

EUROPASS DIPLOMA SUPPLEMENT

TITLE OF THE DIPLOMA

Higher Sport Technician in Free Rig Sailing

TITLE DESCRIPTION

The holder has acquired general competence relating to:

The general competence of the higher degree cycle of free-rigged sailing consists of programming and directing sports training aimed at obtaining and maintaining the performance of free-rigged sailors, organizing, supervising and directing their participation in high-level competitions; coordinating the intervention of specialized technicians; programming and coordinating the tasks of the technicians in charge of them; design and establish the sailing areas of free-rigged boats; collaborate in the design and construction of boats and materials for free-rigged sailing; organize competitions and events for the initiation and technical training of free-rigged sailing, all in accordance with the established objectives, the optimum level of quality, safety conditions and respect for the natural environment.

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

"MED-C301 Physiological factors of high performance".

The titleholder:

- Analyzes the main concepts of energy metabolism and the neuromuscular system recognizing the most important physiological adaptations to training.
- Select the athlete for high competition by analyzing the physiological factors that influence high performance.
- Collaborates with the specialist in the determination of the diet and in the prescription of ergonutritional aids by analyzing the main concepts of sports nutrition and the harmful effects of doping substances on health.
- Directs the athlete's preparation by relating the principles of load and training control and comparing the main means and methods of sports recovery.
- Programs and conducts training under special conditions, identifying the bases and their most important characteristics.

"MED-C302 Psychosocial factors of high performance".

The titleholder:

- Selects the athlete for high competition, analyzing the psychological characteristics of high-level athletes and teams and the psychological demands of high performance.
- Assesses the athlete's environment, analyzing the social aspects that affect their sport performance and facilitate their academic training and personal development.
- Directs the preparation of the athlete, structuring the procedures and methods of psychological preparation in relation to the processes of motivation and coping with high competition.
- Coordinates the team of technical personnel specializing in applied sports science, identifying the most important psychologist's functions and applying human resources management techniques.

"MED-C303 Training of sports trainers".

The titleholder:

- It provides training for sports technicians, analyzing the conditions that facilitate adult learning and the appropriate learning strategies for the acquisition of professional competencies.
- Develops the didactic programming of the modules of sports education, analyzing the regulations of the same, its programming, sequencing and evaluation processes, and specifying the elements that make up the programming.
- Programs and conducts training sessions for sports coaches, analyzing the characteristics and developing didactic resources specific to sports education.
- Tutoring sports coaches in their specific training process (specific modules, training modules, and final project) identifying strategies and procedures for monitoring and evaluation.



- Promotes the ethical and moral development of coaches and high-performance athletes by assessing the impact that their behavior and attitudes have on society, especially through the media.
- Participates in the organization of the training of sports technicians, analyzing the characteristics of the educational centers and the regulations on the responsibility of the teaching staff.

"MED-C304 Organization and management applied to high performance".

The titleholder:

- Supervises the safety conditions of the facilities and means of high performance sports, applying the established procedures and relating them to the regulations in force.
- Organizes and performs management activities and constitution of a sports organization or company, analyzing the objectives and structure of the same, and relating them to the current regulations.
- Manages a sports organization by applying economic and accounting management procedures.
- Organizes and manages competitions and events specific to the level of Sport Technification, analyzing the administrative requirements, the material and human resources needed, in relation to the legal framework that and sustainability criteria.
- Accompanies athletes in high performance competitions, identifying the legislative and organizational framework in which this type of competitions are framed, and analyzing the regulations that may be applicable to professional athletes and high level athletes (DAN) and high performance athletes (DAR).
- Selects employment opportunities, identifying job placement possibilities and lifelong learning alternatives.

"MED-VEVE301 Organization of high-level competitions and major sailing events with AF and AL".

