

## **CONTACT DETAILS OF THE BODY SUBMITTING THE QUALIFICATION FILE**

### **Name and address of submitting body:**

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

### **Name and contact details of individual dealing with the submission**

**Name:** Ms. Monica Bahl

**Position in the organisation:** CEO

**Address if different from above:** Same as above

**Tel number(s):** 011 – 40342940/42/44/45

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### **List of documents submitted in support of the Qualifications File**

1. Qualifications Pack
2. Industry Validations letters
3. Industry Endorsement tracker
4. Integrated Occupational Map
5. Summary Sheet
6. Model Curriculum

### **Model Curriculum to be added which will include the following:**

- **Indicative list of tools/equipment to conduct the training**
- **Trainers' qualification**
- **Lesson Plan**
- **Distribution of training duration into theory/practical/OJT component**

## SUMMARY

1	<b>Qualification Title:</b> Personal Trainer (B&W)
2	<b>Qualification Code, if any:</b> QP BWS/Q3003
3	<b>NCO code and occupation:</b> NCO-2015/3423.9900
4	<b>Nature and purpose of the qualification (Please specify whether qualification is short term or long term):</b> Nature of the qualification - a Qualification Pack (QP) The main purpose of the qualification is to upgrade the skills of people already in fitness domain for better employability
5	<b>Body/bodies which will award the qualification:</b> Beauty & Wellness Sector Skill Council (B&WSSC)
6	<b>Body which will accredit providers to offer courses leading to the qualification:</b> Beauty & Wellness Sector Skill Council (B&WSSC)
7	<b>Whether accreditation/affiliation norms are already in place or not , if applicable (if yes, attach a copy) :</b> Yes
8	<b>Occupation(s) to which the qualification gives access:</b> Fitness Services under Personal Services Sub-sector
9	<b>Job description of the occupation:</b> The Personal Trainer (B&W) is responsible to plan,demonstrate, and monitor exercises performed by the members. The Personal Trainer (B&W) collects information, plans training programmes, monitors clients' progressand focuses on individual assigned clients in meeting their fitness goals through effective motivation and continuous dedicated exercises for overall well-being.
10	<b>Licensing requirements:</b> N/A
11	<b>Statutory and Regulatory requirement of the relevant sector (documentary evidence to be provided) :</b> N/A
12	<b>Level of the qualification in the NSQF:</b> Level 4
13	<b>Anticipated volume of training/learning required to complete the qualification:</b> 420 hours (including 60 hours of OJT) <b>Optional NOS</b> – 210 hours <b>Total:</b> 630 hours
14	<b>Indicative list of training tools required to deliver this qualification:</b> Pec Fly / Rear Delt, Lat Pull Down, Prone Leg Curl, Leg Extension, 45 Degree Leg Press, Seated Calf Raises, Standing Calf Raises, Multi-Functional Trainer, Power Cage, Olympic Decline Bench, Olympic Flat Bench, Super Bench, Back Extension Machine, Dumbbells, Weight Plates-Rubberized, Olympic Barbell 7 Feet, Olympic Barbell 5 Feet, Ez Bar 4 Feet, Barbell Rack, Tibia Trainer, Dumbbells Rack, Olympic Lifting Set, Treadmill, Cross Trainer, Upright Bike, Medicine Ball, Swiss Ball, Floor Mats, Step Up Stools, Hand Sanitizer and Towel.
15	<b>Entry requirements and/or recommendations and minimum age:</b> <ul style="list-style-type: none"> <li>• Class X with 2 years of experience as Gym Assistant OR</li> <li>• NSQF Level-3 course (Gym Assistant) with 1 year of experience as a Gym Assistant</li> <li>• Minimum Job Entry Age: 20 years</li> </ul>

16	<b>Progression from the qualification (Please show Professional and academic progression):</b> Personal Training Manager (Level 5)		
17	<p><b>Arrangements for the Recognition of Prior learning (RPL):</b> Currently Beauty &amp; Wellness Sector Skill Council (B&amp;WSSC) is doing the RPL assessments after covering learning hours of 20 hours and then followed by the assessments. The assessments are happening in online basis. There are three phases of assessments which is followed in all assessment process of different job roles-</p> <ol style="list-style-type: none"> <li>1. Theory- weightage 70%</li> <li>2. Practical- Weightage 30% (Hands on assessment + Viva)</li> </ol> <p>The theory questions are objective type with multiple choice option, out of which we have some pictorial questions also. VIVA questions are also based on the job role and the practical questions are assessed on the hands-on performance. (Detailed Assessment Plan is attached in the folder)</p>		
18	<b>International comparability where known (research evidence to be provided):</b> This Level 4 qualification compares with UK QP: Level 2		
19	<b>Date of planned review of the qualification:</b> 08-04-2024		
20	<b>Formal structure of the qualification</b> <b>Mandatory components</b>		
(i)	<b>Title of component and identification code/NOSs/Learning outcomes</b>	<b>Estimated size (learning hours)</b>	<b>Level</b>
	BWS/N9001 Prepare and maintain work area	12	3
	BWS/N3003 Carry out health screening and fitness assessment of the client	38	4
	BWS/N3004 Plan and Conduct personal training	142	4
	BWS/N3134 Collect, integrate and analyse nutritional, health and lifestyle data of physically active clients	40	4
	BWS/N3135 Develop and implement personalised nutrition and lifestyle programme for physically active clients	44	4
	BWS/N3005 Motivate the clients	20	4
	BWS/N9002 Maintain health and safety of workplace	12	3
	BWS/N9003 Create a positive impression at the workplace	52	3
	<b>OJT</b>	60	

**NSQF QUALIFICATION FILE****Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

	<b>Sub Total (A)</b>	<b>420</b>	
	<b>Optional components</b>		
	BWS/N3021 Plan and conduct session for improving Athletic performance of client	75	4
	BWS/N3022 Enable minimization of Athletic Injuries & Conduct Fitness Assessment for Sports related activities of the client	75	4
	BWS/N3014 Plan and conduct personal training for clients from different population groups	60	4
	<b>(B) 210 Hours</b>		
	<b>Total (A+B) = 630 Hours</b>		
	<b>Instructor-Led Online Module – 60 Hours</b>		

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**SECTION 1**

**ASSESSMENT**

<p><b>21</b></p>	<p><b>Body/Bodies which will carry out assessment:</b></p> <ol style="list-style-type: none"> <li>1. Amrit Skills Development Private Limited</li> <li>2. Aspiring Minds Assessment (P) Ltd.</li> <li>3. Inspire Youth Development Pvt. Ltd</li> <li>4. Iris Corporate Solutions Pvt. Ltd</li> <li>5. Mettl</li> <li>6. Prima Competencies Private Limited</li> <li>7. Skills Mantra Edutech Consulting India Pvt Ltd</li> <li>8. SP Institute of Workforce Development Pvt Ltd ( SPIWD</li> <li>9. Trendsetters</li> <li>10. Vedokt Skills</li> <li>11. Demorgia Consulting Services Pvt Ltd</li> <li>12. Diversified Business Solutions Private Limited</li> <li>13. Eduvantage</li> <li>14. Eins &amp; Erste Skill development and Technologies</li> <li>15. Glocal Thinkers</li> <li>16. Khwaspuria Advisory P Limited</li> <li>17. Navriti Technologies Pvt. Ltd.</li> <li>18. Radiant Infonet Pvt Ltd</li> <li>19. Sai Graphics Assessment Body Pvt Ltd</li> <li>20. IQAG</li> <li>21. STAR PROJECTS SERVICES PVT LTD.</li> <li>22. Palmary Project &amp; Services Pvt. Ltd.</li> <li>23. Wheebox</li> <li>24. CII</li> </ol>
<p><b>22</b></p>	<p><b>How will RPL assessment be managed and who will carry it out?</b></p> <p>Give details of how RPL assessment for the qualification will be carried out and quality assured.</p> <p>The RPL assessment will be carried out through pre assessment, identifying the skills gaps, provide bridge training to cover the competency gap and then conduct final assessment of the candidates</p>

23	<p><b>Describe the overall assessment strategy and specific arrangements which have been put in place to ensure that assessment is always valid, reliable and fair and show that these are in line with the requirements of the NSQF.</b></p> <p>Assessment is done through third parties who are affiliated to B&amp;WSSC as Assessment Body. Assessors are trained &amp; certified by B&amp;WSSC through Training of Assessors program. The assessment involves two processes. The first process is gathering the evidence of the competency of individuals. The second part of the assessment process is the judgement as to whether a person is competent or not. The assessment plan contains the following information:</p>
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The assessments are happening in online/ offline basis. There are three phases of assessments which is followed in all assessment process of different job roles-

- Theory- weightage 30%
- Practical+ VIVA- Weightage 70% (Hands on assessment + Oral questioner)

The theory questions are objective type with multiple choice option, out of which we have some pictorial questions also. VIVA questions are also based on the job role and the practical questions are assessed on the hands-on performance.

Criteria on decision making & process manual is attached in the folder (Attachment name – Assessment Process)

Please attach most relevant and recent documents giving further information about assessment and/or RPL.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

## **ASSESSMENT EVIDENCE**

**Complete a grid for each component as listed in “Formal structure of the qualification” in the Summary.**

*NOTE: this grid can be replaced by any part of the qualification documentation which shows the same information – i.e., Learning Outcomes to be assessed, assessment criteria and the means of assessment.*

## **24. Assessment evidences**

**Title of Component:** Personal Trainer (B&W)

### **CRITERIA FOR ASSESSMENT OF TRAINEES**

**Job Role** Personal Trainer (B&W)

**Qualification Pack** BWS/Q3003

**Sector Skill Council** Beauty & Wellness

#### **Guidelines for Assessment**

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. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4. Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below).
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criterion.
6. To pass the Qualification Pack, every trainee should score a minimum of 70% in aggregate.
7. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.



