



Model Curriculum

QP Name: Personal Trainer (B&W)

QP Code: BWS/Q3003

QP Version: 3.0

NSQF Level: 4

Model Curriculum Version: 3.0

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

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Training Parameters

Sector	Beauty & Wellness
Sub-Sector	Personal Services
Occupation	Fitness Services
Country	India
NSQF Level	4
Aligned to NCO	NCO-2015/3423.9900
Minimum Educational Qualification and Experience	10th grade pass and pursuing continuous schooling OR 10th grade pass plus 1-year NTC/ NAC OR 10th grade pass with 2 years relevant experience OR Previous relevant Qualification of NSQF Level 3.0 with minimum education as 5th Grade pass and 2 years of relevant experience
Pre-Requisite License or Training	-
Minimum Job Entry Age	20 years
Last Reviewed On	31-08-2021
Next Review Date	31-08-2024
NSQC Approval Date	31-08-2021
QP Version	3.0
Model Curriculum Creation Date	31-08-2021
Model Curriculum Valid Up to Date	31-08-2024
Model Curriculum Version	3.0
Minimum Duration of the Course	450:00 Hrs.
Maximum Duration of the Course	600:00 Hrs. Optional NOS: 150:00 Hrs.

Program Overview

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

Training Outcomes

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

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

Compulsory Modules

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

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

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

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

Total duration including 'Employability Skills' module, DGT/VSQ/N0101 (v1.0) of 30 Hrs. is 450:00 Hrs.

Optional Modules

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

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
BWS/N3021 Plan and conduct session for improving Athletic performance of client V2.0, NSQF Level 4	15	40	–	–	55
Plan and conduct session for improving Athletic performance of client	15	40	–	–	55
BWS/N3022 Enable minimization of Athletic Injuries & Conduct Fitness Assessment for Sports related activities of the client V2.0, NSQF Level 4	15	40	–	–	55
Enable minimization of Athletic Injuries & Conduct Fitness Assessment for Sports related activities of the client	15	40	–	–	55
BWS/N3014 Plan and conduct personal training for clients from different population groups V2.0, NSQF Level 4	10	30	–	–	40
Plan and conduct personal training for clients from different population groups	10	30	–	–	40
Total Duration	40:00	110:00	-	-	150:00 Hrs.

Module Details

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

Terminal Outcomes:

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

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

Prepare and maintain work area

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

Terminal Outcomes:

- Carry out preparation and maintenance of work area

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

Carry out health screening and fitness assessment of the client

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

Terminal Outcomes:

- Carry out health screening and fitness assessment of the client

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

Plan and conduct personal training

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

Terminal Outcomes:

- Conduct personal training

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

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

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

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

Terminal Outcomes:

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

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

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

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

Terminal Outcomes:

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

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

Motivate the clients

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

Terminal Outcomes:

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

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

Maintain health and safety at the workplace

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

Terminal Outcomes:

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

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

Create a positive impression at the workplace

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

Terminal Outcomes:

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

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

[Please click here to download 'Employability Skills' module, DGT/VSQ/N0101 \(v1.0\) of 30 Hrs.](#)

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

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

Terminal Outcomes:

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

Duration: 15:00 Hrs.	Duration: 40:00 Hrs.
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans- theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity State the typical barriers to exercise that clients talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them Identify the potential risks relevant to the programme and various mechanisms to minimize the same 	<ul style="list-style-type: none"> Carry out coaching to increase speed and strength of all types of clients (beginner, expert); such as performing parallel squat, plyometric twice per week, etc. Analyse group dynamics and group management & carry out various exercised Carry out an engaging session by conducting benchmarking study to identify various interesting options, identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons Apply effective verbal and visual communication while delivering the sessions
Classroom Aids	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
Tools, Equipment and Other Requirements	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

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

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

Terminal Outcomes:

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

Duration: 15:00 Hrs.	Duration: 40:00 Hrs.
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans- theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity State the typical barriers to exercise that clients talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them Identify the potential risks/ injuries relevant to the programme and various mechanisms to minimize the same 	<ul style="list-style-type: none"> Demonstrate ways to reduce injuries while carry out various exercises; such wear the right gear, players should wear appropriate and properly fitting protective equipment such as pads (neck, shoulder, elbow, chest, knee, and chin), helmets, mouthpieces, face guards, protective cups, and/or eyewear Analyse group dynamics and group management & carry out various exercised Carry out an engaging session by conducting benchmarking study to identify various interesting options, identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons Apply effective verbal and visual communication while delivering the sessions Apply various techniques to collect the required information, including using interviews and questionnaires, making observations and taking physical measurements
Classroom Aids	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
Tools, Equipment and Other Requirements	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