The titleholder:

- Manages travel logistics, applying planning principles, identifying transportation and accommodation needs and applying existing regulations.
- Manages and organizes promotional sailing competitions, initiation, technification and collaborates in high performance sports, of a sailing club analyzing the characteristics and material and human requirements of the events according to the class of boat and the technical characteristics of the competition format.
- Collects information during and at the end of the high performance sailing event, analyzing the data collection systems, the usable documentation and applying techniques for its processing.

"MED-VEVE302: Safety of high level AF and AL facilities and regattas".

The titleholder:

- Evaluates the current legislation on aid, rescue and collisions, navigation zones, survival, evacuation of vessels, as well as the organization of the Maritime Administration and its relation with safety.
- Employs communication instruments, demonstrating their characteristics, applying techniques of preparation and maintenance of the devices and analyzing the communication systems and codes appropriate to the navigation.
- Designs and evaluates the safety of the sport of sailing and the sports facilities used, taking into account the applicable regulations and environmental protection measures.

"MED-VEVE303: Organization and management of the sailing sports center with AF and AL".

The titleholder:

- Performs the management of sports centers and sailing schools, analyzing the characteristics of the activities, the organizational and administrative requirements, and characterizing the material and human resources according to the environment.
- Plans, coordinates and directs the activity of other sports technicians and specialists, analyzing their functions in high performance training and competition, and characterizing the structure of a high performance center.
- It carries out the design of sports programs and projects of a sports center or sailing school,
- justifying the characteristics of a sports project, analyzing the characteristics of the nautical centers in Europe and the criteria for the homologation of a sailing school.
- Orientates the athlete on the professional opportunities in sailing, analyzing the professional profiles of the sport and professional titles, and the requirements of the teaching programs of the same.

"MED-VEVE304: Analysis of tactical situations in high performance competition with AF and AL".

The titleholder:

- Resolves tactical situations of high performance racing, analyzing the Questions and Answers of the ISAF Racing Rules of Sailing.
- Resolves tactical situations of high performance regattas, analyzing the call book for Match Racing. of the ISAF.
- Resolves tactical situations of high performance regattas, analyzing the call book for regattas by ISAF Team.
- Resolves tactical situations of high performance regattas, analyzing the ISAF Case Book.

"MED-VEVE305: Audiovisual and electronic media to be used during high performance training and competition with PA and LA".

The titleholder:

- Uses audiovisual media in the recording and evaluation of training and competition, characterizing the different usable media, applying specific techniques and procedures for handling and maintenance.
- Directs and conducts filming during training, using the filming manual for the correct positioning of the camera and the realization of adequate shots in the different sailing courses.
- Edits and analyzes the filmed material, applying procedures in the detection and correction of errors.
- Uses electronic means in the acquisition of data and its use in conducting speed tests and aids to navigation.

"MED-VEVE306: Physical preparation of the sailor".

The titleholder:

- Evaluates the physical condition of the sailor in training and competition, in the different modalities, analyzing the demands of high performance and applying specific assessment procedures.
- Identifies the ergogenic and ergo nutritional needs of the athlete, in training and competition, analyzing the specific demands, applying procedures for the development of diets and assessing the procedures and rules of doping control.
- Directs the recovery and motor adaptation of the injured sailor, analyzing the types of injury and selecting and applying adapted programs.
- He/she creates and directs training cycles and sessions for the physical condition of the high performance sailor, justifying and applying conditional training methods and analyzing the individualization procedures of the work.

"MED-VEAL312: Technical direction during training and high performance sailing competition with AL".

The titleholder:

- Assesses the technical-tactical performance of the sailor in training and during competition in the high-performance stage, analyzing the technical standards and tactical situations, in relation to the characteristics of the classes with AL and the function or role of the sailor in the boat.
- Directs high performance sailors in their technical and tactical performance during high performance regattas, analyzing the factors that condition high performance in AL boat racing.
- Interprets, resolves and produces regatta protests, developing solutions to protests, analyzing the formats according to the rules of sailing regattas, using oral communication in Spanish and English.
- Assesses the sailing area of the high performance sailing competition with AL by analyzing the breeze regime acting in that area and the possible local wind variations associated with isolated clouds, relating the different parameters analyzed.
- Directs and conducts psychological training sessions in sailing, analyzing, adapting and applying techniques that lead to an improvement in the sailor's performance and applying self-evaluation techniques.