<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<i>Prepare and maintain work area</i>	<b>30</b>	<b>70</b>	-	-
PC1. ensure that ambient conditions are suitable for the client and the service procedures to be carried out in a hygienic, safe and disinfected environment such as using air purifiers to reduce dust, dander, smoke, allergens & odour resulting in a healthier, fresher & cleaner environment, restructuring the workplace set-up, by keeping a minimum distance of 2 meters in between two clienteles, practicing social distancing by avoiding handshakes/ hugs to coworkers/ clientele, etc.	2	6	-	-
PC2. identify and select suitable equipment and products required for the respective session/ service	2	5	-	-
PC3. set up the area for session/ service in adherence to the organizational guidelines	2	5	-	-
PC4. place disposable towels, glasses for water, tea/ coffee in area convenient	2	5	-	-
PC5. prepare sterilization solution as per organizational standards using approved products	2	5	-	-
PC6. sterilize, disinfect and place the tools on the tray as per organizational standards using recommended solutions and conditions	2	6	-	-
PC7. dispose waste materials in adherence to the industry requirements; waste materials such as disposable head bands, disposable towels, disposable glasses, etc.	2	5	-	-
PC8. identify ways to optimize usage of material including water in various tasks/activities/processes	2	5	-	-
PC9. check for spills/leakages occurred while providing services	2	4	-	-
PC10. identify and segregate recyclable, non-recyclable and hazardous waste generated in separate bin	2	4	-	-

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PC11. store the unused disposable material properly in a dedicated area; material such as disposable glasses	2	4		
PC12. ensure electrical equipment and appliances are switched off when not in use	2	4		
PC13. store records, materials and equipment securely in line with the policies	2	4		
PC14. conduct awareness program (such as for Covid19) for the employees and display posters/ signage's promoting regular hand-washing and respiratory hygiene in the premises	2	4		
PC15. set up and promote digital modes of payment to lessen any kind of cross infection	2	4		
<b>NOS Total</b>	<b>30</b>	<b>70</b>	<b>-</b>	<b>-</b>

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<i>Conduct health screening and fitness assessments of the clients</i>	<b>21</b>	<b>79</b>	-	-
1. build strong rapport with the clients	1	3	-	-
2. collect data like lifestyle, time investment, medical background, exercise history, etc.	1	5	-	-
3. ensure adequate communication to the clients in terms of maintaining confidentiality of their personal data collected	1	3	-	-
4. discuss various lifestyle preferences and their impact on client's health & fitness status as well as the benefits from an exercise programme	2	8	-	-
5. basis clients exercise preferences and lifestyle, identify the barriers to clients achieving their exercise goals	1	3	-	-
6. finalize the short and long-term fitness goals of the client	2	8	-	-
7. basis the clients fitness requirements, suggest the appropriate exercises	2	8	-	-
8. identify the strategies to prevent drop out or relapse	1	3	-	-
9. discuss in detail with clients, the relationship of fitness assessment outcomes with exercise plan; also discuss the kind of information about a person's anatomy will be collected to perform fitness assessment	2	8	-	-
10. ensure the working and availability of equipment to carry out the planned assessments	2	8	-	-
11. conduct fitness assessments which primarily include anthropometrics (i.e., BMI, waist to hip ratio, etc.), body composition, cardiovascular fitness and capacity, muscular strength, etc.)	2	8	-	-
12. understand the various person specific concerns/problems and related safety considerations while conducting fitness assessments	1	3	-	-
13. analyze the fitness assessment outcomes to provide recommendations for the exercise plan	2	8	-	-
14. refer to the superior/ a medical professional in case there are any concerns or requirements of the clients which require expert advice	1	3	-	-
<b>NOS Total</b>	<b>21</b>	<b>79</b>	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<i>Plan and conduct personal training</i>	<b>17</b>	<b>83</b>	-	-
1. deploy the knowledge and understanding of various aspects of human anatomy and physiology while providing fitness related recommendations	0.5	2.5	-	-
2. understand in detail various human body systems like circulatory system, musculoskeletal system, joints and bones, muscles, respiratory system, etc. and impact of fitness programmes on their functioning	0.5	2.5	-	-
3. identify the potential sources of injury and keep the same under consideration while devising fitness programme for a client	0.5	2.5	-	-
4. evaluate the impact of exercise and its intensity on the energy levels of a client and provide requisite recommendations in terms of exercise plan	0.5	2.5	-	-
5. basis the health assessment and detailed understanding of anatomy & physiology of the client's body, plan a range of exercises for client to achieve his/ her fitness goals considering aspects like muscular fitness, cardiovascular fitness, agility, & flexibility, etc.	0.5	3.5	-	-
6. as per the client's needs, identify the appropriate training recommendations	0.5	2.5	-	-
7. identify and plan for availability of equipment needed for suitable exercises	0.5	2.5	-	-
8. explain in detail the fitness goals and planned exercise schedule to client	0.5	2.5	-	-
9. communicate the physical demands of the planned exercises to clients	0.5	2.5	-	-
10. discuss with client on any observed concerns/ changes/ modifications required in the plan	0.5	2.5	-	-
11. provide information and demonstration of various warm up activities to the client and their importance	0.5	2.5	-	-
12. observe the client carrying out the exercises and ensure right usage of the fitness equipment to prevent any injuries	0.5	2.5	-	-
13. develop phase wise detailed activity chart in consultation with the client which is challenging as well as achievable and duly agreed by the client	0.5	2.5	-	-
14. provide clear instructions and demonstrations that are technically correct, safe and effective and ensure client is following them accurately without hurting himself/ herself or damaging the equipment	0.5	3.5	-	-
15. plan outcomes and stages of achievement during personal training and agree on a progressive timetable of sessions	0.5	2.5	-	-
16. discuss the methods of monitoring and evaluation of the performance of the client	0.5	2.5	-	-
17. ensure that all the exercises are integrated in a single plan and being deployed by the client to achieve his/ her fitness goals; in case, there are any concerns faced by client to perform any of the exercises, provide alternate options	1	4	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>18.</b> monitor the clients exercises and adherence to the planned schedule as well as analyse the performance of client on a daily basis	0.5	2.5	-	-
<b>19.</b> progress or regress exercises according to clients performance	0.5	2.5	-	-
<b>20.</b> motivate the clients for increasing their performance and ensuring adherence to exercise; provide any related support to the clients in this regard	0.5	2.5	-	-
<b>21.</b> explain the function of various joints and muscles during exercises to the client and impact of exercises on them	0.5	2.5	-	-
<b>22.</b> communicate the expected changes in the body of client due to training programme	0.5	2.5	-	-
<b>23.</b> record the performance and progress of the client through personal training sessions	0.5	2.5	-	-
<b>24.</b> provide information and demonstration of various cool down activities to the client and their importance as per the intensity and type of physical exercises of the client	0.5	2.5	-	-
<b>25.</b> observe the client carrying out the exercises and ensure right usage of the fitness equipment to prevent any injuries	0.5	2.5	-	-
<b>26.</b> explain in detail the linkage of progress of the client with the achievement of fitness goals	0.5	2.5	-	-
<b>27.</b> identify the signs of strain/ over work outs and recommend the strategies for prevention of the same	0.5	2.5	-	-
<b>28.</b> adapt the training programme as per the client body response, lifestyle changes, preferences, etc.; discuss and agree on changes with the client	0.5	2.5	-	-
<b>29.</b> update the fitness goals in line with the adaptations introduced	0.5	2.5	-	-
<b>30.</b> in collaboration with personal training manager, discuss specific issues like cultural or social barriers to exercise and personal training	0.5	2.5	-	-
<b>31.</b> provide the data to personal training manager in order to improvise/ addition in the existing portfolio of services	0.5	2.5	-	-
<b>32.</b> obtain regular feedback from the client and analyse effectiveness of the personal training programme basis the feedback and goals achievement	1	2	-	-
<b>NOS Total</b>	<b>17</b>	<b>83</b>	<b>-</b>	<b>-</b>

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<i>Motivate the clients</i>	<b>26</b>	<b>74</b>	-	-
1. observe the clients exercise pattern and his/ her attitude towards exercise to determine the level of readiness towards following the plan	2	4	-	-
2. identify and articulate the client's needs and preferences for a fitness programme	2	8	-	-
3. communicate in detail the benefits to be reaped by client through this programme	2	4	-	-
4. identify various options of incentives and rewards available for the clients to follow their exercise plan	2	8	-	-
5. ensure on a regular basis that the programme is in line with the clients liking and preferences as well as giving results to the client; modify the plan, in case, client is not getting the desired results	2	8	-	-
6. identify perceived barriers to clients for following the exercise plan and discuss the way forward with clients to reduce these	2	4	-	-
7. in collaboration with clients, devise a long-term strategy to adhere to exercise plan; collaborate to develop mutual trust, openness and a willingness to take responsibility for their own fitness related lifestyle changes	2	8	-	-
8. support the clients to develop their own motivational strategies for adhering to the exercise plan	2	4	-	-
9. use influencing skills and personal attitudes to positively influence clients for adhering to the plan	2	8	-	-
10. apply a variety of motivational techniques when training the clients	2	4	-	-
11. deploy effective verbal and non-verbal communication skills when instructing clients	2	6	-	-
12. take care of the client by monitoring his/ her performance regularly and provide feedback on a regular basis	2	4	-	-
13. identify on-going barriers to continuation of long-term exercise and provide tips/ recommendations as and when required	2	4	-	-
<b>NOS Total</b>	<b>26</b>	<b>74</b>	-	-

