

PROGRAMME DAY 1

Wednesday, 22nd of November 2023

Time	Event
9.00 – 9.30	<p>Opening and welcomes from Spanish/Madrid authorities and Julian Berriman The audience will be welcomed to this year's event by Spanish/Madrid authorities. Julian will then give an overview of current activities and future strategy for Standards, training provider accreditation and EREPS.</p>
9.30 – 10.30	<p>Keynote Presentation- Assoc. Prof. Melody Ding Associate Professor Melody Ding works in physical activity, behavioural epidemiology and chronic disease prevention research. Her work has informed policies, guidelines, and practices around the world and has received extensive media coverage around the world.</p>
10.30 – 11.00	Coffee
11.00 – 11.30	<p>Get to know each other session Join us for a lively and engaging 30-minute networking session designed to break the ice and foster meaningful connections at this year's ISM. This session offers a relaxed and friendly atmosphere for attendees to introduce themselves, share their professional interests, and discover potential collaboration opportunities.</p>
11.30 – 12.15	<p>THiNKactive Workforce Research Study Prof. Alfonso Jimenez This session will reveal the proposed areas of analysis for a THiNKactive Workforce report and canvass the audience for input and opinion.</p>
12.15 – 13.00	<p>The Clinical Exercise Professional: A New Role for Europe Dr. Rita Santos Rocha and Nathan Reeves This session will present and open for discussion the newly developed Level 7 Clinical Exercise Professional Requirements Profile. This profile seeks to recognise Masters graduates with the knowledge and expertise to deliver meaningful outcomes in regards to the European Public Health Agenda.</p>
13.00 – 14.00	Lunch
14.00 – 15.30	<p>A strategic plan for the European fitness sector workforce Julian Berriman and Cliff Collins In this session, Julian Berriman and Cliff Collins will describe and discuss with the group a refreshed strategic direction and set out the organisational requirements and resources to shift to a new model that removes current tensions in VET and the fitness sector.</p>
15.30 – 16.00	Coffee
16.00 – 17.00	<p>Have Your Say, Reviewing the EuropeActive Core Occupational Roles Dr. Anna Szumilewicz and Julian Berriman The CEN standards for people are based on the EuropeActive core fitness occupations and potentially provide a framework in which all international Standards can be framed. This framework has recently been updated by a Technical Expert Group formed by the Professional Standards Committee. This update will be presented and discussed. Participants will then be divided into groups and the main occupational roles (Fitness Instructor, Group Fitness Instructor, Personal Trainer, Exercise for Health Specialist) will be discussed and areas for inclusion and update identified.</p>
17.00 – 17.30	Closing Remarks
from 17.30	GALA DINNER- Círculo, Bellas Artes

PROGRAMME DAY 2

Thursday, 23rd of November 2023



Time	Event
9.00 – 9.45	Group review - Conclusions from Day 1
9.45 – 10.30	<p>Building Stronger Standards – the New Strength and Conditioning Standards Dr. Ian Jeffreys and Daniela Fond</p> <p>A presentation and discussion around the development of Standards that lay out the scope of practice for a strength and conditioning coach, along with an outline of core competencies required for effective practice.</p>
10.30 – 11.00	Coffee
11.00 – 12.00	<p>A Change of Approach – the Health/Lifestyle Coach Ari Langinkoski</p> <p>A presentation and discussion on the results of work undertaken by EuropeActive and technical experts from across Europe to bring greater clarity to this role.</p>
12.00 – 13.00	<p>The NEPPE Project – delivering training and assessment in a digital world Dr. Anna Szumilewicz</p> <p>Using the example of the international NEPPE project (The New Era of Pre- and Postnatal Exercise), we will discuss the strengths and weaknesses of training conducted entirely online. The increase in professional competences of training participants and their opinions on the effectiveness of the training will be presented. We will also raise the issue of the potential opportunities of online tools to improve professional qualifications in the fitness sector and promote physical activity in countries with different socio-economic status.</p>
13.00-13.30	Closing Remarks
13.30 – 14.30	Lunch