



# Model Curriculum

**QP Name: Personal Trainer (B&W)**

**QP Code: BWS/Q3003**

**QP Version: 2.0**

**NSQF Level: 4**

**Model Curriculum Version: 2.0**

Beauty & Wellness Sector Skill Council  
Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg,  
Connaught Place, Delhi-110001

# Table of Contents

Training Parameters .....	2
Program Overview.....	3
Training Outcomes .....	3
Compulsory Modules.....	3
Introduction to the program and the role of a Personal Trainer (B&W)	
Module 1: Prepare and maintain work area .....	7
Module 2: Carry out health screening and fitness assessment of the client .....	7
Module 3: Plan and conduct personal training .....	8
Module 4: Collect, integrate and analyze nutritional, health and lifestyle data of physically active clients.....	9
Module 5: Develop and implement personalised nutrition and lifestyle programme for physically active clients.....	10
Module 6: Motivate the client.....	11
Module 7: Maintain health and safety of work area .....	12
Module 8: Create a positive impression at workplace.....	13
Optional Modules.....	14
Module 1: Plan and conduct session for improving Athletic performance of client .....	14
Module 2: Enable minimization of Athletic Injuries & Conduct Fitness Assessment for Sports related activities of the client.....	15
Module 3: Plan and conduct personal training for clients from different population groups .....	16
Annexure.....	17
Trainer Requirements.....	17
Assessor Requirements.....	18
Assessment Strategy.....	20
References .....	21
Glossary.....	22
Acronyms and Abbreviations .....	23

## Training Parameters

<b>Sector</b>	Beauty & Wellness
<b>Sub-Sector</b>	Personal Services
<b>Occupation</b>	Fitness Services
<b>Country</b>	India
<b>NSQF Level</b>	4
<b>Aligned to NCO</b>	NCO-2015/3423.9900
<b>Minimum Educational Qualification and Experience</b>	Class X with 2 years of experience as Gym Assistant, OR NSQF Level-3 course (Gym Assistant) with 1 year of experience as a Gym Assistant
<b>Pre-Requisite License or Training</b>	-
<b>Minimum Job Entry Age</b>	20 years
<b>Last Reviewed On</b>	08-04-2021
<b>Next Review Date</b>	08-04-2024
<b>NSQC Approval Date</b>	31-08-2021
<b>QP Version</b>	2.0
<b>Model Curriculum Creation Date</b>	08-04-2021
<b>Model Curriculum Valid Up to Date</b>	08-04-2024
<b>Model Curriculum Version</b>	2.0
<b>Minimum Duration of the Course</b>	420:00 Hrs.
<b>Maximum Duration of the Course</b>	630:00 Hrs. Optional NOS: 210:00 Hrs.

## Program Overview

This section summarizes the end objectives of the program along with its duration.

### Training Outcomes

At the end of the program, the learner will be able to:

- Explain the objectives of the program
- List the career opportunities and projected growth in fitness services
- Explain the roles & responsibilities of a fitness services
- Carry out preparation and maintenance of work area
- Describe the application of health and safety practices at the workplace
- Describe the importance of personal hygiene and grooming while executing task
- Carry out health screening and fitness assessment of the client
- Conduct personal training
- Collect, integrate and analyse nutritional, health and lifestyle data of clients
- Develop and implement personalised nutrition and lifestyle programme for clients
- Applying various motivational techniques to ensure that clients adhere to their fitness goals

### Compulsory Modules

The table lists the modules, their duration and mode of delivery.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Introduction to the program and the role of a Personal Trainer (B&W)	1	0			1
BWS/N9001- Prepare & Maintain the work area V3.0, NSQF Level 3	1	10	–	–	11
Prepare and maintain work area	1	10	–	–	11
BWS/N3003 Carry out health screening and fitness assessment of the client V2.0, NSQF Level 4	8	30	–	–	38