Assessment Criteria for Outcomes	Theory	Practical	Project	Viva
	Marks	Marks	Marks	Marks
<i>Assessment of nutritional status using the ABCDE approach</i>	1.25	3.75	-	-
1. screening activities- nutrition tools like SGA etc.	0.25	0.75	-	-
2. select suitable methods for assessment	0.25	0.75	-	-
3. identify standards by which data will be compared	0.25	0.75	-	-
4. be able to interpret the same	0.25	0.75	-	-
5. identify possible problem areas for making nutrition diagnoses	0.25	0.75	-	-
<i>Anthropometry</i>	2.5	7.5	-	-
6. obtain current anthropometric measurements including height, weight and weight changes, body mass index (BMI), body measurements, body composition analysis	0.25	0.75	-	-
7. height - measure height using standard procedure and equipment (stadiometer) / individual enquiry	0.25	0.75	-	-
8. weight (perform weight measurement using calibrated weighing machine under standardized conditions as outlined by the organization (empty stomach, shoes removed, minimal or standard clothing, and fluid status). collect information regarding weight history / recent weight changes	0.25	0.75	-	-
9. BMI (calculate body mass index)	0.25	0.75	-	-
10. compare BMI with standards as per nationality and interpret weight status and consequent risk of co-morbidities	0.25	0.75	-	-
11. body measurements (use specialized techniques and / or equipment and trained personnel to obtain body measurements of different body parts including (Waist circumference, hip circumference and other measures)	0.5	1.5	-	-
12. calculate waist hip ratio and / or waist height ratio to ascertain central obesity	0.25	0.75	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
13. body composition analysis (BCA) perform BCA to measure the amount and distribution of body fat, fat free mass and water in the body of an individual using standard procedure and under standardized conditions as per equipment available (bio-electrical impedance 2 electrodes or 4 electrodes / DEXA)	0.5	1.5	-	-
<i>Biochemical / Lab Determinations</i>	<b>0.25</b>	<b>0.75</b>	-	-
14. review individuals recent and past biochemical reports to ascertain nutritional and health status	0.25	0.75	-	-
<i>Client history</i>	<b>5</b>	<b>15</b>	-	-
15. assess current and past information related to personal, medical, family and social history: assess the following: personal history relative to age, sex, race/ethnicity, language, education, role in the family or organization, client or family disease states, conditions, and illnesses that may have nutritional impact: - family history of and risk factors for medical conditions and chronic diseases (e.g., diabetes, cardiovascular disease, hypertension, osteoporosis, dyslipidaemia, obesity, disordered eating, behavioural/mental health issues) client history of metabolic and hormonal conditions (e.g., diabetes, metabolic syndrome, polycystic ovary syndrome, thyroid abnormalities, exercise-induced asthma) or chronic diseases client menstrual history and status	0.5	1.5	-	-
16. medication and dietary and herbal supplement use, including prescription and over-the-counter medications, herbal preparations and complementary medicine products	0.5	1.5	-	-
17. appropriateness of dietary and supplement intake (e.g., macro- and micro nutrients, bioactive substances, alcohol, caffeine, herbals) and supplements for health and exercise/task-specific physical performance	0.5	1.5	-	-
18. assess sport/dietary supplements for the risk of adverse events associated with sport/dietary supplement intake	0.5	1.5	-	-
19. evaluate sport/dietary supplements (safety, legality, efficacy, quality, application to sport)	0.5	1.5	-	-



<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
20. consider recommendations that may include adding, maintaining, changing, or discontinuing sport/dietary supplements	0.5	1.5	-	-
21. consider dose and timing of medication/supplements relative to health and issues such as meals, training, competition, travel schedules, and time-zone changes	0.5	1.5	-	-
22. identify actual or potential drug/sport/dietary supplement/food interactions	0.5	1.5	-	-
23. knowledge, beliefs, and attitudes including understanding of nutrition related concepts, body image and preoccupation with food and weight, and readiness to change nutrition-related behaviours: general food and nutrition knowledge/skills/strategies sport-specific food and nutrition knowledge, skills, and/or strategies misinformation regarding health and nutrition for exercise/physical performance, weight management, and culture of sport or organization)	0.5	1.5	-	-
24. behaviour: including client activities and actions which influence achievement of nutrition-related goals various influences (e.g., language, sport/organizational culture, ethnicity, religion) that relate to the potential for behaviour change assess social history (socioeconomic status, social and medical support, cultural and religious beliefs, and social isolation/connection.)	0.5	1.5	-	-
<i>Dietary History</i>	<b>10.5</b>	<b>31.5</b>	-	-
25. evaluate composition, adequacy and appropriateness of food, beverages and nutrient intake, meal and snack patterns, and food allergies and intolerances	0.25	0.75	-	-
26. adequacy of nutrition intake to maintain energy balance under various conditions (e.g., rest, physical activity, exercise/ task-specific physical performance)	1	3	-	-
27. total food and beverage intake (type, amount, and pattern of intake of foods and food groups, intake of aids), including intakes before, during, and after exercise and special dietary and beverage patterns associated with exercise/task-specific physical performance	1	3	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>28.</b> client history of food allergies/intolerances (e.g., gluten sensitivity or intolerance, lactose intolerance)	0.25	0.75	-	-
<b>29.</b> current and past use of alcohol, specialized diets, sport foods/drinks, energy drinks, functional foods, liquid meal replacements, sport/dietary supplements and/or ergogenic aids	1	3	-	-
<b>30.</b> energy balance assessment using measures of energy intake/expenditure (e.g., intake via calorie counts), including changes in body weight or composition, medication use, health status, or attempts at weight gain or loss.	1	3	-	-
<b>31.</b> measure of energy availability for adequacy of energy intake	0.5	1.5	-	-
<b>32.</b> special energy and nutrient needs (e.g., energy shakes, vitamin/mineral supplements) for health, weight management, exercise/task-specific physical performance	1	3	-	-
<b>33.</b> daily aids needs for health, fitness, exercise/task-specific physical performance based on sweat rate, environmental conditions, balance assessments (e.g., urine-specific gravity), and patterns of replacement (e.g., during and after exercise/task-specific physical performance)	1	3	-	-
<b>34.</b> changes in appetite or usual intake (e.g., as a result of weight control, alteration in body composition/physique, change in training volume/intensity, travel, unfamiliar environments, phase of sport/competition or task-specific physical training, medical conditions, illnesses and injuries, treatment and rehabilitation), and psychological issues (e.g., stress, trauma, depression)	1	3	-	-
<b>35.</b> changes in usual intake as a result of dietary manipulation to optimize exercise/task-specific physical performance (e.g., tapers, carbohydrate loading, glycogen restoration, rehydration, recovery nutrition following pre competition weighing)	1	3	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>36.</b> food and nutrient administration including current and previous diets and diet modifications, eating environment diet experience (e.g., previously prescribed diets, previous diet/nutrition duration/ counselling, self-selected diets followed, dieting attempts, food allergies, food intolerances) eating environment (e.g., location, atmosphere, companion, eats alone) more complex nutrition issues (e.g., controlled type 1 diabetes, managed gastrointestinal diseases and conditions) related to food intake and clinical complications in individuals exposed to variable exercise/task-specific physical performance situations most complex issues (e.g., newly diagnosed type 1 diabetes, uncontrolled diabetes, recovery from injury/illness) related to food intake and clinical complications	1	3	-	-
<b>37.</b> assess any barriers or conflicts (e.g., communication, transportation, financial) that interfere with food access, selection and preparation	0.5	1.5	-	-
<i>Exercise and Physical activity status</i>	<b>2</b>	<b>6</b>	-	-
<b>38.</b> evaluate physical activity and function, including physical activity, history of physical activity and exercise/task-specific physical performance, cognitive and physical ability to engage in specific tasks: - physical activity/exercise: history, consistency, frequency, duration, intensity, type (e.g., exercise training, competitive sport, training) physical inactivity: television/screen time and other sedentary activity time environmental conditions (e.g., cold, heat, humidity, altitude) and nutrition-related complications (e.g., hydration status, nutrient deficiencies) training state/fitness level, competitive status, performance goals and results effect of current and past dietary interventions on exercise/ physical performance in training and competition	1	3	-	-
<b>39.</b> exercise, training, or competition issues that alter appetite, ingestion, digestion, absorption, metabolism, utilization of nutrients, and/or eating behaviours and patterns	1	3	-	-
<i>Comparison with Standards</i>	<b>0.5</b>	<b>1.5</b>	-	-
<b>40.</b> identify standards by which data will be compared	0.5	1.5	-	-
<i>Documentation and Communication</i>	<b>0.75</b>	<b>2.25</b>	-	-

## NSQC QUALIFICATION FILE

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
41. document the entire relevant data accurately and timely as per the organisations policy	0.25	0.75	-	-
42. include the following information for quality documentation: date and time of assessment; pertinent data collected and compared with standards name / signature of staff member collecting the data individual /clients' perceptions, values, and motivation related to presenting problems changes in client's level of understanding, food-related behaviours, and other outcomes for appropriate follow-up discussion with individual and /or interdisciplinary team throughout assessment process reason for discontinuation or referral, if appropriate	0.5	1.5	-	-
<i>Assess and assign priority to data</i>	2	6	-	-
43. accurately interpret anthropometric data, body composition analysis, dietary, health and medical data and biomedical profile against relevant standards	0.5	1.5	-	-
44. evaluate diet and exercise / physical activity	0.5	1.5	-	-
45. make judgement about potential impact of health and medical, social, psychological, economic and personal factors on nutrition and fitness	0.5	1.5	-	-
46. organize and cluster nutrition risk factors, complications, and assessment data to identify possible problem areas for determining nutrition and activity diagnoses	0.25	0.75	-	-
47. integrate assessed data in order to assign priorities for nutrition planning and lifestyle modification	0.25	0.75	-	-
<i>Draw justifiable conclusions from data</i>	0.25	0.75	-	-
48. define nutritional and activity problems / diagnosis as a prelude to planning management	0.25	0.75	-	-
<b>NOS Total</b>	<b>25</b>	<b>75</b>	-	-