"MED-VEAL313: Planning and scheduling of high performance sailing with AL".

The titleholder:

- Detects, identifies and selects sports talent in AL sailing, analyzing the characteristics of talent detection and selection systems and programs, analyzing the characteristics of the developmental stages of the sailors' sporting life, and applying specific techniques.



- Programs the long-term preparation of the sailor in the different classes, analyzing the long-term preparation models, selecting the necessary information and applying instruments and methods to collect it.
- Adapts and specifies cycles and training sessions in sailing with AL, analyzing the characteristics of the different mesocycles and micro cycles of preparation and the criteria of combination and evolution of the means and methods used.
- Records and assesses the training load in the preparation of the sailors, analyzing the factors that determine the training load in sailing with AL and applying instruments for quantification and information processing.

"MED-VEAL314: Fine-tuning of high-performance AL material".

The titleholder:

- Selects the classes of high performance boats, analyzing the technical and regulatory characteristics of the different classes and their technical conditions, relating them to the characteristics of the sailors, applying measurement and weighing rules.
- Performs the adjustment of different high performance boats, using measurement techniques and analysis and identifying the variables that affect the setting and tuning of the material.
- Identifies the characteristics of boats, analyzing the design features, construction characteristics, construction techniques and materials.
- Identifies the characteristics of sails and appendages, and their effect on navigation, analyzing the shapes, construction techniques and materials, their behavior in navigation, relating it to the environmental conditions, navigation techniques and regulatory limitations of each class.
- Evaluates the performance of sails, analyzing and selecting the necessary information and applying the techniques and methodologies for obtaining and processing the information.
- Conserves and performs maintenance work on specific high performance materials, as well as the coordination and management of repairs, applying the appropriate techniques and handling the necessary tools.

"MED-VEAL316: Final Project".

The titleholder:

- Designs projects related to the competences of the superior sport technician in fixed rig sailing, basing the project on the information collected, developing the phases that compose it and making the forecasts of human and material resources.
- Plans and schedules the execution of the project, determining the preparation phases or cycles, the methodology used and the resources required.
- Selects the procedures for monitoring and control of project development and implementation, justifying the functions within the project, the selection of variables and instruments used.
- Present the project, selecting the relevant aspects of it, justifying the decisions taken and using the most appropriate didactic and technical resources in each case.

"MED-VEAL315: Practical training".

The titleholder:

- Identify the organizational structure and functioning of the practice sports center (sailing school, club, high performance center, federation), relating it to its offer of high performance sports activities, and its management activities.
- Collaborates in the administration of the practice sports center (sailing school, club, high performance center, federation), applying economic and accounting management procedures.
- Identifies the organizational structure and operation of the training center of higher sports technicians, relating it to its training offer, analyzing the applicable regulations, applying the procedures and safety protocols in practice.
- Acts with autonomy, initiative and responsibility in the work place, demonstrating behavior ethical, personal communication skills, teamwork, respect for the environment, and applying the procedures established by the company.
- Organizes and manages competitions and events at the level of initiation and sports technification, and collaborates in high performance, participating in the management and design of the competition, applying the following criteria of sustainability.
- Organizes, accompanies and directs top-level AL sailing sailors in their participation in activities, competitions and other international events, applying the related regulations.
- Collaborates in the actions of the technical team during high performance competition with AL, assessing the technical tactical execution of the sailor, the environmental conditions and applying procedures of complaint or protest in a regatta, and applying the rules in force.
- Plans the long, medium- and short-term training of the sailors, interpreting the information of the athlete and the environment, coordinating the team of specialists, and applying the models, procedures and techniques.

