



# EuropeActive Occupational Standards Summary Document

**‘Healthy Lifestyle Promoter’  
Lifelong Learning Qualification  
(EQF Level 2)**



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## Healthy Lifestyle Promoter

### Job purpose

To promote healthy lifestyle information to communities and individuals using available tools and educational materials.

### Specific pre-requisites

Learners must be at least 16 years old to obtain this qualification. The learner must have suitable communication and numeracy skills. No prior professional experience is necessary.

### Target learners

The Healthy Lifestyle Promoter lifelong learning qualification (LLQ) is aimed at consumers and volunteers who want to spread information on healthy lifestyle. This qualification could be especially attractive for youngsters, opening the opportunity for professional development in the health and fitness sector.

Other occupational groups may potentially be interested in gaining this qualification, including teachers, pedagogical or community workers, exercise and sports professionals, healthcare professionals, public health specialists, lifestyle coaches or physiotherapists. This would serve as a useful update for them in terms of healthy lifestyle and related sources of information.

### Level of entry on to EREPS.

As an LLQ this qualification does not give entry to a particular level but can be recorded as a qualification on the EREPS members' profile.

### Technical expert group members and external consultation experts

This qualification was fully adopted within the process of external consultation and afterwards approved by the EuropeActive Professional Standards Committee.

- *Director of the Professional Standards Committee*
- *Julian Berriman, MA, PSC Director, EuropeActive, Belgium*

### Technical Expert Group:

- *Prof. Anna Szumilewicz, PhD, PSC Deputy Director – Standards, EuropeActive, Brussels, Belgium; GPUES - Gdansk University of Physical Education and Sport, Poland (TEG Leader)*
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- *Julian Berriman, PSC Director, EuropeActive, Belgium*
- *Prof. Susanna Franco, PhD, The Sport Sciences School of Rio Maior (ESDRM), Portugal*
- *Prof. Simona Pajaujiene, PhD, Lithuanian Association of Health and Fitness Clubs (LSKA), Lithuanian Sports University, Lithuania*
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## Internal consultation experts, involved in the New Health Project:

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- *Manel Valcarse, President of the AEDESA Association, Spain*
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## External consultation experts:

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- *Carlos Barbado Villalba, Universidad Europea de Madrid, Spain*

## Units and Learning Outcomes

Unit	EQF Level	Learning outcomes
Organisational, legal and ethical issues	2	<ul style="list-style-type: none"> <li>Understand the organisational, legal and ethical issues related to working as a Healthy Lifestyle Promoter</li> </ul>
Promoting healthy lifestyles	2	<ul style="list-style-type: none"> <li>Understand the main components and benefits of a healthy lifestyle</li> <li>Know how to promote healthy lifestyles to others</li> <li>Know the general recommendations for and benefits of physical activity and exercise for health</li> <li>Know the general recommendations for and importance of healthy eating</li> <li>Know the impact of 'health mindset', 'mind(re)set' and tools used in stress relief</li> </ul>
Lifestyle assessment tools and sources of information on healthy lifestyle	2	<ul style="list-style-type: none"> <li>Know lifestyle assessment tools and their benefits</li> <li>Know sources of information on healthy lifestyle</li> </ul>



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