## NSQC QUALIFICATION FILE

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Evaluation of diet and physical activity / exercise</i>	<b>2</b>	<b>4</b>	-	-
1. estimate the energy, macro nutrient and relevant micro-nutrient intakes from food intake collected during comprehensive nutritional assessment, using food composition tables	1	2	-	-
2. evaluate physical activity / Exercise Levels	1	2	-	-
<i>Estimation of nutrient requirements</i>	<b>3</b>	<b>9</b>	-	-
3. estimate nutrient and fluid needs based on age, sex, medical condition, activity level, current nutritional state, medications, and goals of nutrition therapy	1	3	-	-
4. use predictive equation for energy needs based on age, height, weight and activity level / determine energy needs from BMR values obtained by BCA taking into account activity level	0.5	1.5	-	-
5. determine protein requirement	0.5	1.5	-	-
6. determine the split of energy from other macro-nutrients	0.5	1.5	-	-
7. determine any specific micro-nutrient consideration	0.5	1.5	-	-
<i>Comparison of current nutrient intake with recommended intake:</i>	<b>0.5</b>	<b>1.5</b>	-	-
8. compare the current nutrient intake with estimated requirements for age, sex, activity level and/ or health status	0.5	1.5	-	-
<i>Nutrition diagnosis</i>	<b>2.5</b>	<b>7.5</b>	-	-
9. identify and describe an actual occurrence of, risk of or potential for developing a nutrition problem that can be resolved or improved through nutrition intervention	0.5	1.5	-	-

## NSQC QUALIFICATION FILE

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
10. derive the nutrition diagnosis from the assessment data: - identify and label the problem determine etiology (cause, contributing risk factors) cluster signs and symptoms (defining characteristics)	0.5	1.5	-	-
11. use clinical judgment (e.g., selects from a range of possibilities with consideration to health, fitness, exercise, task-specific physical performance, medical condition) when ranking activity diagnoses in order of importance and urgency for the client	1	3	-	-
12. use clinical judgment and experience that reflects the significant differences between active individuals (e.g., beginner, competitive, or elite), others (e.g., military service member, air hostess) and/or clinical conditions (e.g., newly diagnosed type 1 diabetes, uncontrolled type 1 diabetes, extreme environmental conditions, clinical complications) when ranking activity diagnoses in order of importance and urgency for the patient/client	0.5	1.5	-	-
<i>Documentation of nutrition diagnosis</i>	1	3	-	-
13. document the nutrition diagnosis in the pes format: problem (p), etiology (e), and signs and symptoms (s)	0.5	1.5	-	-
14. re-evaluate and revise nutrition diagnoses when additional assessment data become available	0.5	1.5	-	-
<i>Nutrition intervention planning</i>	9.5	19.5	-	-
15. 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	1	2	-	-

**NSQF QUALIFICATION FILE**

**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<p><b>16.</b></p> <ul style="list-style-type: none"> <li>• prioritizing the nutrition diagnoses based on the severity of the problem, safety, client needs, likelihood that nutrition intervention/plan of care will influence problem, and client perception of importance. prioritization consideration may include:</li> <li>• immediacy of the problem</li> <li>• client's available resources and support</li> <li>• readiness of patient/client to receive selected nutrition interventions</li> <li>• presence of medical conditions (e.g., diabetes, dyslipidaemia, depression, eating disorders, low bone mass, anaemia)</li> <li>• timing of the problem relative to training /Competition plan, or duty schedule</li> </ul>	2	4	-	-
<p><b>17.</b> determining client-centred plan, goals, and expected outcomes in observable and measurable terms</p>	0.5	1.5	-	-
<p><b>18.</b> setting smart (specific, measurable, achievable, realistic and time bound) short term and long term goals in collaboration with client and other members of health care team</p>	0.5	1.5	-	-
<p><b>19.</b></p> <ul style="list-style-type: none"> <li>• selecting appropriate intervention considerations for the intervention plan may include:</li> <li>• intervention to address current issues (e.g., fatigue, dehydration, muscle cramping, inadequate recovery, exercise, task-specific physical performance improvement, diarrhoea and other gastrointestinal issues; illness; injury; disordered eating; dietary and sports/dietary supplement use; or other clinical issues)</li> <li>• identification of barriers to successful implementation (e.g., client compliance, food availability and preparation issues, financial issues, regulations of sport governing bodies and associations, organization policies, situations in occupational settings, influence of team -athlete-coach-family dynamics)</li> <li>• address issues related to off-season/transition weight change, detraining, and scheduled and unscheduled breaks in training, such as holiday, and extended travel</li> </ul>	3	5	-	-

**NSQC QUALIFICATION FILE**

**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>20.</b> develop the nutrition prescription based on scientific evidence, best practices, and professional experience considering the educational needs of the client, constraints such as time (e.g., exercise training, competition, recovery, traveling), finances, ability to store and prepare food	2	4	-	-
<b>21.</b> define time and frequency of care including intensity, duration, and follow-up	0.5	1.5	-	-
<i>Nutrition intervention implementation</i>	<b>11</b>	<b>24</b>	-	-
<b>22.</b> initiate and individualize the nutrition intervention/plan of care	0.5	1.5	-	-
<b>23.</b> implement, initiate or modify orders for diet, nutrition supplements, dietary supplements or individual preferences, nutrition-related laboratory tests and medications, and nutrition education consistent with organization policy	2	4	-	-
<b>24.</b> advise the use of dietary supplements, sports and functional foods (e.g., portion or dosage adjustments based on energy needs or laboratory results, addition of new dietary supplements, sports foods functional foods or modications for fluid intake) consistent with organization policy	2	4	-	-
<b>25.</b> use appropriate goal setting and behaviour change strategies and techniques to facilitate self-management and care	1	2	-	-
<b>26.</b> follow up and verify that nutrition intervention/plan of care is occurring	0.5	1.5	-	-
<b>27.</b> communicate with the interdisciplinary or multidisciplinary team to verify progress and adjust Strategies	0.5	1.5	-	-
<b>28.</b> adjust nutrition intervention/plan of care strategies, if needed, as response occurs	0.5	1.5	-	-
<b>29.</b> use a variety of educational approaches, tools, and materials as appropriate	1	2	-	-



**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<p><b>30.</b> adapt nutrition educational tools to individualized learning styles and method of communication and to the culture of the <i>Organization</i></p>	1	2	-	-
<p><b>31.</b> adjust nutrition intervention (e.g., energy balance, macro and micronutrient needs, hydrations guidelines) according to training/competition plan</p>	2	4	-	-
<i>Documentation</i>	<b>0.5</b>	<b>1.5</b>	-	-
<p><b>32.</b> maintain clear and concise records, in accordance with the organizations policy date and time of consultation specific treatment goals and expected outcomes recommended interventions adjustments to the plan and justification client receptivity and comprehension barriers to change other information relevant to providing care and monitoring progress over time plans for follow-up and frequency of care rationale for discontinuation or referral if applicable timely update the records maintain statistics and other reports required of the Organization</p>	0.5	1.5	-	-
<b>NOS Total</b>	<b>30</b>	<b>70</b>	-	-

**NSQC QUALIFICATION FILE**

**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<i>Maintain health and safety of the work area</i>	<b>33</b>	<b>67</b>	-	-
PC1. ensure proper supply of Personal Protective Equipment such as tissues, antibacterial soaps, alcohol-based hand cleansers, triple layered surgical face masks, gloves, etc. for the employees and clientele	3	7	-	-
PC2. ensure maintaining basic hygiene and keep proper distance between the clientele 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 & taking bath at regular intervals, etc.	3	6	-	-
PC3. set up and position oneself, equipment, chemicals, products and tools in the work area to meet legal, hygiene and safety requirements	3	6	-	-
PC4. clean and sterilize all tools and equipment before and after use	3	6	-	-
PC5. maintain one's posture and position to minimize fatigue, risk of injury and chances of cross infection	3	6	-	-
PC6. dispose waste materials in accordance to the industry accepted standards	3	6	-	-
PC7. maintain first aid kit and keep oneself updated on the first aid procedures	3	6	-	-
PC8. identify and document potential risks and hazards in the workplace	3	6	-	-
PC9. accurately maintain accident reports	3	6	-	-
PC10. report health and safety risks/ hazards to concerned personnel	3	6	-	-
PC11. use tools, equipment, chemicals and products in accordance with the guidelines and manufacturers' instructions	3	6	-	-
<b>NOS Total</b>	<b>33</b>	<b>67</b>	-	-

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Create Positive Impression at the workplace</i>	<b>36</b>	<b>64</b>		
<i>Appearance and Behavior</i>	8	14	-	-
PC1. ensure maintaining good health and personal hygiene such as sanitized hands, neatly tied and covered hair, clean nails, etc.	2	4	-	-
PC2. meet the organization's standards of grooming (courtesy, behavior and efficiency) such as engaging with clients with no gender stereotyping, positioning self and client in a manner, to ensure privacy, comfort and well-being of all the genders throughout the services, etc.	2	4	-	-
PC3. stay free from intoxicants while on duty	2	2	-	-
PC4. wear and carry organization's uniform and accessories correctly and smartly by sanitizing it in hot water with detergent and bleach	2	4	-	-
<i>Task execution as per organization's standards</i>	<b>10</b>	<b>18</b>	-	-
PC5. take appropriate and approved actions in line with instructions and guidelines	2	3	-	-
PC6. participate in workplace activities as a part of the larger team	2	4	-	-
PC7. report to supervisor immediately in case there are any work issues	2	3	-	-
PC8. use appropriate language, tone and gestures while interacting with guests from different cultural and religious backgrounds, age, disabilities and gender	2	4	-	-
PC9. improve upon existing techniques of services by updating skills, such as, learning about digital technologies (by using digital platform for booking an appointment, making bills & payments, collecting feedback); financial literacy (opening savings bank accounts, linking Aadhaar card to bank account, using various e-commerce platforms); self-ownership, etc.	2	4	-	-

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Communication and Information record</i>	<b>18</b>	<b>32</b>	-	-
PC10. communicate procedure related information to guests based on the sectors code of practices and organizations procedures/ guidelines	2	5	-	-
PC11. communicate role related information to stakeholders in a polite manner and resolve queries, if any	2	3	-	-
PC12. assist and guide guests to services or products based on their needs	2	4	-	-
PC13. report and record instances of aggressive/ unruly behavior and seek assistance	2	3	-	-
PC14. use communication equipment (phone, email etc.) as mandated by the organization	2	3	-	-
PC15. carry out routine documentation (such as recording details related to employee's tasks, services taken and feedback given by clients) legibly and accurately in the desired format	2	3	-	-
PC16. maintain confidentiality of information, as required, in the role	2	4	-	-
PC17. communicate the internalization of gender & its concepts at work place	2	4	-	-
PC18. conduct various workshops for the employees at workplace; using range of technologies that aid PwDs at the workplace, etc.	2	4	-	-
<b>NOS Total</b>	<b>36</b>	<b>64</b>	-	-

