



## HESE-Workshop Frankfurt 7./8.12.2012

### Short Report

The workshop was the third event of the Health Enhancing Sport Exercise (HESE) Network and had been attended by 11 participants from 9 different organisations (s. participants list). The education of instructors for HESE programs had been chosen as the main topic at the last meeting.

- As some participated in a HESE event for the first time, a short outline of the particular approach of the HESE concept in regard to health enhancing physical activities and the common criteria for HESE programs had been described (s. papers “Glossary of Terms” and “What makes a HESE-Program?”).
- The chairman gave an update on the Inventory of standardised HESE-Programs. 18 programs are listed and described. A short discussion about the objectives of the inventory followed. Keywords: Knowledge exchange; inspiration for own activities; means of representation of the quality of actions in the area of health promotion. Network partners will continue with some more examples. The inventory will become more structured with target related headlines.
- The main topic “Instructor Education” was started with some presentations from partners on their education concepts in the HESE area. The presentations will be compiled on a HESE sub-web-page at [www.isca-web.org](http://www.isca-web.org) Looking for common qualification standards for HESE-Instructors Simone Digennaro made a presentation about the European Qualification Framework (EQF) and Mimi Rodriguez-Adami about the standards of the European Fitness and Health Association (EFHA). The group agreed that these standards could be used as a reference point for the HESE instructor qualification standards. All in all it seems to be possible to align the qualification standards of HESE partners to the EQF and EFHA standards. Mimi will explore, if we will be allowed to use the EFHA standards as well; Simone will check the possibilities for a project application in regard to the EU LLL-Strategy. It's aimed, to present a draft of guidelines for qualification standards for HESE instructors at the next meeting. Such guidelines can be used on one hand for organisations, already active in the HESE area, to improve their education standards, and on the other hand for those, who are going to begin with HESE activities, to get inspired for their education system. Finally they can be proof of a certified high qualification of the HESE instructors regarding the political and societal recognition of the sport sector in the field of health promotion.
- Looking for new methodical and didactical teaching concepts Mimi Rodriguez-Adami presented the “eLF-project” (eLearning Fitness), which is supported by EU/EAC and managed by the University of Rome and FIAF.

This project proposes the creation of a system of training and qualification, based on EQF in the fitness industry, culminating with a permanent institution of a National Register of Certified Professionals in 14 European countries. It intends to create a European training system for e-learning in fitness to cover the minimum standards for both the theory (knowledge) and the practical skills and competencies. Some HESE partners are involved as associated partners. Even if the HESE-Network will not become directly involved in this project, we need to deal further on with the topic of the e-learning methodology as well.

- Next steps:
  - Draft of a HESE-Network contact list
  - Extension of the inventory.
  - Setting up a sub-web-page on the ISCA web-page.
  - First draft of guidelines for HESE-instructors.

The next official event is planned in connection with the MOVE-Congress 2013 in Barcelona (17./19.10.2013).

- In his closing statement Herbert Hartmann stressed some reasons, why to have and to develop this network. Knowledge exchange and getting inspiration from experienced partners might be one added value for participation. The network should give as well motivation and support for organisations, who want to step in this field of action. Last but not least the aims and outcomes should strengthen ISCA's position in the area of health promotion, to make ISCA visible as a competent stakeholder, when it comes to cross-sectoral partnership and social-political recognition.

Herbert Hartmann