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

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

Terminal Outcomes:

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

Duration: 10:00 Hrs.	Duration: 30:00 Hrs.
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Explain various principles of human anatomy, control of skeletal muscles by nervous system and various muscle groups with their motion patterns and motion ranges Identify various types of behaviour change approaches / coaching styles/ theories/ models like health belief model, trans-theoretical model, motivational change model, social cognitive model, etc. to encourage adherence to exercise/physical activity Explain the importance of preparing and following the planned exercise schedule to client State the typical barriers to exercise that clients talk about like time, energy, motivation, cost, illness or injury, fears related to injuries etc. and ways to address them Identify the potential risks/ injuries relevant to the programme and various mechanisms to minimize the same Identify the need of maintaining programme report and obtaining regular feedback from the client; such as analyse effectiveness of the personal training programme basis the feedback and goals achievement 	<ul style="list-style-type: none"> Demonstrate ways to evaluate the impact of exercise and its intensity on the energy levels of a client and consider the capacity of the client to perform the devised exercises basis his/ her background i.e., pre/ postnatal woman, disabled client etc. Analyse clients carefully and display sensitivity and empathy to special set of emotionally vulnerable clients Carry out an engaging session by conducting benchmarking study to identify various interesting options, identify common reasons for which athletes don't attend the training sessions and design interventions to address these reasons Apply effective verbal and visual communication while delivering the sessions Apply various techniques to collect the required information, including using interviews and questionnaires, making observations and taking physical measurements Assist the client in carrying out the exercises by ensuring right usage of the fitness equipment to prevent any injuries
Classroom Aids	
Computer, Projector, White Board/ Flip Chart, Marker and Duster	
Tools, Equipment and Other Requirements	
Dumbbell Set, Training Bench, Treadmill, Fitness Ball, Rowing Machine, Stationary Bicycle, Weight Machines, Free Weights & Other Fitness Accessories	

Annexure

Trainer Requirements

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

Trainer Certification	
Domain Certification	Platform Certification
BWS/Q3003, V3.0 Trainer Minimum accepted score is 80%	Trainer (VET and Skills) MEP/Q2601, V2.0 Minimum accepted score is 80%

Assessor Requirements

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

Assessor Certification	
Domain Certification	Platform Certification
BWS/Q3003, V3.0 Assessor Minimum accepted score is 80%	Assessor (VET and Skills) MEP/Q2701, V2.0 Minimum accepted score is 80%

Assessment Strategy

Assessment system Overview

Assessment will be carried out by assessment partners with no link to training partners. Based on the results of assessment, B&WSSC will certify the learners. Assessor has to pass assessment of theoretical knowledge of the job role and approved by B&WSSC.

The assessment will have both theory and practical components in 30:70 ratios. While theory assessment is summative and a written exam; practical will involve demonstrations of applications and presentations of procedures and other components. Practical assessment will also be summative in nature.

Testing Environment

Training partner has to share the batch start date and end date, number of trainees and the job role.

Assessment will be fixed for a day after the end date of training. It could be next day or later. Assessment will be conducted at the training venue.

Room where assessment is conducted will be set with proper seating arrangements with enough space to prevent copying.

Question bank of theory and practical will be prepared by assessment agency and approved B&WSSC. From this set of questions, assessment agency will prepare the question paper. Theory testing will include multiple choice questions, pictorial question, etc. which will test the trainee on his theoretical knowledge of the subject.

The theory and practical assessments will be carried out on same day. The question paper is pre-loaded in the computer (incase of online assessment) and it will be in the language requested by the training partner.

Presentation will be one mode of assessment and so computers and LDC projector will be available for assessment. Viva will also be used to gauge trainee's confidence and correct knowledge in handling job situations.

Assessment Quality Assurance framework

Assessor has to go through orientation program organized by Assessment Agency. The training would give an overview to the assessors on the overall framework of QP evaluation. Assessor shall be given a NOS and PC level overview of each QP as applicable. Overall structure of assessment and objectivity of the marking scheme will be explained to them.

The giving of marks will be driven by an objective framework which will maintain standardization of marking scheme.

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

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

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

Methods of Validation

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

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

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

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

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

Assessment agency will be responsible to put details in SIP.

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

Method of assessment documentation and access

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

References

Glossary

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

Acronyms and Abbreviations

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