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Plan and conduct personal training for clients from different population groups</i>	<b>29</b>	<b>71</b>	-	-
<b>1.</b> deploy the knowledge and understanding of various aspects of human anatomy and physiology while providing fitness related recommendations	1	2	-	-
<b>2.</b> understand in detail various human body systems like circulatory system, musculoskeletal system, joints and bones, muscles, respiratory system, etc. and impact of fitness programmes on their functioning	1	3	-	-
<b>3.</b> identify the potential sources of injury and risks as per the needs and case of the client and keep the same under consideration while devising fitness programme	1	2	-	-
<b>4.</b> understand in detail the medical history of the client and ask for a doctor’s recommendation before planning for a fitness plan	1	2	-	-
<b>5.</b> 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.	1	3	-	-
<b>6.</b> basis the health assessment and detailed understanding of anatomy & physiology of the client’s body, plan a range of exercises for client to achieve his/ her goals	1	3	-	-
<b>7.</b> as per the client’s needs, identify the appropriate training techniques	1	3	-	-
<b>8.</b> identify and plan for availability of equipment needed for suitable exercises	1	2	-	-
<b>9.</b> display sensitivity and empathy to the special set of clients which are emotionally vulnerable	1	3	-	-
<b>10.</b> ensure proper communication and support to the attendants of special category clients (if applicable)	1	3	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>11.</b> explain in detail the planned exercise schedule to client	1	3	-	-
<b>12.</b> communicate the physical demands of the planned exercises to clients	1	2	-	-
<b>13.</b> discuss with client on any observed concerns/ changes/ modifications required in the plan	1	2	-	-
<b>14.</b> observe the client carrying out the exercises and ensure right usage of the fitness equipment to prevent any injuries	1	2	-	-
<b>15.</b> develop phase wise detailed activity chart in consultation with the client	1	2	-	-
<b>16.</b> provide clear instructions and demonstrations that are technically correct, safe and effective and ensure client is following them accurately without hurting himself/ herself or damaging the equipment	1	2	-	-
<b>17.</b> plan outcomes and stages of achievement during personal training and agree on a progressive timetable of sessions	1	2	-	-
<b>18.</b> discuss the methods of monitoring and evaluation of the performance of the client	1	3	-	-
<b>19.</b> ensure that all the exercises are integrated in a single plan and being deployed by the client to achieve his/ her goals; in case, there are any concerns faced by client to perform any of the exercises, provide alternate options	1	3	-	-
<b>20.</b> monitor the clients exercises and adherence to the planned schedule as well as analyse the performance of client on a daily basis	1	2	-	-
<b>21.</b> progress or regress exercises according to client's performance	1	2	-	-
<b>22.</b> motivate the clients for ensuring adherence to plan; provide any related support to the clients in this regard	1	2	-	-

## NSQF QUALIFICATION FILE

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
23. communicate the anatomical changes in the body of client due to training programme	1	3	-	-
24. identify the signs of strain/ over work outs and recommend the strategies for prevention of the same	1	3	-	-
25. adapt the training programme as per the client body's response, lifestyle changes, preferences etc., discuss and agree of changes with the client	1	3	-	-
26. discuss specific issues like cultural or social barriers to exercise and personal training	1	2	-	-
27. provide the data to fitness manager in order to improvise/ addition in the existing portfolio of services	1	2	-	-
28. obtain regular feedback from the client and analyse effectiveness of the personal training programme basis the feedback and goals achievement	1	3	-	-
29. obtain feedback from technical standpoint	1	2	-	-
<b>NOS Total</b>	<b>29</b>	<b>71</b>	<b>-</b>	<b>-</b>

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Improve athletic performance</i>	16	84	-	-
1. study in depth and apply various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges	0.5	3	-	-
2. coach athlete to increase speed during the off-season, athletes should perform speed training on tuesdays and thursdays and lift on Mondays, Wednesdays, and Fridays. speed technique workouts should also be performed twice per week during the in season athletes should be tested for speed twice per month on either a 40-yard (37-meter) or a 20-yard (18-meter) sprint record the times so that the progress can be tracked video analysis is a great way to learn precisely what needs work, it heightens the athlete's awareness of proper sprinting technique athletes should have about 30 seconds of rest between sprints so that they are breathing easily before their next sprint perform flexibility training six times per week to improve speed, one must stretch correctly perform plyometric twice per week, minimum perform parallel squat perform the straight-leg deadlift to strengthen and stretch the gluteus and hamstrings at the same time	2	8	-	-
3. coach athlete to increase strength start the workouts with barbell exercises the squat, deadlift, bench press, and shoulder press are the best strength building exercises, they can be assistance lifts to complement the bench and shoulder press, keeping athletes pulling muscles in balance with the pressing ones. focus on raising and lowering the weights in a controlled manner, pausing for a one-second count at the top of the lift, using an arbitrary tempo can lessen tension on muscles or force to use varying amounts of weight, slowing the progress, the only way to be sure that one is getting stronger is if the loads consistently increase. write down the exercises, sets, reps, and the fate of each workout. Keep track of the best lifts and the most reps done with a certain weight on an exercise. constantly strive to improve those numbers try to stick to three or four lifts per workout. Keeping your workouts short helps you take advantage of hormonal surges. When too many exercises are done in a session, at least some of them get done half. All that is needed is one main lift per workout (one of the big four), one or two assistance lifts (for keeping the	2	8	-	-



Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<p>body in balance and further strengthening the muscles that perform the main lift), and then core or specialty work at the end (ab exercises or some forearm or calf moves, depending on your goals). Doing any more lessens your results. the athlete should rotate many different rep ranges in the workouts, but sets of five seem to offer the best blend of muscle size and strength gains the main reason athletes’ plateau and stop gaining strength is that they go too heavy for too long, one should do main lifts using 10% less than the most weight one can lift for the given rep range. Increase the weight each session but by no more than 10 pounds cardio is a must if one wants to be lean and healthy, but long-distance running or cycling increases levels of hormones that break down the muscle tissues, to get stronger while getting leaner, one must do cardio in short, intense bursts &amp; go to a moderately steep hill and sprint to the top, then walk back down.</p>				
<p><b>4.</b> the two of the most important factors that combine to create an athlete's endurance profile are: - vo2 max, or the maximum rate at which an athlete's body can consume oxygen during exercise, is the most popular measurement of aerobic capacity lactate threshold, or the level of exertion at which lactate accumulates in the muscles. to improve lactate threshold and therefore the ability to workout harder for longer periods of time</p>	1	7	-	-
<p><b>5.</b> coach athlete to increase stamina rest up-to go long and hard, athletes need fresh muscles eat right-when it comes to exercise nutrition, carbs is the key, since the body uses glycogen for fuel, once glycogen runs out, the body turns to energy from other sources, and begins to burn fat. For extended cardio sessions, one should consume 30-60 grams of carbs every hour, depending on body weight. studies have also found a mix of carbs and protein can enhance endurance performance and reduce muscle damage hit- high intensity interval training Aka quick bouts of intense exercise can help improve endurance in conjunction with traditional training. Running for some stairs or trying a track workout for some speed. one should not ignore to get plenty of recovery after these workouts as they’re very intense add some strength-when it comes to endurance training, variation is important.</p>				

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Resistance training can strengthen the bones, ligaments, tendons, and muscles helping improve overall fitness and helping with that final sprint to the finish. mix up aerobic exercise with kettle bells, dumbbell, and bodyweight exercises to help improve stamina turn on the tunes- listening to music has been shown to boost endurance performance while walking and because of this the mind-body connection is especially strong among endurance athletes work on what's weak- people often find their fitness niche and stick to it, instead, athletes should mix it up in order to build endurance drink beet juice- one study found nitrate-rich beets may help increase stamina up to 16 percent by reducing oxygen intake in athletes train smart- using the gradual adaption principle that is, slowly and steadily increasing mileage and speed is a great way to build endurance, there are ways to do this safely to avoid injury, from running on soft surfaces, to getting enough sleep and drinking tons of water.	2	10	-	-
6. analyse various principles of group dynamics and group management	1	3	-	-
7. conduct an exhaustive planning of exercises suitable for groups in a cycling set up	0.5	3	-	-
8. conduct benchmarking study to identify various interesting options for making the training sessions more engaging	0.5	3	-	-
9. identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons	0.5	3	-	-
10. select exercises that will help athletes to achieve goals like muscular fitness, improve lung capacity, boost energy levels and increase metabolism	0.5	3	-	-
11. select appropriate equipment	0.5	3	-	-
12. anticipate the potential risks relevant to the programme and identify various mechanisms to minimize the same	0.5	3	-	-
13. identify and finalize the fitness objectives to be achieved through the session	0.5	3	-	-

**NSQF QUALIFICATION FILE**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>14.</b> plan intensity and resistance assessment techniques	0.5	3	-	-
<b>15.</b> ensure catering to the requirements of different set of clients i.e. the beginners, experts, etc.	0.5	3	-	-
<b>16.</b> obtain the information of group members in terms of their fitness profiles, training history, exercise preferences, etc. in order to identify the needs and potential of the clients so as to encourage them for the participation in the group session	0.5	3	-	-
<b>17.</b> change teaching positions during the session to improve observation and ask questions	0.5	3	-	-
<b>18.</b> deploy effective verbal and visual communication while delivering the sessions	0.5	3	-	-
<b>19.</b> identify the risks associated and plans accordingly in order to overcome them by describing the correct demonstrations of the body movement and positions and also, the expected outcome from it	0.5	3	-	-
<b>20.</b> the training sessions to be observed very carefully so that the proper feedback and instructing points can be provided in a timely manner in order to enhance the confidence and motivation of the clients	0.5	3	-	-
<b>21.</b> identify and address the issues/ concerns related to inappropriate behaviours of certain athlete/s	0.5	3	-	-
<b>NOS Total</b>	<b>16</b>	<b>84</b>	<b>-</b>	<b>-</b>

