

EUROPASS SUPPLEMENT TO THE DIPLOMA OF

TITLE OF THE CERTIFICATE (original language: ES)

*Técnico Deportivo en Alta Montaña
LOGSE*

TRANSLATED TITLE OF THE CERTIFICATE (English)

*Sports Instructor in High Mountain Activities
the General Organisation of the Educational System Law*

Certificate of Completion of Mountaineering and Climbing Activities Level One

PROFILE OF SKILLS AND COMPETENCES

The holder has acquired general skills relating to:

Introducing beginners to the basics of mountaineering, promoting this sports modality, and introducing them to the practice of mountaineering, accompanying participants in mountaineering activities, ensuring the safety of participants in mountaineering activities, applying first aid if necessary, and collaborating in the promotion and conservation of mountain nature.

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

“Anatomical and physiological bases of sport I”.

The holder is proficient in:

- Describing the general characteristics of the bones of the human body.
- Identifying the joints and classifying them by their characteristics and their function.
- Interpreting the basic concepts of biomechanics related to physical activity.
- Determining the most significant characteristics of muscles.
- Identifying the major anatomical regions of the human body, listing their structure and function.
- Determining the function of the components of the cardiorespiratory system.
- Determining the fundamentals of energy metabolism.
- Explaining the fundamentals of nutrition and hydration.
- Employing basic biological science terminology.

“Psychopedagogical foundations of education and sport training I”.

The holder is proficient in:

- Describing the main psychological characteristics of children and young people and their influence on their initiation into sports.
- Applying the basic techniques for motivating young athletes.
- Identifying the factors that improve the process of acquiring sports techniques.
- Determining the role played by the Sports Instructor in acquiring sports skills and abilities.
- Describing the methods and systems used to teach sports skills.
- Employing basic teaching terminology.

“Sport training I”.

The holder is proficient in:

- Knowing the conditional physical attributes and their development depending on age.
- Knowing the perceptual-motor attributes and their development depending on age.
- Applying the basic methods and means used to develop physical attributes and perceptual-motor attributes.
- Applying basic concepts to the implementation of a correct warm-up.
- Employing basic theoretical sport training terminology.

“The organisation and legislation of sport I”.

The holder is proficient in:

- Knowing the administrative structure for sport in the relevant Autonomous Community and its relationship with the General Administration of the State in the same field.
- Differentiating between the managerial competencies that correspond, in the field of sport, to Autonomous Administration agencies, from those which, in the same field, correspond to local Bodies.
- Knowing the associative model of the relevant Autonomous Community.

“Sociological foundations of sport”.

The holder is proficient in:

- Identifying social and cultural values that can be transmitted through sport.
- Characterising the ways in which a Sports Instructor can intervene in the transmission of social values through sport.
- Raising awareness of the responsibility of the Sports Instructor in the transmission of social values.

“First aid and hygiene in sport”.

The holder is proficient in:

- Knowing the legislation that delimits the intervention of the Sports Instructor in the field of first aid.
- Identifying injuries and wounds, evaluating their degree of seriousness.
- Applying first aid methods and techniques.
- Applying evacuation protocols for injured and wounded people.
- Explaining the general principles of hygiene in sport.
- Describing the techniques for recovery following physical exercise.
- Knowing the effects of major drug dependencies on the human organism.
- Identifying the factors that lead to smoking and alcoholism and defining the effects that these dependencies produce on the organism of young athletes.

“Professional development”

The holder is proficient in:

- Knowing labour legislation applicable to holders of the Level One Sports Instructor in Mountain Sports and Climbing diploma.
- Specifying the legal requirements for the practice of the profession.
- Specifying the competencies, functions, tasks and responsibilities of the Level One Sports Instructor in Mountain Sports and Climbing diploma.
- Describing the basic system of organisation of the territorial federation of mountain sports and climbing.

“Technical mountaineering training”.

The holder is proficient in:

- Employing the basic techniques of mountain progression and camping techniques.
- Explaining the characteristics of and how to use mountaineering equipment and materials.
- Applying teaching methods and pedagogical progressions that facilitate the learning of mountaineering.
- Employing the basic concepts of mountain orienteering.

“Mountain environment”.

The holder is proficient in:

- Identifying the environmental characteristics of the mountains of the Iberian Peninsula.
- Initiating beginners in the knowledge of mountain meteorology and climatology.
- Initiating them in the knowledge of mountain ecology.
- Interpreting environmental education as a technique for changing attitudes.
- Knowing the legislative and social initiatives aimed at the conservation of the wild nature of the mountain areas of the Iberian Peninsula.

“Safety in mountaineering”.