Carry out health screening and fitness assessment of the client	8	30	–	–	38
BWS/N3004 Plan and conduct personal training V2.0, NSQF Level 4	22	120	60	–	202
Plan and conduct personal training	22	120	60	–	202
BWS/N3134 Collect, integrate and analyze nutritional, health and lifestyle data of physically active clients V2.0, NSQF Level 4	14	26	–	–	40
Collect, integrate and analyze nutritional, health and lifestyle data of physically active clients	14	26	–	–	40
BWS/N3135 Develop and implement personalized nutrition and lifestyle programme for physically active clients V2.0, NSQF Level 4	15	29	–	–	44
Develop and implement personalized nutrition and lifestyle programme for physically active clients	15	29	–	–	44
BWS/N3005 Motivate the clients V2.0, NSQF Level 4	5	15	–	–	20
Motivate the clients	5	15	–	–	20
BWS/N9002- Maintain health and safety at the workplace V3.0, NSQF Level 3	2	10	–	–	12
Maintain health and safety at the workplace	2	10	–	–	12
BWS/N9003- Create a positive impression at the workplace V3.0, NSQF Level 3	22	30	–	–	52

<b>Appearance and Behavior</b>	7	10	–	–	17
<b>Task execution as per organization's standards</b>	7	10	–	–	17
<b>Communication and Information record</b>	8	10	–	–	18
<b>Total Duration</b>	<b>90:00</b>	<b>270:00</b>	<b>60</b>	-	<b>420:00 Hrs.</b>

## Optional Modules

The table lists the modules, their duration and mode of delivery.

<b>NOS and Module Details</b>	<b>Theory Duration</b>	<b>Practical Duration</b>	<b>On-the-Job Training Duration (Mandatory)</b>	<b>On-the-Job Training Duration (Recommended)</b>	<b>Total Duration</b>
<b>BWS/N3021 Plan and conduct session for improving Athletic performance of client V2.0, NSQF Level 4</b>	15	60	–	–	75
<b>Plan and conduct session for improving Athletic performance of client</b>	15	60	–	–	75
<b>BWS/N3022 Enable minimization of Athletic Injuries &amp; Conduct Fitness Assessment for Sports related activities of the client V2.0, NSQF Level 4</b>	15	60	–	–	75
<b>Enable minimization of Athletic Injuries &amp; Conduct Fitness Assessment for Sports related activities of the client</b>	15	60	–	–	75
<b>BWS/N3014 Plan and conduct personal training for clients from different population groups V2.0, NSQF Level 4</b>	15	45	–	–	60
<b>Plan and conduct personal training for clients from different population groups</b>	15	45	–	–	60
<b>Total Duration</b>	<b>45:00</b>	<b>165:00</b>	-	-	<b>210:00 Hrs.</b>

# Module Details

## Introduction to the program and the role of a Personal Trainer (B&W)

### Terminal Outcomes:

- Explain the objectives of the program
- Explain the roles & responsibilities of a Personal Trainer (B&W)
- List the career opportunities in fitness industry

<b>Duration:</b> 01:00 Hrs.	<b>Duration:</b> <hh:mm>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the objectives of the program</li> <li>• State the roles &amp; responsibilities of a Personal Trainer (B&amp;W)</li> <li>• List the career opportunities in fitness industry</li> <li>• Discuss about the projected growth in fitness industry</li> </ul>	
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
N.A	

## Prepare and maintain work area

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Carry out preparation and maintenance of work area

<b>Duration:</b> 01:00 Hrs.	<b>Duration:</b> 10:00 Hrs.
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the significance of maintaining hygienic, safe, disinfected and suitable ambient conditions at work place; such as by using air purifiers to reduce dust, dander, smoke, allergens &amp; odour resulting in a healthier, fresher &amp; cleaner environment and restructuring the workplace set-up by keeping a minimum distance of 2 meters in between two clientele, practicing social distancing by avoiding handshakes/ hugs to co-workers/ clientele, etc.</li> <li>• Identify and prepare equipment &amp; products required for the respective session</li> <li>• Discuss the instructions required in preparing a sterilization solution as per organizational standards using approved products and as per manufacturer's and checking leakages</li> <li>• Identify need of segregating recyclable, non-recyclable and hazardous waste generated in separate bin</li> <li>• Conduct employee awareness program; such as for COVID-19 by displaying posters/ signage's promoting regular hand-washing and respiratory hygiene in the premises</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate organizing the sterilized/ disinfected equipment for a session delivery; equipment such as dumbbell, training bench, treadmill, etc.</li> <li>• Demonstrate disposing of waste in the designated area at work place; waste materials such as disposable triple layered surgical face mask, disposable gloves, etc.</li> <li>• Demonstrate the use of electrical equipment while providing services and its proper maintenance when not in use</li> <li>• Prepare reports of materials and equipment securely in line with the organisational policies</li> <li>• Apply digital mode of payment to lessen any kind of cross infection; digital mode such as use of debit/credit cards, internet banking, mobile wallets, digital payment apps, etc.</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Sanitiser, Towels, Masks, Weight Machines, Free Weights & Other Fitness Accessories.	