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Assessment Criteria for Outcomes	Theory	Practical	Project	Viva
	Marks	Marks	Marks	Marks
<i>Reduce athletic injuries</i>	5	25	-	-
<p>1. to reduce athletic injuries , following can be of great help:-                      take time off plan to have at least 1 day off per week from a particular sport to allow the body to recover 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 strengthen muscles, conditioning exercises during practice strengthen muscles used in play increase flexibility, stretching exercises before and after games or practice can increase flexibility. Stretching should also be incorporated into a daily fitness plan use the proper technique, this should be reinforced during the playing season take breaks, rest periods during practice and games can reduce injuries and prevent heat illness play safe, strict rules against headfirst sliding (Baseball and softball), and spearing (football) etc. should be enforced stop the activity if there is pain avoid heat injury by drinking plenty of fluids before, during and after exercise or play, decrease or stop practices or competitions during high heat/humidity periods, wear light clothing</p>	5	25	-	-
<i>Conduct fitness assessment for sports related activities</i>	12	58	-	-
<p>2. educating the client about the benefit of fitness assessment obtain scientific baseline measurements of your fitness levels discover your movement style and how that affects your exercise programming develop a personal awareness of your physical health establish attainable goals and maintain accountability to them recognize your potential risks of injury increase your self-confidence in any workout environment</p>	5	25	-	-

Assessment Criteria for Outcomes	Theory	Practical	Project	Viva
	Marks	Marks	Marks	Marks
<p><b>3.</b> fitness tests for specific fitness components, physical fitness is a complex &amp; multifaceted phenomenon composed of:- aerobic power- when developing a series of fitness tests, the SCE should first refer to other coaching and sport science information. There they may find established tests which are proven for their own sport or at least suitable tests designed for similar sports that can be used with or without minor modifications. This will obviously greatly reduce the time required to deliver an effective series of tests, while providing the coach with reassurance that the tests they are using are appropriate. anaerobic power and anaerobic capacity- tests for aerobic fitness must use the same type of exercise as the sport in which the individual participates and should generally last in the region of 8-15 minutes, any shorter and the increased anaerobic energy contribution may make the test less valid. muscular endurance- these tests may assess either dynamic muscular endurance (the capacity to repeat contractions) or static muscular endurance (the capacity to sustain a muscular contraction). To be specific to a sport it is important to ensure that the test uses the appropriate muscle groups, through relevant ranges of movement and at suitable speeds. Often this may not be entirely feasible and therefore standard endurance exercises such as the sit-up and press-up may be used. muscular strength- tests for muscular strength should ensure that the muscles being assessed are appropriate and are used through a relevant range of movement, or in the case of static strength at a specific joint angle. In a laboratory setting, equipment such as dynamometers are often used but selecting and using fitness tests. Such as cricket the test may be conducted over the distance between the wickets. In order to ensure the test is even more specific, the test should be conducted in full clothing and kit. flexibility and joint mobility- field tests for flexibility/joint mobility range from simple yes / no assessments of whether the individual can perform a specific task, to the measurement of joint angles and</p>	7	33	-	-

**NSQF QUALIFICATION FILE**

**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

ranges of movement (e.g., sit and reach test). By breaking down a movement into its component parts, the coach will be able to determine which joint movements are essential to performance and need to be assessed. For example, in hurdling good hip mobility and hamstring flexibility are necessary for good technique, whereas in team sports (e.g., football) an appropriate level of flexibility is required to reduce injury risk. When standardizing tests of flexibility/joint mobility the coach must pay close attention to, and note the position of all limbs, not just those being assessed. For example, if measuring hamstring flexibility in one leg the position of the other leg will influence the results. Similarly, if measuring hip flexibility, movement in the back or pelvis may cause the measurement to be overestimated. speed and acceleration tests- in many sports the performers must change direction rapidly. This may be assessed using tests such as star runs, where the performer runs from a central marker to other markers (usually 6-12) situated around the central marker while being timed. Alternatively, a zigzag setup can be used to assess dodging/dribbling skills. The coach may wish to incorporate an assessment of turning ability and/or running forwards, backwards and sideways, as deemed applicable to the participants sport (e.g. football, hockey, tennis, etc.)

<b>NOS Total</b>	<b>17</b>	<b>83</b>	<b>-</b>	<b>-</b>
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**Means of assessment 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. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.

Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below.)

Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criterion.

**Means of assessment 2**

Add boxes as required.

**Pass/Fail**

To pass the Qualification Pack, every trainee should score a minimum of 70% in aggregate. 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.

**SECTION 2**

**25. EVIDENCE OF LEVEL**

<b>Title/Name of qualification/component: Personal Trainer (B&amp;W)</b>			<b>Level: 4</b>
<b>NSQF Domain</b>	<b>Key requirements of the job role</b>	<b>How the job role relates to the NSQF level descriptors</b>	<b>NSQF Level</b>
Process	<p><b>Work in familiar, predictable, routine, situation of clear choice</b></p> <ul style="list-style-type: none"> <li>• Select suitable equipment and products required for the treatment</li> <li>• Set up of equipment and prepare the products for treatments in adherence to the organization procedures and product/equipment guidelines</li> <li>• Discuss in various lifestyle preferences and their impact on client's health &amp; fitness status as well as the benefits from an exercise programme</li> <li>• Basis client's exercise preferences and lifestyle, identify the barriers to clients achieving their exercise goals</li> <li>• Finalize the short and long-term fitness goals of the client</li> </ul>	<p>The job holder is expected to independently perform the health screening &amp; fitness assessment, perform the process of collecting/integration/ analysis of nutritional/health/lifestyle data of clients, and perform the process of developing and implementing the personalised nutrition &amp; lifestyle programmes, along with maintaining work area, health &amp; safety at workplace and positive impression at the workplace. The job holder is even expected to optionally plan and conduct session for improving Athletic performance of the client by reducing his/her athletic injuries for regular clients &amp; from different population groups</p> <p>The job holder is expected to understand the equipment/products used in different services and the process for providing the services. The role holder is expected to perform <b>work of familiar, predictable and routine nature within situations of clear choice</b>, such as preparing the regular equipment's, products and workplace ahead of sessions, deploying right methodologies and equipment's to assess the</p>	4



**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<ul style="list-style-type: none"> <li>• Basis the client’s fitness requirements, suggest the appropriate exercises</li> <li>• Identify the strategies to prevent drop out or relapse</li> <li>• Discuss in detail with clients, the relationship of fitness assessment outcomes with exercise plan; also discuss the kind of information about a person’s anatomy will be collected to perform fitness assessment</li> <li>• Conduct fitness assessments which primarily include anthropometrics (i.e. BMI, waist to hip ratio etc.), body composition, cardiovascular fitness and capacity, muscular strength, etc.</li> <li>• Evaluate the impact of exercise and its intensity on the energy levels of a client and provide requisite recommendations in terms of exercise plan</li> <li>• Provide information and demonstration of various warm up activities to the client and</li> </ul>	<p>health and fitness level of the client and identify his/ her preliminary fitness needs, on the basis of the results of client’s fitness assessments finalize their fitness goals/monitor their progress/identify corrective action if needed and applying various motivational techniques to ensure that clients adhere to their goals.</p> <p>Since the job holder is expected to independently perform work of familiar, predictable and routine nature within situations of clear choice as mentioned above s/he can be placed at Level 4.</p> <p>This role requires the job holder to work in a familiar, predictable, routine of clear choice and the activities that s/he is expected to perform are not limited in range. For example, collect/integrate and analyse nutritional/health and lifestyle data of physically active clients, develop and implement personalized nutrition and lifestyle programme for physically active clients, motivate the clients. Therefore, the job holder can’t be placed at Level 3</p> <p>As the job holder is not required to exhibit well developed skill in Fitness services such as supervising the personal / group trainers or</p>	

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>their importance</p> <ul style="list-style-type: none"> <li>• Observe the client carrying out the exercises and ensure right usage of the fitness equipment to prevent any injuries</li> <li>• Develop phase wise detailed activity chart in consultation with the client which is challenging as well as achievable and duly agreed by the client</li> <li>• Review individual’s recent and past biochemical reports to ascertain nutritional and health status</li> <li>• Assess sport/dietary supplements for the risk of adverse events associated with sport/dietary supplement intake</li> <li>• Evaluate sport/dietary supplements (safety, legality, efficacy, quality, application to sport)</li> </ul>	<p>manage club/ gym members or promote healthy lifestyle amongst the clients or consult and advise clients or manage &amp; lead a team personal / group trainer, hence s/he does not qualify for Level 5.</p>	
Professional knowledge	<b>Factual knowledge of field of knowledge or study</b>	The job holder is expected to know the various types of products, equipment and methodology for conducting personal fitness trainings,	4

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<ul style="list-style-type: none"> <li>Conduct fitness assessments which primarily include anthropometrics (i.e. BMI, waist to hip ratio etc.), body composition, cardiovascular fitness and capacity, muscular strength, etc.)</li> <li>Understand in detail various human body systems like circulatory system, musculoskeletal system, joints and bones, muscles, respiratory system etc. And impact of fitness programmes on their functioning</li> <li>Various instructional techniques used in personal training</li> <li>Impact and requirement of warm up and cool down activities</li> <li>Methodology for periodic evaluation to chart progress in terms of performance and body composition</li> <li>Intensity of exercise as per the current fitness status ascertained through periodic</li> </ul>	<p>knowledge of developing and implementing the personalized nutrition &amp; lifestyle programmes along with health and safety regulations &amp; guidelines.</p> <p>The job holder is expected to exhibit <b>factual knowledge of the field of</b> applicable legislations, fitness industry standards &amp; practices for health assessments and their interpretation, understanding of human psychology/ anatomy/physiology. S/he should possess factual &amp; detailed knowledge of fitness equipment like cardio machines, exercise balls, bars, steps, weights etc. knowledge various signs and symptoms of strain/ over training, role of intrinsic and extrinsic motivation in exercise behaviour and etc.</p> <p>Since all the above-mentioned areas are related to factual knowledge in the field of Fitness services, the role qualifies for Level 4.</p> <p>The job holder is expected to know more than basic facts and principles, such as s/he develop and implement personalized nutrition and lifestyle programme for physically active clients keeping in all relevant context along with its proper documentation. Since this role requires factual knowledge of field of Fitness services, it</p>	