- Organizes and directs the training of sailors, coordinating teams of technical specialists, applying the specific means and methods of training of each of the factors of performance in sailing with AL and applying new technologies to the registration of training and competition.
- Collaborates in the establishment of ergogenic aids and complementary work plans for the injured sailor, applying the established means, methods and procedures.
- Participates in the training of sports technicians, reviewing the academic and curricular organization of the center, teaching classes and collaborating in the tutoring of practical training modules and end projects.
- Collaborates in the setting of the different classes of high performance free rigging, using measurement and analysis techniques and identifying the variables that affect the setting and tuning of the material.

JOBS THAT CAN BE PERFORMED WITH THIS TITLE

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, federations, technification centers, high performance centers and sports and social clubs, educational centers, service companies, which offer sports-recreational activities, high performance sailing.

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

- a) High level sailing coach.
- b) Technical Director.
- c) Director of sailing and sports schools

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 that issues the degree on behalf of the King: Ministry of Education or the autonomous communities within the scope of their own competences. The degree has academic and professional effects with validity throughout the State.

Official duration of the degree: 750 hours.

Degree level (national or international).

- NATIONAL: Non-university higher education.
- INTERNATIONAL:
 - Level 5b of the International Standard Classification of Education (ISCED5b).
 - Level 5 of the European Qualifications Framework (EQF 5).

Access requirements: 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.

Access to the next level of education or training:

With the title of higher Sport Technician in sailing with free rigging you will be able to access the specialization:

- a) Kiteboarding
- b) Adapted Sailing with free rigging
- c) Formula Sailing Windsurfing and Funboarding

With the title of Higher Sports Technician in free-rigged sailing allows direct access to the official university degree courses under the conditions of admission to be established. For the purpose of facilitating the system of validations, 63 ECTS credits have been assigned to the total duration of the teaching of the higher degree cycle in free-rigged sailing.

Legal Basis. Regulations establishing the title:

Basic curriculum established by the State: Royal Decree 936/2010, of July 23, 2010, which establishes the titles of Higher Sports Technician in fixed rig sailing and Higher Sports Technician in free rig sailing, and sets their minimum teaching and access requirements.

Explanatory note: This document is intended as additional information to the title in question, but has no legal validity whatsoever.

FORMATION OF THE OFFICIALLY RECOGNIZED QUALIFICATION

MODULES OF SPORTS EDUCATION OF THE ROYAL DECREE OF THE DIPLOMA	ECTS CREDITS
MED-C301 Physiological factors of high performance	5
MED-C302 Psychosocial factors of high performance	4
MED-C303 Training of sports trainers	4
MED-C304	3
MED-VEVE301 Organization of high-level competitions and major sailing events with AF and AL	2
MED-VEVE302: Safety of high level AF and AL facilities and regattas	2
MED-VEVE303: Organization and management of the sailing sports center with	2
MED-VEVE304: Analysis of tactical situations in high performance competition with AF and AL	4
MED-VEVE305: Audiovisual and electronic media to be used during high performance training and competition with PA and LA	2
MED-VEVE306: Physical preparation of the sailor	3
MED-VEAL312: Technical direction during training and high performance sailing competition with AL	3
MED-VEAL313: Planning and scheduling of high performance sailing with AL	3
MED-VEAL314: Fine-tuning of high-performance AL material	4
MED-VEAL316: Final Project	6
MED-VEAL315: Practical training	16
	TOTAL CREDITS
	63
OFFICIAL DURATION OF THE DEGREE (HOURS)	750

* The minimum degree courses shown in the table above, 55%, are official and valid in the entire national territory. The remaining 45% belongs to each Autonomous Region and may be reflected in the **Annex I** of this supplement.



INFORMATION ABOUT THE EDUCATION SYSTEM