## Carry out health screening and fitness assessment of the client

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Carry out health screening and fitness assessment of the client

<b>Duration:</b> 08:00 Hrs.	<b>Duration:</b> 30:00 Hrs.
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Describe the concept of physical fitness and its benefits</li> <li>• Identify clients fitness goals</li> <li>• List benefits of different fitness programmes</li> <li>• Identify outcomes of health assessments</li> <li>• Identify the strategies to prevent drop out or relapse</li> <li>• List out the pros and cons of various methods of fitness assessments and their suitability for various types of clients</li> <li>• Use various techniques for gathering, storing and disposing of client information</li> </ul>	<ul style="list-style-type: none"> <li>• Carry out protocols of various exercise tests and their associated procedure</li> <li>• Analyse the fitness assessment outcomes to provide recommendations for the exercise plan</li> <li>• Perform and assist on the right form and technique of exercises</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

## Plan and conduct personal training

### *Mapped to Personal Trainer (B&W), BWS/Q3003*

#### Terminal Outcomes:

- Conduct personal training

<b>Duration:</b> 22:00 Hrs.	<b>Duration:</b> 120:00 Hrs.
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Describe various human body systems and their organization and structure i.e. circulatory system, respiratory system, skeletal system, the muscular system, nervous system and energy systems</li> <li>• State the importance of taking pulse rate, measuring blood pressure etc.</li> <li>• Identify various types of clients like active, inactive, aware, new etc.</li> <li>• Explain hydration and energy requirements guidelines</li> <li>• Identify the potential sources of injury and keep the same under consideration while devising fitness programme to a client (anaerobic exercise etc.) and their relation to exercise</li> <li>• List various types of fitness equipment like cardio machines, exercise balls, bars, steps, weights, abdominal assisters, pin loaded, free weight, hydraulic, electronic and air-braked equipment</li> <li>• Identify methodology for periodic evaluation to chart progress in terms of performance and body composition</li> <li>• List various guidelines on personal training programme design</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the proper application of resistance equipment, free weights and cardiovascular equipment</li> <li>• Demonstrate preparing the area for performance of various stretching exercises and weight training</li> <li>• Perform and assist on the right form and technique of exercises</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

*\*This module consists of mandatory OJT training of 60 Hrs.*

## Collect, integrate and analyse nutritional, health and lifestyle data of physically active clients

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Collect, integrate and analyse nutritional, health and lifestyle data of physically active clients

<b>Duration: 14:00 Hrs.</b>	<b>Duration: 26:00 Hrs.</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the structure and function of the human body, together with knowledge of health, disease, disorder and dysfunction relevant to nutrition and lifestyle</li> <li>• Identify appropriate assessment tools and procedures (matching the assessment method to the situation)</li> <li>• List methods for obtaining and recording anthropometric measurements along with standards and reference range</li> <li>• State the calculation and interpretation of BMR, WHR, body weight and composition for health and sports: ideal body weight.</li> <li>• List different methods for conducting, recording and analysing body composition</li> <li>• State effect of hydration state on BCA contraindications for conducting BCA</li> </ul>	<ul style="list-style-type: none"> <li>• Analyse the body composition for optimal health, fitness, and exercise/task-specific physical performance</li> <li>• Apply the clinical signs and symptoms generated by the body's response to stress, poor nutrition, disease, emotional and psychosocial factors the aetiology and pathology of common diseases and their clinical features</li> <li>• Interpret the biochemical tests, there standards and reference range methods for conducting and recording observations of health status</li> <li>• Demonstrate the methods available for conducting quantitative and qualitative analysis of food intake appropriate methods for collecting personal, socio-cultural, psychological, environmental and economic data which may influence food habits, diet and lifestyle</li> <li>• Apply appropriate questions to optimize gathering of information</li> <li>• Apply effective interviewing methods interpretation and evaluation of data from observations and laboratory tests nutrient composition of foods</li> <li>• Demonstrate maintaining accurate, comprehensive and comprehensible records in accordance with applicable protocols and guidelines</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories.	

