characteristics of the courses, and applying established procedures.

## **"MED-VEAL210- Free rigging material tuning".**

The titleholder:

- Select the classes of sailboard with free rigging suitable for the sailor, analyzing the technical and regulatory characteristics of the different classes and their technical conditions relating them to the characteristics of the sailors.
- Performs the tuning and trimming of free rigged sailboards, selecting and applying the techniques of tuning and trimming.
- Performs the maintenance of free rigged sailboards, describing the necessary care and applying the appropriate repair actions.
- Stores and transports the materials and free rigging boards for sail technification, selecting the storage conditions and applying the appropriate techniques.

## **"MED-VEAL211- Practical training".**

The titleholder:

- Identifies the organizational structure and operation of the sports center of sailing practices with free rigging, relating it to its offer of activities of specialization, sport technification and technical improvement in sailing with free rigging and its management activities, and applying the procedures and safety protocols in practice.
- Act with autonomy, initiative and responsibility in the job position, demonstrating ethical behavior, personal communication skills, teamwork, respect for the environment, and applying the procedures established by the company.
- Controls safety in the practice of technical sailing with free rigging, supervising the facilities and means used, interpreting the regulations and applying the procedures and protocols in accordance with the established regulations and instructions.
- Organizes, accompanies and directs athletes in their participation in activities, competitions and other events of technification in free rigged sailing, transmitting attitudes and values, personal and social, proper to the sporting ethic: respect for others, the environment and the body itself, fair play and teamwork.





- Adapts and specifies the programs and directs the basic training sessions and technical improvement in free rig sailing, interpreting the information received, applying the techniques and procedures according to the instructions and established rules and collaborating in the application of talent detection techniques.
- Organizes sport initiation sessions in free rigged sailing for people with disabilities, applying resources that encourage their participation according to their limitations.
- Coordinates the process of sport initiation in sailing with free rigging, elaborating the programs of reference, analyzing the structure of the school of sailing initiation, and applying the appropriate procedures and techniques.
- Directs and designs navigation areas and routes, identifying the necessary conditions and means, applying specific procedures and techniques, and respecting safety protocols and environmental regulations, in free rigged sailing.
- Collaborates in the organization of technical sailing activities and competitions with free rigging, interpreting instructions and related rules, identifying and preparing the necessary means and applying the established procedures.

## JOBS YOU CAN PERFORM WITH THIS DEGREE

This professional develops his professional activity both in the public sector, whether the General State Administration, regional or local administrations, and in private entities, whether large, medium or small companies, in sports boards, municipal sports entities, federations, technification centers, sports and social clubs, sailing schools and nautical schools, educational centers, service companies of extracurricular activities, which offer sports-recreational activities and sailing technification.

It is located in the sports, leisure and free time sectors.

The most relevant occupations and jobs for these professionals are as follows:

- a) Technification trainer in free-rigged sailing.
- b) Coordinator of other sailing initiation technicians.
- c) Manager and organizer of sailing events for promotion and initiation.
- d) Accompanying and directing the sailor in competitions.
- e) Responsible for the safety of the navigation and sports facilities used in the technification

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

## ISSUANCE, ACCREDITATION AND DEGREE LEVEL

**Body issuing the diploma on behalf of the King:** Ministry of Education and Vocational Training or the autonomous communities within the scope of their own competences. The title has academic and professional effects with validity throughout the State.

**Official duration of the degree:** initial cycle, 500 hours; final cycle, 600 hours. Total:1100 hours

**Degree level (national or international):**

- NATIONAL: Post-compulsory secondary education.
- INTERNATIONAL:
  - Level 3 of the International Standard Classification of Education (ISCED3).
  - Level 4 of the European Qualifications Framework (EQF4).

**Entry requirements:** Secondary Education Graduate, as well as a certificate of completion of the initial cycle in fixed and free rig sailing.

**Access to the next level of education or training:**

In order to access the higher level cycle in free-rigged sailing, it will be necessary to have a high school degree or equivalent for access purposes, as well as the title of Sport Technician in free-rigged sailing.

The Sport Technician in free-rigged sailing will have access to the following specializations:

1. Kiteboarding
2. Adapted sail with free rigging

**Legal Basis.** Regulations establishing the title:





- Minimum teaching established by the State: Royal Decree 935/2010, of July 23, 2010, which establishes the titles of Sport Technician in fixed rig sailing and Sport Technician in free rig sailing, and establishes their minimum teaching and access requirements.
- Correction of errors of Royal Decree 935/2010, of July 23, which establishes the titles of Sport Technician in fixed rig sailing and Sport Technician in free rig sailing, and sets their minimum teachings and access requirements.
- Modification of certain aspects of the degrees of Speleology, Mountaineering and Climbing, Equestrian and Sailing: Royal Decree 567/2020, of June 16, establishing certain professional qualifications of the professional family Physical and Sports Activities, which are included in the National Catalog of Professional Qualifications, and amending Royal Decree 1087/2005, of September 16.

**Explanatory note:** This document is intended as additional information to the title in question, but has no legal validity whatsoever. It may be accompanied by an Annex I to be completed by the corresponding Autonomous Community.

INFORMATION ABOUT THE EDUCATION SYSTEM

