

PERFORMANCE CRITERIA

Job Role: Fitness Trainer

Qualification Pack: SPF/Q1102

Sector Skill Council: Sports, Physical Education, Fitness and Leisure Sector Skill Council

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Individual assessment agencies will create unique question papers for theory and skill practical part for each candidate at each examination/training center.
4. To pass the Qualification Pack, every trainee should score a minimum of 40% in every NOS overall 50% pass percentage.
5. In case of successfully passing only certain number of NOS's, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
1. SPF/N1105 (Prepare for Physical Training of trainee)	PC1. Carry out physical examination of the candidate.	100	10	3	7
	PC2. Capture and study past and current medical as well as the physical state of trainee.		10	3	7
	PC3. Understand and note down the trainee's goals and sub goals.		10	3	7
	PC4. Based on this information, prepare a training plan for the trainee.		10	3	7
	PC5. Determine any tests, frequency of test and controls to be used to monitor the tests		10	3	7
	PC6. Visually inspect the activity area and equipment for appropriate and safe condition.		10	3	7

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
	PC7. Test any equipment which requires additional inspection.		10	3	7
	PC8. Report any issues related to training equipment and activity area to the concerned personnel or management.		10	3	7
	PC9. Ensure that the issues have been resolved and that equipment are fit for use.		10	3	7
	PC10. Check to ensure that clearly designed station cards and standard instructions are available near each machine.		10	3	7
		Total	100	30	70
2. SPF/N1106 (Perform Physical training of the trainee)	PC1. Create and chart out the individual training plan based on the trainee's physical condition and goals.	100	20	5	15
	PC2. Discuss the aim of the session, fundamentals and benefits of the plan with the trainee.		20	5	15
	PC3. Develop the skills of trainees by imparting the right techniques to do each exercise.		20	5	15
	PC4. Demonstrate and teach the correct use of each equipment according to policies and procedures and appropriate training instructions.		20	5	15
	PC5. Highlight the common types of injuries that might affect the trainees in a session and ensure that the trainee is in a position to safely participate in the session		20	5	15
			100	25	75
3. SPF/N1107 (Monitor progress of trainees and deal with injuries)	PC1. Walk around the activity area and visually check to ensure that trainees are carrying out their exercises in the correct and safe manner.	100	5	2	3

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
	PC2. Analyzing trainees' behavior and develop effective motivational strategy to maintain interest and positive attitude towards training.		10	3	7
	PC3. Develop infield and off-field strategies to recognize positive participation and achievement.		10	3	7
	PC4. Provide first-aid to injured trainees and handle the immediate need of the trainee.		10	3	7
	PC5. Assess the situation and if required refer to medical practitioner or physical therapist		10	3	7
	PC6. Periodically assess the fitness and health of trainees as per their goals and training progress.		10	3	7
	PC7. Determine their areas of improvement and help them in setting new goals.		10	3	7
	PC8. Recommend adoption of balanced diet and lifestyle modification if required in consultation with experts.		10	3	7
	PC9. Provide constructive and positive feedback to the trainees on their progress.		10	3	7
	PC10. Communicate trainee about new goals and training sessions.		10	2	8
	PC11. Periodically assess the fitness and health of trainees as per their goals and training progress.		5	2	3
		Total	100	30	70
4. SPF/N1113 (Maintain Health and Safety Measures)	PC1. In case of signs of any emergency situation or accident or breach of safety immediately follow organizational protocol to deploy action	100	10	3	7

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
	PC2. Identify reasons for occurrence of incident		10	3	7
	PC3. Capture reasons and response/action taken into incident report/note to manager		10	3	7
	PC4. Report any deviations from standard protocol along with reasons (if any		10	3	7
	PC5. Visually inspect the activity area and equipment for appropriate and safe condition.		10	3	7
	PC6. Report any issues related to equipment and activity area to the concerned personnel or management.		10	3	7
	PC7. Ensure all safety/emergency/medical equipment is readily accessible in case of any incident		10	3	7
	PC8. Ensure one's own physical fitness is in good condition		10	3	7
	PC9. Follow all health and safety guidelines as per organizational procedures		10	3	7
	PC10. Ensure appropriate protocol is followed in case of any incident by all relevant staff		10	3	7
			100	30	70

[Back to OP](#)