The holder is proficient in:

- Preventing the accidents and incidents most frequently encountered in mountaineering.
- Identifying the objective and subjective dangers of mountaineering, linking them to prevention and self-rescue actions.
- Explaining the essential nutritional and hygienic habits for mountaineering.
- Organising a first aid kit for use in the mountains and using it in the case of primary care.
- Knowing the criteria for the organisation of mountain rescue in Spain.
- Employing the basic systems of terrestrial radio communications.

- Employing the most effective methods to prevent disorders caused by the pathology of the mountain environment.
- Employing general action protocols in the event of an accident in the mountains.

“Complementary block”.

The holder is proficient in:

- Understanding the most commonly used terminology in the science of the sporting speciality in German, French or English.
- Employing a word processor to facilitate compliance with the functions appropriate to their level.
- Introducing future instructors to the practice of sport by disabled people.

“Practical training”.

- The aim of the practical training block of the Sports Instructor in Mountaineering and Climbing course is for pupils to develop in a practical way the skills they have acquired during the training period, applying in real-life situations the knowledge and skills they have acquired in theoretical and practical training, and to obtain the experience they need to effectively:
 - Introduce beginners to mountaineering.
 - Guide participants in mountaineering activities.
 - Ensure the safety of participants in mountaineering activities and apply first aid if necessary.
 - Collaborate in the promotion and conservation of mountain nature.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

He or she shall carry out their activity in the field of sports initiation, developing teaching-learning sessions with athletes. Their field of endeavour expressly excludes:

Snow-covered mountain terrain and activities that require the use of specific climbing, alpinism, canyoning or ski mountaineering ropes, techniques and materials for progression.

The teaching of alpinism, canyoning, climbing and ski mountaineering.

This Instructor shall always act within a public or private body related to the practice of mountaineering.

The different types of bodies or companies in which they can carry out their functions are:

1. Sports schools and initiation centres.
2. Sports clubs and associations.
3. Mountain Sports and Climbing Federations.
4. Sports boards.
5. Companies providing sporting services.
6. Schools (extracurricular activities).

Técnico Deportivo en Alta Montaña, nivel II (Sports Instructor in High Mountain Activities, Level II)

PROFILE OF SKILLS AND COMPETENCES

The holder has acquired general skills relating to:

Leading individuals or groups through high mountain terrain, teaching alpinism and ski mountaineering, the basic training of ski mountaineering athletes and teams as well as leading individuals or groups in alpinism and ski mountaineering activities, planning and carrying out the teaching of alpinism and ski mountaineering and conducting the basic training of mountaineers and ski mountaineers, guiding athletes and teams during their participation in ski mountaineering competitions at elementary and intermediate level and planning and organising alpinism and ski mountaineering activities.

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

“Anatomical and physiological bases of sport II”.

The holder is proficient in:

- Determining the anatomic characteristics of the segments of the body and interpreting their movements.
- Explaining the mechanics of muscle contraction.
- Applying the basic fundamentals of mechanical laws to the knowledge of the different types of human movement.
- Relating the responses of the cardiorespiratory system to exercise.
- Interpreting the bases of energy metabolism.
- Describing the bases of how the central nervous system works and how it is involved in controlling the motor activity.

- Describing the bases of how the autonomic nervous system works and how it is involved in controlling the systems and apparatuses of the human body.
- Describing the bases of how the digestive apparatus and the kidneys work.

“Psychopedagogical foundations of education and sport training II”.

The holder is proficient in:

- Determining the most relevant psychological aspects that influence the learning of sportsmanship.
- Applying strategies to improve how athletes function psychologically.
- Identifying emotional factors and problems related to sports training and competition.
- Identifying perceptual factors involved in sporting optimisation.
- Evaluating the effect of decision-making in sporting performance.
- Designing practice conditions to improve the learning of sports.
- Knowing the psychological aspects related to managing sports groups.

“Sport training II”.

The holder is proficient in:

- Applying elements of training scheduling and monitoring.
- Employing systems and methods that develop the various physical and perceptual-motor attributes.
- Applying methods used to train physical attributes and perceptual-motor attributes.
- Interpreting basic concepts of the preparation of psychic and behavioural attributes.

“The organisation and legislation of sport II”.

The holder is proficient in:

- Knowing the legal framework of sport.
- Differentiating competencies in the area of sport between those that correspond to the General Administration of the State or those that correspond to the Autonomous Community.
- Knowing the sports association model at State level.

“Theory and sociology of sport”.

The holder is proficient in:

- Explaining the differences between sport in days gone by and contemporary sport.
- Determining the main factors that have led to the massive presence of the sporting phenomenon in advanced societies.
- Knowing the etymological derivation of the word sport.
- Interpreting the traits that constitute sport.
- Specifying the factors that have led to the expansion of sport in today's society.
- Knowing the ethical content of sport and the causes that distort the sporting ethic.
- Identifying the role of sport in today's society.
- Linking the evolution of the sport with the development of Spanish society.

“Guiding in alpinism and ski mountaineering”.

