

## **Glossery of Terms in Relation to HESE**

### **Competence:**

... means the proven ability to use knowledge skills and personal, social and/or methodological abilities, in work or study situations and in professional and personal development. In the context of the EQF competence is described in terms of responsibility and autonomy.

### **Skills:**

... means the ability to apply knowledge and the use of know-how to complete tasks and solve problems. In the context of the EQF skills are described as cognitive (involving the use of logical, intuitive and creative thinking) or practical (involving manual dexterity and the use of methods, materials, tools and instruments).

### **Knowledge:**

...means the out come of the assimilation of information through learning. Knowledge is the body of facts, principles, theories and practices that is related to a filed of work or study. In the context of the EQF knowledge is described as theoretical and/or factual.

### **Exercise:**

...is a subset of physical activity. It is planned and repetitive body movement, which improves or maintains one or more components of physical fitness (e.g. cardiovascular endurance, muscular strength, balance, flexibility).

### **Physical activity:**

... is an encompassing term to mean any body movement produced by skeletal muscles that result in energy expenditure.

### **Instructor:**

...A physical activity instructor is broadly defined as a professional who teaches, educates, and trains people to do physical activities.

### **Exercise program:**

...a planned and structured course of actions pursuing certain fitness and health effects over a sequence of practical lessons.