## Develop and implement personalised nutrition and lifestyle programme for physically active clients

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Develop and implement personalised nutrition and lifestyle programme for physically active clients

<b>Duration:</b> 15:00 Hrs.	<b>Duration:</b> 29:00 Hrs.
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Identify the energy, macro nutrient and relevant micro-nutrient intakes from food intake collected during comprehensive nutritional assessment, using food composition tables</li> <li>• Identify nutrient and fluid needs based on age, sex, medical condition, activity level, current nutritional state, medications, and goals of nutrition therapy</li> <li>• Identify appropriate, purposefully planned actions designed with the intent of changing a nutrition-related behaviour, risk factor, environmental condition, or aspect of health status for a client with the goal to promote health and increase the capacity to exercise, train, improve recovery, promote training adaptation, and enhance exercise, and physical performance</li> <li>• Identify exercise responses, testing and prescription, and adaptation to chronic physical activity in special cases</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare client-centered plan, goals, and expected outcomes in observable and measurable terms</li> <li>• Perform short term and long-term goals in collaboration with client and other members of health care team</li> <li>• Facilitate behaviour change and negotiate dietary and lifestyle changes with individuals, enabling them to achieve agreed dietary and medical targets even where there are significant psychological, social or cultural hurdles to overcome</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

## Motivate the clients

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Applying various motivational techniques to ensure that clients adhere to their fitness goals

<b>Duration: 05:00 Hrs.</b>	<b>Duration: 15:00 Hrs.</b>
<p><b>Theory – Key Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans- theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity</li> <li>State the typical barriers to exercise that client talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them</li> <li>List various options available in terms of incentives and rewards to motivate the clients</li> <li>Explain the importance of personal, environmental and cognitive factors and their potential effect on exercise adherence</li> <li>State the role of intrinsic and extrinsic motivation in exercise behaviour</li> <li>Identify signs and symptoms of conditions/ areas when client needs to be referred to another professional</li> </ul>	<p><b>Practical – Key Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>Demonstrate various techniques to interpret the body language, non-verbal cues and other gestures of the client</li> <li>Apply various anatomical and physiological aspects of human body and the impact of exercise plan of them</li> <li>Apply specific techniques to enhance motivation</li> </ul>
<p><b>Classroom Aids</b></p> <p>Computer, Projector, White Board/ Flip Chart, Marker and Duster</p>	
<p><b>Tools, Equipment and Other Requirements</b></p> <p>Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights &amp; Other Fitness Accessories</p>	

## Maintain health and safety at the workplace

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Describe the application of health and safety practices at the workplace

<b>Duration:</b> 02:00 Hrs.	<b>Duration:</b> 10:00 Hrs.
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>State the significance of personal protective equipment (PPE) &amp; its efficient supply at work place; PPE such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc.</li> <li>Discuss the importance of maintaining basic hygiene at work place to avoid any kind of cross infection; basic hygiene such as wearing disposable N-95/ triple layered surgical face mask, gloves, apron, washing/ sanitizing hands &amp; taking bath at regular intervals, etc.</li> <li>Explain the importance of maintaining first aid kit at work place</li> <li>Identify and list potential risks and hazards in the workplace</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate and state significance of maintaining posture and position to minimize fatigue and the risk of injury</li> <li>Demonstrate the method of sterilizing equipment &amp; tools before and after use</li> <li>Prepare, maintain and report accident reports as per organisational policies</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