The holder is proficient in:

- Applying progression techniques with groups on alpinism and ski mountaineering terrain in conditions of safety.
- Applying the logistics of alpinism and ski mountaineering activities.
- Assessing the physical-technical abilities of the participants.
- Apply the system used to programme and organise high mountain activities.

“Professional Development of Sports Instructors in High Mountain Activities”

The holder is proficient in:

- Knowing labour legislation applicable to holders of the diploma of Sports Instructor in Mountain Sports and Climbing.
- Specifying the competencies, functions, tasks and responsibilities of a Sports Instructor in High Mountain Activities.
- Knowing the organisation and functions of the Spanish Mountain Sports and Climbing Federation.
- Describing the most salient characteristics of mountain sports tourism.
- Specifying the degree of development of the professions of mountain sports and climbing instructors in European Union countries and determining the professional equivalence of Spanish instructors to professionals in those countries.

“Alpinism and ski mountaineering training”.

The holder is proficient in:

- Identifying the specific physical qualities of alpinism and ski mountaineering.
- Applying the specific training systems for alpinism and ski mountaineering.
- Employing basic planning principles in the organisation of specific alpinism and ski mountaineering training.

“Mountaineering training”.

The holder is proficient in:

- Identifying the physical demands of mountaineering.
- Apply warm-up and cool-down methods in mountaineering.

“Technical and methodological training in the teaching of alpinism”.

The holder is proficient in:

- Employing the technical and gestural elements of alpinism.
- Skilfully using specific tools and materials.
- Applying the methodology used to teach alpinism.
- Demonstrating the techniques of progression with groups in conditions of safety.
- Understanding the biomechanical principles involved in climbing.
- Understanding the physical and mechanical of climbing.
- Explaining the characteristics of the specific material, equipment and facilities for alpinism paying particular attention to anchors.
- Determining the characteristics of areas suitable for the teaching of alpinism.
- Applying the system used to programme and organise alpinism activities.

“Technical and methodological training in the teaching of ski mountaineering”.

The holder is proficient in:

- Executing the technical and gestural elements of ski mountaineering.
- Demonstrating the technical and gestural elements of ski mountaineering.
- Applying the methodology used to teach ski mountaineering.
- Applying the system used to programme and organise ski mountaineering activities.

“Mountain environment II”.

The holder is proficient in:

- Identifying the rocks that make up the mountains of the Iberian Peninsula.
- Explaining the influence of different types of rock on sport climbing.
- Locating the planet’s main mountain ranges on a map.
- Identifying natural mountain environments.
- Interpreting how nature is organised.
- Understanding how energy is transferred in ecosystems.
- Establishing the basic principles of mountain ecology.
- Determining the basics of environmental education.
- Delving deeply into the knowledge of mountain meteorology and snow science.

“High Mountain Safety”.

The holder is proficient in:

- Applying safety measures to prevent accidents in mountain sports.
- Mastering self-rescue techniques in rocky and snow-covered environments.
- Employing the protocols for the use of radio communications in high mountains.

“Complementary block”.

The holder is proficient in:

- Understanding the most commonly used terminology in sporting science in German, French or English.
- Employing one or other database computer program.

“Practical training”.

- The aim of the practical training block of the Sports Instructor in High Mountain Activities course is for pupils to develop in a practical way the skills they have acquired during the training period, applying in real-life situations the knowledge and skills they have acquired in theoretical and practical training, and to obtain the experience they need to effectively:
 - Guide individuals or groups in alpinism, canyoning and ski mountaineering activities.
 - Programme and carry out the teaching of alpinism and ski mountaineering and conduct basic training of alpinists and ski mountaineers.
 - Guide athletes and teams during their participation in ski mountaineering competitions at elementary and intermediate level.
 - Programme and organise alpinism, ski mountaineering and canyoning activities.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

This diploma accredits the acquisition of sufficient professional knowledge and skills to assume responsibilities autonomously or within a public body or a private company.

He or she shall carry out their activity in the field of guiding and teaching alpinism, on rock/snow/ice/mixed terrain, undertaking:

- Easy routes at all altitudes.
- Not very difficult routes up to 4,300 metres.
- Difficult routes up to 3,500 metres.
- Difficult routes up to 3,500 metres in winter.
- V+/A1 rock climbing routes.

In the teaching of ski mountaineering on routes up to 3,500 metres in altitude, lasting a maximum of two days and overnight stays in refuges and the training of alpinism and ski mountaineering, providing services for the organisation and development of sessions with athletes or teams.

The different types of bodies or companies in which they can carry out their functions are:

- Sports schools.
- Sports clubs and associations.
- Mountain sports and climbing federations.
- Sports boards.
- Companies providing sporting services.
- Schools (extracurricular activities).

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: Level I, 420 hours, level II 680 hours, Total: 1,100 hours.