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>evaluations</p> <ul style="list-style-type: none"> <li>• Various legal and ethical implications of collecting and storing client information</li> <li>• Formats and methods for recording and analysing information</li> <li>• General physical preparedness</li> <li>• Techniques to analyse the collected the client’s information</li> <li>• Various guidelines on personal training programme design</li> <li>• Evaluate sport/dietary supplements (safety, legality, efficacy, quality, application to sport)</li> <li>• Consider recommendations that may include adding, maintaining, changing, or discontinuing sport/dietary supplements</li> <li>• Consider dose and timing of medication/supplements relative to health and issues such as meals, training,</li> </ul>	<p>cannot be pegged at level 3</p> <p>Further, since the job holder is not expected to be aware of principles/ general concepts in the field of Fitness services like principles of customer relationship management. Hence, it can’t be pegged at level 5</p>	

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>competition, travel schedules, and time-zone changes</p> <ul style="list-style-type: none"> <li>• Food and nutrient administration including current and previous diets and diet modifications, eating environment</li> <li>• Use predictive equation for energy needs based on age, height, weight and activity level / determine energy needs from BMR values obtained by BCA taking into account activity level</li> <li>• Determine protein requirement</li> <li>• Determine the split of energy from other macro-nutrients</li> <li>• Impact of disease and genetics on nutrient function and requirements</li> <li>• Interactions of etiologies of chronic diseases with nutrition and exercise</li> <li>• Genetic basis of inherited metabolic diseases</li> </ul>		

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Title/Name of qualification/component: Personal Trainer (B&W)			Level: 4
NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
Professional skill	<p><b>Demonstrate practical skill, routine and repetitive</b></p> <ul style="list-style-type: none"> <li>• Store records, materials and equipment securely in line with the organization’s policies</li> <li>• Record customers’ discussions in the call logs</li> <li>• Record the performance and progress of the client through personal training sessions</li> <li>• Methods for obtaining and recording anthropometric measurements along with standards and reference range</li> <li>• Methods for conducting and recording observations of health status</li> <li>• Be able to keep accurate, comprehensive and comprehensible records in accordance with applicable protocols and guidelines</li> <li>• Maintain clear and concise records, in</li> </ul>	<p>The job holder is expected to plan and organize the regular trainings to be conducted for clients as well as keep a record of clients’ bookings and schedule of services. Further, the job holder must be able to take the day-to-day decisions and solve problem/s at work. The job holder should also be able to critically analyse the information gathered about client/ product/ service/ others and arrive at a conclusion. The job holder is expected to <b>recall and demonstrate practical skills, and s/he should be routine and repetitive in a narrow range of application</b> such as decision-making ability <b>using appropriate rules &amp; tools</b>, documentation of customer’s feedback, building customer relationships, being a problem solver by promptly referring to the superior in case there are any concerns or requirements of the clients which require expert advice etc. The job holder must also be able to periodically share knowledge acquired <b>using appropriate rules and tools</b> and practically apply learning from feedback and other sources <b>using quality concepts</b> to improve their output by obtaining regular feedback from the client and analysing the effectiveness of the personal training programme basis the feedback and goals achieved.</p>	4

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>accordance with the organization’s policy</p> <ul style="list-style-type: none"> <li>○ date and time of consultation</li> <li>○ specific treatment goals and expected outcomes</li> <li>○ recommended interventions</li> <li>○ adjustments to the plan and justification</li> <li>○ client receptivity and comprehension</li> <li>○ barriers to change</li> <li>○ other information relevant to providing care and monitoring progress over time</li> </ul> <ul style="list-style-type: none"> <li>● Record the times so that the progress can be tracked</li> <li>● Maintain accurate records of client, treatments, operating and closing checklists, product stock status</li> <li>● Document and store client and treatment records in a secure environment</li> </ul>	<p>Since all the above-mentioned professional skill are related to demonstrating practical skills, which are routine and repetitive in a narrow range and using appropriate rule and tool, the role qualifies for Level 4.</p> <p>The Job holder is expected to possess professional skills more than just demonstrating practical skills, which are routine and repetitive in a narrow range but also using appropriate rule &amp; tools such as advising the use of dietary supplements/ sports and functional foods (e.g., portion or dosage adjustments based on energy needs or laboratory results/ addition of new dietary supplements/ sports foods functional foods or modifications for fluid intake) consistent with organization policy. S/he is also expected to use quality concepts such as clarifying the client's expectation prior to the beginning of the Fitness services by doing proper probing &amp; paraphrasing in regards to what the client can expect on the completion of the Fitness service. Hence, the job holder can't be placed at Level 3.</p> <p>Further since the job holder doesn't require to use cognitive skills to accomplish tasks and solve problems at the workplace such as</p>	

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<ul style="list-style-type: none"> <li>• Select suitable equipment and products required for the treatment</li> <li>• Knowledge of basic contraindications, contra actions, treatment plans</li> <li>• Ensure that environmental conditions are suitable for the client and the treatment to be carried out in a hygiene and safe environment</li> <li>• Prepare the client and provide suitable protective apparel</li> <li>• Check the client’s wellbeing throughout the service and giving the necessary reassurance</li> </ul>	<p>resolving issues related to any of the Fitness products/ services/equipment being witnessed by the clients, etc. and that’s why s/he can’t be placed at level 5</p>	
Core skill	<p><b>Communication- written or oral</b></p> <ul style="list-style-type: none"> <li>• Communicate the physical demands of the planned exercises to clients</li> <li>• Communicate the expected changes in the body of client due to training programme</li> <li>• Communicate with the interdisciplinary or</li> </ul>	<p>The individual is expected to exhibit sound communication skills including effective client relationship establishment and maintenance, perform respective record maintaining work using basic arithmetic/ algebraic principles and possess basic understanding of environment to cater to the different requirements of varied types of clientele.</p> <p>The job holder is expected to exhibit <b>written and</b></p>	4



**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>multidisciplinary team to verify progress and adjust strategies</p> <ul style="list-style-type: none"> <li>• Communicate in detail the benefits to be reaped by client through this programme</li> <li>• Communicate procedure related information to clients based on the sector’s code of practices and organisation’s procedures/ guidelines</li> <li>• Communicate role related information to stakeholders in a polite manner and resolve queries, if any</li> <li>• Use communication equipment (phone, email etc.) As mandated by your organization</li> <li>• Carry out routine documentation legibly and accurately in the desired format</li> <li>• File routine reports and feedback</li> <li>• Maintain confidentiality of information, as required, in the role</li> </ul>	<p><b>verbal communication skills, with the minimum level of clarity expected), the skill of basic arithmetic and algebraic principles and basic understanding of the social, political and natural environment</b> such as knowledge of documenting call logs/reports by recording the performance and progress of the clients through personal training sessions, knowledge of drafting memos and e-mail providing work updates and enquiring relevant information’s without language errors. The incumbent should keep oneself abreast about new fitness products and services and should know what to say, when to say &amp; how to say to the customers without using jargon, slang or acronyms by deploying effective verbal and nonverbal communication skills when instructing clients. Considering these outcomes, the job holder can be placed at level 04</p> <p>Since all the above-mentioned core skills are related to exhibiting effective oral &amp; written communication skills along with understanding of <b>the social, political and natural environment</b> such as clarifying the client's understanding and expectation prior to beginning with the Fitness services, therefore the role qualifies for Level 4.</p>	

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<ul style="list-style-type: none"> <li>Communicate the physical demands of the planned exercises to clients</li> <li>Communicate the anatomical changes in the body of client due to training programme</li> <li>Write memos and e-mail to customers, co-workers, and vendors to provide them with work updates and to request appropriate information without English language errors regarding grammar or sentence construct</li> <li>Ability to speak, read and write in the local vernacular language and English</li> <li>Appropriate verbal and non-verbal cues while dealing with clients from different cultural, religious backgrounds, age, disabilities and gender</li> </ul> <p><b>Skill to basic arithmetic and algebraic principles</b></p> <ul style="list-style-type: none"> <li>Calculate body mass index</li> </ul>	<p>The Job holder expected to possess core skills more than just demonstrating minimum clarity in oral &amp; written communication such as communicate in detail the benefits to be reaped by client through this programme. Hence, the job holder can't be placed at Level 3.</p> <p>Further since the job holder doesn't require to use mathematical skill or skill of collecting &amp; organizing information such as reaching out to clients to capture feedback of the Fitness services experienced by the clients or analysing the customer feedback score on personal/ group fitness services etc., that's why s/he can't be placed at level 5</p>	

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<ul style="list-style-type: none"> <li>• Obtain current anthropometric measurements including height, weight and weight changes, body mass index (BMI), body measurements, body composition analysis</li> <li>• Height - measure height using standard procedure and equipment (stadio meter) / individual enquiry</li> <li>• Weight -perform weight measurement using calibrated weighing machine under standardized conditions as outlined by the organization (empty stomach, shoes removed, minimal or standard clothing, and fluid status)</li> <li>• Collect information regarding weight history / recent weight changes</li> <li>• Compare BMI with standards as per nationality and interpret weight status and consequent risk of co-morbidities</li> <li>• Body measurements use specialized techniques and / or equipment and trained</li> </ul>		

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>personnel to obtain body measurements of different body parts including (waist circumference, hip circumference and other measures)</p> <ul style="list-style-type: none"> <li>• Calculate waist hip ratio and / or waist height ratio to ascertain central obesity</li> <li>• Body composition analysis (BCA)- perform BCA to measure the amount and distribution of body fat, fat free mass and water in the body of an individual using standard procedure and under standardized conditions as per equipment available ( bio-electrical impedance – 2 electrodes or 4 electrodes / DEXA)</li> <li>• Store records, materials and equipment securely in line with the organization’s policies</li> <li>• Document call logs, reports, task lists, and schedules with co-workers</li> <li>• Prepare status and progress reports</li> </ul>		

