



PERSONAL TRAINER (B&W)

Sample Question Paper
B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Personal Trainer (B&W)

QP Code: BWS/Q3003

NSQF Level: 4

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	150
Practical	350
Viva	150
Total	650

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 150

Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

Multiple Choice Questions

1. Why is it important to prepare the training area before sessions?
 - a) Decoration
 - b) Hygiene, safety and efficient training
 - c) Faster billing
 - d) Reduce equipment use
2. Which practice helps reduce cross-infection in fitness centres?
 - a) Sharing towels
 - b) Proper sanitisation of equipment
 - c) Reusing gloves
 - d) Skipping cleaning
3. Why should electrical equipment be switched off when not in use?
 - a) Save space
 - b) Prevent accidents and damage
 - c) Reduce noise
 - d) Improve appearance

4. Why is health screening important before starting training?
 - a) Marketing
 - b) Identify risks and contraindications
 - c) Increase session duration
 - d) Equipment selection
5. Which assessment helps determine body composition?
 - a) BMI only
 - b) Waist-hip ratio
 - c) Skinfold / body composition analysis
 - d) Flexibility test
6. What should a trainer do if a client reports chest pain during assessment?
 - a) Continue assessment
 - b) Ignore
 - c) Stop and refer to medical professional
 - d) Reduce intensity
7. Which parameter measures cardiovascular endurance?
 - a) 1RM test
 - b) VO₂ max / step test
 - c) Sit-and-reach
 - d) Grip strength
8. Which muscle group is primarily involved in squats?
 - a) Chest
 - b) Quadriceps and glutes
 - c) Biceps
 - d) Trapezius
9. Which system transports oxygen to working muscles?
 - a) Nervous system
 - b) Circulatory system
 - c) Digestive system
 - d) Skeletal system
10. Why is warm-up important before resistance training?
 - a) Decoration
 - b) Reduce injury risk and improve performance
 - c) Increase fatigue
 - d) Save time
11. What does the FITT-VP principle stand for?
 - a) Frequency, Intensity, Time, Type, Volume, Progression
 - b) Force, Interval, Technique, Tempo
 - c) Fitness, Intensity, Training
 - d) Frequency, Interval, Tempo

12. Why should exercise programs be individualised?
 - a) Trainer preference
 - b) Client goals, fitness level and health status
 - c) Equipment availability
 - d) Time constraint
13. What is the purpose of cool-down activities?
 - a) Increase heart rate
 - b) Gradual recovery and reduce soreness
 - c) Burn fat
 - d) Increase strength
14. Why is exercise progression required?
 - a) Decoration
 - b) Continuous adaptation and results
 - c) Reduce sessions
 - d) Increase fatigue
15. Which macronutrient is primarily responsible for muscle repair?
 - a) Carbohydrate
 - b) Fat
 - c) Protein
 - d) Fibre
16. Why is hydration important during training?
 - a) Decoration
 - b) Maintain performance and prevent dehydration
 - c) Increase sweating
 - d) Reduce appetite
17. What should a personal trainer do if nutritional advice goes beyond scope?
 - a) Give medical advice
 - b) Refer to dietitian / qualified professional
 - c) Ignore
 - d) Use internet sources
18. Which factor affects recovery most?
 - a) Exercise only
 - b) Sleep and rest
 - c) Supplements
 - d) Equipment
19. Which approach helps improve exercise adherence?
 - a) Force training
 - b) Positive reinforcement and goal setting
 - c) Comparison with others
 - d) Strict rules only

20. Why is goal setting important?
- a) Billing
 - b) Motivation and progress tracking
 - c) Decoration
 - d) Reduce sessions
21. Which barrier commonly affects client consistency?
- a) Excess motivation
 - b) Time constraints
 - c) Over-training
 - d) High fitness level
22. Which PPE may be required during training sessions?
- a) Helmet
 - b) Gloves / mask (as applicable)
 - c) Apron
 - d) Goggles
23. What should be done in case of an injury during training?
- a) Ignore
 - b) Apply first aid and report
 - c) Continue session
 - d) Ask client to rest later
24. Why should client data be kept confidential?
- a) Decoration
 - b) Ethical and legal requirement
 - c) Marketing
 - d) Time saving
25. What reflects a positive impression at workplace?
- a) Casual dressing
 - b) Professional grooming and communication
 - c) Silence
 - d) Informal behaviour
26. Why is record keeping important?
- a) Decoration
 - b) Track progress, safety and compliance
 - c) Marketing only
 - d) Attendance
27. How should client complaints be handled?
- a) Ignore
 - b) Argue
 - c) Listen and escalate if required
 - d) End training

28. Why is teamwork important in fitness centres?
- a) Reduce work
 - b) Smooth operations and client safety
 - c) Competition
 - d) Speed only
29. What is ethical practice for a personal trainer?
- a) Force selling
 - b) Working within scope and client safety
 - c) High pricing
 - d) Speed focus
30. Why is continuous learning important for trainers?
- a) Exam purpose
 - b) Update skills and improve service quality
 - c) Reduce workload
 - d) Avoid supervision



SECTION B – PRACTICAL

Total Practical Marks: 350

Practical Task:

Conduct a **Personal Training Session** including:

- Client interaction and rapport building
- Health screening and fitness assessment
- Goal setting
- Exercise demonstration (cardio, resistance, flexibility)
- Warm-up and cool-down
- Safety monitoring and correction
- Record maintenance

SECTION C – VIVA VOCE

Total Viva Marks: 150

Viva Questions

1. Why is health screening important before training?
2. Explain FITT-VP principle.
3. What are signs of over-training?
4. Why is client motivation important?
5. What creates a positive impression as a personal trainer?

END OF QUESTION PAPER

Note:

This question paper is also available in the following regional languages:

Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.