## Create a positive impression at the workplace

### Mapped to Personal Trainer (B&W), BWS/Q3003

#### Terminal Outcomes:

- Describe the importance of personal hygiene and grooming while executing task

<b>Duration: 22:00 Hrs.</b>	<b>Duration: 30:00 Hrs.</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>Explain the importance of maintaining personal hygiene and grooming; such as sanitized hands, neatly tied and covered hair, clean nails, sanitized uniform while engaging with clients with no gender stereotyping, to ensure privacy, comfort and wellbeing of all the genders throughout the services, etc.</li> <li>List the ways to manage client expectations; such as by identifying new techniques</li> <li>State the importance of maintaining confidentiality of information while performing documentation of records</li> <li>Conduct employee awareness program; such as internalization of gender, PwD sensitization on designing PwD friendly workplace</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate confidence at the workplace by managing and identifying various business opportunities</li> <li>Demonstrate the different formats of maintaining documentation of records</li> <li>Demonstrate the process of client appointment scheduling; pre-bookings and maintaining the work area, equipment, product stocks to meet the schedule</li> <li>Carry out different &amp; effective ways of communication for clients; clients could be from different culture, religion, age, background, disability, gender; and communication such as email, phone etc. Perform activities related to the financial literacy; such as saving money, opening bank accounts, linking Aadhaar card to bank account, using various e-commerce payment systems, etc.</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
POS Machine	

## Optional: Plan and conduct session for improving athletic performance of the client

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Conduct session to ensure improvement in athletic performance of the client

<b>Duration: 15:00 Hrs.</b>	<b>Duration: 60:00 Hrs.</b>
<p><b>Theory – Key Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Explain various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges</li> <li>• Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans- theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity</li> <li>• State the typical barriers to exercise that clients talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them</li> <li>• Identify the potential risks relevant to the programme and various mechanisms to minimize the same</li> </ul>	<p><b>Practical – Key Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Carry out coaching to increase speed and strength of all types of clients (beginner, expert); such as performing parallel squat, plyometric twice per week, etc.</li> <li>• Analyse group dynamics and group management &amp; carry out various exercised</li> <li>• Carry out an engaging session by conducting benchmarking study to identify various interesting options, identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons</li> <li>• Apply effective verbal and visual communication while delivering the sessions</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	



## Optional: Enable minimization of athletic injuries & conduct fitness assessment for sports related activities of the client

*Mapped to Personal Trainer (B&W), BWS/Q3003*

### Terminal Outcomes:

- Carry out fitness assessment for sports related activities with minimized athletic injuries

<b>Duration: 15:00 Hrs.</b>	<b>Duration: 60:00 Hrs.</b>
<p><b>Theory – Key Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Explain various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges</li> <li>• Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans- theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity</li> <li>• State the typical barriers to exercise that clients talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them</li> <li>• Identify the potential risks/ injuries relevant to the programme and various mechanisms to minimize the same</li> </ul>	<p><b>Practical – Key Learning Outcomes</b></p> <ul style="list-style-type: none"> <li>• Demonstrate ways to reduce injuries while carry out various exercises; such wear the right gear, players should wear appropriate and properly fitting protective equipment such as pads (neck, shoulder, elbow, chest, knee, and chin), helmets, mouthpieces, face guards, protective cups, and/or eyewear</li> <li>• Analyse group dynamics and group management &amp; carry out various exercised</li> <li>• Carry out an engaging session by conducting benchmarking study to identify various interesting options, identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons</li> <li>• Apply effective verbal and visual communication while delivering the sessions</li> <li>• Apply various techniques to collect the required information, including using interviews and questionnaires, making observations and taking physical measurements</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

## Optional: Plan and conduct personal training for clients from different Population groups

### Mapped to Personal Trainer (B&W), BWS/Q3003

#### Terminal Outcomes:

- Carry out personal training for clients from various backgrounds and have different types of needs related to fitness