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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	<ul style="list-style-type: none"> <li>• Use the existing data points for improving the call resolution time</li> </ul> <p><b>Basic understanding of social political and natural environment</b></p> <ul style="list-style-type: none"> <li>• Build strong rapport with the clients</li> <li>• Collect data like lifestyle, time investment, medical background, exercise history etc.</li> <li>• Ensure adequate communication to the clients in terms of maintaining confidentiality of their personal data collected</li> <li>• Discuss in various lifestyle preferences and their impact on client’s health &amp; fitness status as well as the benefits from an exercise programme</li> <li>• Discuss with client on any observed concerns/ changes/ modifications required in the plan</li> <li>• Discussion with individual and /or</li> </ul>		

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>interdisciplinary team throughout assessment process</p> <ul style="list-style-type: none"> <li>• Setting smart (specific, measurable, achievable, realistic and time bound) short term and long-term goals in collaboration with client and other members of health care team</li> <li>• Communicate with the interdisciplinary or multidisciplinary team to verify progress and adjust strategies</li> <li>• Participate in workplace activities as a part of the larger team</li> <li>• Use influencing skills and personal attitudes to positively influence clients for adhering to the plan</li> <li>• Maintain good health and personal hygiene</li> <li>• Comply with organisation's standards of grooming and personal behaviour</li> <li>• Meet the organisation's standards of</li> </ul>		

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

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NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>courtesy, behaviour and efficiency</p> <ul style="list-style-type: none"> <li>• Stay free from intoxicants while on duty</li> <li>• Wear and carry organisation’s uniform and accessories correctly and smartly</li> </ul>		
Responsibility	<p><b>Responsibility for own work and learning</b></p> <ul style="list-style-type: none"> <li>• Read about new products and services with reference to the organization and also from external forums such as websites and blogs</li> <li>• Keep abreast with the latest knowledge by reading brochures, pamphlets, and product information sheets</li> <li>• Read comments, suggestions, and responses to frequently asked questions (FAQs) posted on the helpdesk portal oral communication (listening and speaking skills)</li> <li>• Make decisions pertaining to the concerned area of work</li> </ul>	<p>The individual is responsible to plan/ demonstrate and monitor exercises performed by the members. The Personal Trainer (B&amp;W) collects information, plans gym programmes, monitors client progress and focuses on individual assigned clients in meeting their fitness goals through effective motivation and continuous adaptation.</p> <p>The job holder is expected to take <b>responsibility for own work &amp; learning</b> such as to independently planning, demonstrating, supervising and monitoring exercises performed by the members. The trainer collects information, plans gym programmes, monitors client progress and focus on individual assigned clients in meeting their fitness goals through effective motivation and continuous adaptation. Overall a trainer maintains punctuality, personal neatness, cleanliness and, hygiene, at the work place.</p> <p>Given that the incumbent doesn’t require any</p>	4

**NSQF QUALIFICATION FILE**

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

Title/Name of qualification/component: Personal Trainer (B&W)		Level: 4	
NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<ul style="list-style-type: none"> <li>• Think through the problem, evaluate the possible solution(s) and suggest an optimum /best possible solution(s)</li> <li>• Apply, analyse, and evaluate the information gathered from observation, experience, reasoning, or communication, as a guide to thought and action</li> <li>• Deal with clients lacking the technical background to solve the problem on their own</li> <li>• Participate in self developmental training activities to enhance one’s knowledge of salon performance standards and applicable health and safety legislative requirements</li> <li>• Plan and organize service feedback files/documents</li> <li>• Plan and manage work routine based on salon procedure</li> <li>• Accept feedback in a positive manner and</li> </ul>	<p>supervision while conducting the above-mentioned Fitness services and can perform independently thus s/he can be placed at level 4</p> <p>As it’s evident from the above examples that the incumbent is fully responsible rather than just responsible in defined limit collecting/ integrating and analysing nutritional/health and lifestyle data of physically active clients, develop and implement personalized nutrition and lifestyle programme for physically active clients. Also responsible for optionally to Plan and conduct session for improving Athletic performance of client and enable minimization of Athletic Injuries &amp; Conduct Fitness Assessment for Sports related activities of the client or to Plan and conduct personal training for clients from different population groups, therefore s/he can’t even be placed at Level 3</p> <p>And since s/he is neither expected to be responsible of other work by managing &amp; leading a team of Gym Assistants, hence s/he can’t be placed at level 5</p>	



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Title/Name of qualification/component: Personal Trainer (B&W)		Level: 4	
NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
	<p>develop on the shortcomings</p> <ul style="list-style-type: none"><li>• Use the existing data to arrive at specific data points</li><li>• Use the existing data points for improving the call resolution time</li><li>• Use the existing data points to generate required reports for business</li></ul>		

**SECTION 3**

**EVIDENCE OF NEED**

<b>26</b>	<b>What evidence is there that the qualification is needed? What is the estimated uptake of this qualification and what is the basis of this estimate?</b>		
	<b>Basis</b>	<b>In case of SSC</b>	<b>In case of other Awarding Bodies (Institutes under Central Ministries and states departments)</b>
	<p>Need of the qualification Please refer to the attached list of job roles and occupations as per the attachment and their career paths as per Annexure 1, which have been derived through extensive industry interactions facilitated from four workshops, and site visits conducted and interaction with representatives from different organizations all over the country. Research was conducted in the Beauty &amp; Wellness sector to capture revenue and manpower requirement estimates till 2022. The research provides the data that the discussed</p>	<p>B&amp;WSSC undertook market study and will enclose demand forecast for the proposed job role both on short-term and long-term basis to substantiate the requirement of the Qualification proposed. B&amp;WSSC can produce the data from primary or authorized secondary sources as well</p>	<p>The Submitting Body would produce any reputable and reliable research reports, such as labour market information reports; occupational mapping or similar research carried out by Ministry/State/Any other authentic source forecasting the demand for the proposed qualification</p>

**NSQF QUALIFICATION FILE**

**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

	<p>qualification is one of the critical roles in the sector. The details of statistics and research analysis are provided separately as a research analysis report.</p>		
<p>Industry Relevance</p>	<p>B&amp;WSSC undertook validation of the job roles with actual end-user industry where such employment is going to be generated and absorbed instead of generic validation of Industry. B&amp;WSSC will submit the endorsements from users/intended users of the qualification clearly supporting or otherwise the need for trained people against specific job role. (The industry validation format had been used)</p>		<p>The Submitting Body would submit the list of industry participation while preparation of the curriculum/ course content of the qualifications. These could include minutes of the meeting/ reports of these consultations</p>
<p>Usage of the qualification</p>	<p>The SSC would submit details of the employment generated (wherever applicable) and realised by virtue of training in the Qualifications of the sector earlier submitted for NSQF alignment.</p> <p>B&amp;WSSC is an unorganized sector, hence case studies/ evidences will be given.</p>		<p>The submitting body would submit the details of trained and placed data in the proposed qualification (if an existing qualification is being proposed for NSQF alignment)</p> <p>Information about the success of the qualification should be given (e.g. uptake figures, examples of use in recruitment and placement rates (if known) should be given. However, many of the bodies that do</p>

**NSQF QUALIFICATION FILE**

**Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021**

			not have placement tracking mechanism established in place would provide necessary endorsements by the state/ ministry stating that a tracking mechanism would be institutionalized and placement records shall be provided annually or later, depending on length of qualification.
	<p>Estimated uptake</p> <p>The market size of fitness and slimming sector is INR 10419 crores in 2017 and is growing at a rate of 18-22 %</p>	<p>According to the Labour Market report, the fitness segment is expecting a CAGR of 19% with 22 % in organized and 15 % in unorganized sector in the next couple of years.</p>	<p>The Submitting Body should submit the estimated uptake by reflecting the number of the takers for this qualification for at least two years from submission of the qualification</p>
27	<p><b>Recommendation from the concerned Line Ministry of the Government/Regulatory Body. To be supported by documentary evidences</b></p> <p>N/A</p>		
28	<p><b>What steps were taken to ensure that the qualification(s) does (do) not duplicate already existing or planned qualifications in the NSQF? Give justification for presenting a duplicate qualification</b></p> <p>Under NCVET, there is no other similar STT course.</p>		
29	<p><b>What arrangements are in place to monitor and review the qualification(s)? What data will be used and at what point will the qualification(s) be revised or updated? Specify the review process here</b></p> <p>The comments, feedback and suggestions were collected through interaction with industry experts. The same will be compiled and justifiable changes will be incorporated in the next/updated version of the QP. This QP is set to be revised before 08/04/2024.</p>		

Please attach most relevant and recent documents giving further information about any of the topics above.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

**SECTION 4**

**EVIDENCE OF PROGRESSION**

<b>30</b>	<p><b>What steps have been taken in the design of this or other qualifications to ensure that there is a clear path to other qualifications in this sector?</b> <b><i>Show the career map here to reflect the clear progression</i></b></p> <ol style="list-style-type: none"><li>1. Discussing the growth trajectory within each occupation after studying organisational charts of various industry players across small, medium and large-scale organizations.</li><li>2. Exploring various lateral career opportunities for the discussed qualification</li><li>3. Ensuring that there is a clear role up in terms of performance criteria qualification experience and skill requirement from lower NSQF Level to higher levels in the hierarchy.</li></ol> <p>Please refer to attached career path as per annexure 1 which clearly defines the career path.</p>
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Please attach most relevant and recent documents giving further information about any of the topics above.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

1. Career Map of Personal Trainer (B&W) - Annexure 1
2. QP BWS/Q3003 - Annexure 2

## NSQF QUALIFICATION FILE

Approved in 11<sup>th</sup> NSQC Meeting – NCVET – 31<sup>th</sup> August, 2021

### Annexure 1: Career Map



### Annexure 2: QP BWS/Q3003

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