Level of the certificate (national or international)

- NATIONAL: Non-university education.
- INTERNATIONAL:
 - Level 3 of the International Standard Classification of Education (ISCED 3).
 - Level 4 of the European Qualifications Framework (EQF 4).

Entry requirements: A Graduate Degree in Compulsory Secondary Education, or a Certificate of having passed the test that replaces the corresponding academic requirement. To access the top level of mountain activities and climbing, it will also be necessary to accredit that one has passed an entrance test of a specific nature.

Test of a specific nature - Level I:

The entrance examinations to the courses will consist of two parts. The aim of the first part is to allow the candidate to demonstrate that he or she has the essential physical fitness to follow the courses successfully, while the second part will consist of exercises designed to assess the skills required for the chosen speciality.

Part one:

- a) Objective: assessment of physical fitness.
- b) Content: complete a route over varied mountain terrain with a cumulative positive vertical gain of 1,500 metres, within the time limit laid down by the panel and carrying a rucksack weighing 10 kilograms.

Part two:

- a) Objective: assessment of specific skills.
- b) Content: Complete three routes with the following characteristics, within the time limit laid down by the panel for each of the routes and carrying a rucksack weighing 10 kilograms:
 - A marked out grass route of at least 50 metres in length.
 - A marked out rocky route of at least 50 metres in length.
 - A marked out route of at least 50 metres in length and with a rocky outcrop.

Test of a specific nature - Level II:

Part one:

- a) Objective: assessment of physical fitness.

b) Content: complete a route over varied mountain terrain with a cumulative positive vertical gain of 1,500 metres, within the time limit laid down by the panel and carrying a rucksack weighing 10 kilograms.

Part two:

a) Objective: assessment of specific skills.

b) Content: within the time limit laid down by the panel:

Complete, with equipment, a route graded 6b and with a minimum length of 25 metres, in exposed climbing.

Complete, with equipment, a route graded 6b and with a minimum length of 25 metres, in exposed climbing.

Complete, without equipment, a route graded A1/A2 and with a minimum length of 25 metres, in artificial climbing.

Progress on snow and ice using the "all-point" technique on a circuit with slopes of 35° to 45° and a minimum length of 25 metres.

Climb on snow and ice on slopes of around 90° and a minimum length of 25 metres.

Ski down a slope, preferably on hard packed snow, with a minimum length of 150 metres and an average gradient of 30°, making parallel turns using extension and flexion techniques.

Ski down a slope, preferably on snow that is not hard-packed, with a minimum length of 150 metres, an average gradient of 30° and an uneven surface, making parallel turns by jumping.

Access to the next level of education or training:

To access the second level in high mountain activities, as well as the above requirements, it will be necessary to accredit the Certificate of Completion of Mountaineering and Climbing Activities Level One (420 hours).

The Sports Instructor in High Mountain Activities Diploma allows the holder to access the Senior Sports Instructor in High Mountain Activities Diploma once they have accredited sports experience and the academic requirement of a bachelor's degree.

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

Minimum teaching requirements established by the State: Royal Decree 318/2000, of 3 March, which establishes the diplomas of Sports Instructor and Senior Sports Instructor in the specialities of High Mountain Activities and Climbing, and which lays down the corresponding minimum education requirements. (Official State Gazette of 29 March)

Explanatory Note: This document is intended as supplementary information to the Diploma in question, but on its own it does not have any legal validity.

COURSE STRUCTURE OF THE OFFICIALLY RECOGNISED DIPLOMA

SPORTS EDUCATION MODULES ESTABLISHED IN THE ROYAL DECREE	Level one HOURS	Level two HOURS
Anatomical and physiological bases of sport 1 and II	15	25
Psychopedagogical foundations of education and sport training I and II	10	15
Sport training I and II	15	25
Sociological foundations of sport	5	-
The organisation and legislation of sport I and II	5	5
First aid and hygiene in sport	15	-
Theory and sociology of sport	-	10
Professional development I and II	5	5
Technical mountaineering training	35	
Mountain environment I and II	10	15
Safety in mountaineering I and II	20	25
Guiding in alpinism and ski mountaineering		20
Alpinism and ski mountaineering training		10
Mountaineering training		10
Technical and methodological training in the teaching of alpinism		35

Technical and methodological training in the teaching of ski mountaineering		35
Complementary block	15	25
Practical training block	80	110
TOTAL MINIMUM EDUCATION REQUIREMENTS IN HOURS*	230	370
TOTAL DURATION OF THE DIPLOMA 1,100 hours	420	680
<p><i>*55% of the minimum education requirements of the diploma reflected in the above table is of an official nature and is valid throughout the national territory. The remaining 45% is specific to each Autonomous Community and may be reflected in Annex I to this supplement.</i></p>		

INFORMATION ABOUT THE EDUCATION SYSTEM