<b>Duration:</b> 15:00 Hrs.	<b>Duration:</b> 45:00 Hrs.
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>Explain various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges</li> <li>Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans-theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity</li> <li>Explain the importance of preparing and following the planned exercise schedule to client</li> <li>State the typical barriers to exercise that clients talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them</li> <li>Identify the potential risks/ injuries relevant to the programme and various mechanisms to minimize the same</li> <li>Identify the need of maintaining programme report and obtaining regular feedback from the client; such as analyse effectiveness of the personal training programme basis the feedback and goals achievement</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate ways to evaluate the impact of exercise and its intensity on the energy levels of a client and consider the capacity of the client to perform the devised exercises basis his/ her background i.e., pre/ postnatal woman, disabled client etc.</li> <li>Analyse clients carefully and display sensitivity and empathy to special set of emotionally vulnerable clients</li> <li>Carry out an engaging session by conducting benchmarking study to identify various interesting options, identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons</li> <li>Apply effective verbal and visual communication while delivering the sessions</li> <li>Apply various techniques to collect the required information, including using interviews and questionnaires, making observations and taking physical measurements</li> <li>Assist the client in carrying out the exercises by ensuring right usage of the fitness equipment to prevent any injuries</li> </ul>
<b>Classroom Aids</b>	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
<b>Tools, Equipment and Other Requirements</b>	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

# Annexure

## Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate in Physical Education/ Physiotherapy	Physical Education/ Physiotherapy	3	Physical Education/ Physiotherapy	2	In Wellness industry	

Trainer Certification	
Domain Certification	Platform Certification
BWS/Q3003, V2.0 Trainer Minimum accepted score is 80%	MEP/Q2601, V1.0 Trainer Minimum accepted score is 80%

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Graduate in Physical Education/ Physiotherapy	Physical Education/ Physiotherapy	4	Physical Education/ Physiotherapy	2	In Wellness industry	

Assessor Certification	
Domain Certification	Platform Certification
BWS/Q3003, V2.0 Assessor Minimum accepted score is 80%	MEP/Q2701, V1.0 Assessor Minimum accepted score is 80%



In case of many candidates to be accommodated in one venue for theory assessment, caution is taken not to let the candidates who competed test meet those who have not. Once the first batch has moved out of the knowledge based assessment area, the second batch must be taken from the main waiting area and seated in the respective seats for their knowledge based assessment.

For practical, the instructions for taking the test are clearly written on the board in the lab or shared with the candidates verbally.

The assessment will be video recorded and submitted to B&WSSC. The training partner will intimate the time of arrival of the assessor and time of leaving the venue.

### **Methods of Validation**

Unless the trainee is registered, the person cannot undergo assessment. To further ensure that the person registered is the person appearing for assessment, id verification will be carried out. Aadhar card number is part of registering the candidate for training. This will form the basis of further verification during the assessment.

Assessor conducts the assessment in accordance with the assessment guidelines and question bank as per the job role.

The assessor carries tablet with the loaded questions. This tablet is geotagged and so it is monitored to check their arrival and completion of assessment.

Video of the practical session is prepared and submitted to B&WSSC.

Random spot checks/audit is conducted by B&WSSC assigned persons to check the quality of assessment.

Assessment agency will be responsible to put details in SIP.

B&WSSC will also validate the data and result received from the assessment agency.

### **Method of assessment documentation and access**

The assessment agency will upload the result of assessment in the portal. The data will not be accessible for change by the assessment agency after the upload. The assessment data will be validated by B&WSSC assessment team. After upload, only B&WSSC can access this data. B&WSSC approves the results within a week and uploads on SIP.

## References

## Glossary

Term	Description
<b>Declarative Knowledge</b>	Declarative knowledge refers to facts, concepts and principles that need to be known and/or understood in order to accomplish a task or to solve a problem.
<b>Key Learning Outcome</b>	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
<b>OJT (M)</b>	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
<b>OJT (R)</b>	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
<b>Procedural Knowledge</b>	Procedural knowledge addresses how to do something, or how to perform a task. It is the ability to work, or produce a tangible work output by applying cognitive, affective or psychomotor skills.
<b>Training Outcome</b>	Training outcome is a statement of what a learner will know, understand and be able to do <b>upon the completion of the training.</b>
<b>Terminal Outcome</b>	Terminal outcome is a statement of what a learner will know, understand and be able to do <b>upon the completion of a module.</b> A set of terminal outcomes help to achieve the training outcome.

## Acronyms and Abbreviations

Term	Description
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards