



# Fitness Trainer

QP Code: SPF/Q1107

Version: 1.0

NSQF Level: 4

Sports, Physical Education, Fitness and Leisure Sector Skill Council || FICCI, Federation House, Tansen Marg  
New Delhi 110001

## Contents

SPF/Q1107: Fitness Trainer .....	3
<i>Brief Job Description</i> .....	3
Applicable National Occupational Standards (NOS) .....	3
<i>Compulsory NOS</i> .....	3
<i>Qualification Pack (QP) Parameters</i> .....	3
SPF/N1120: Prepare gym area for workout .....	5
SPF/N1121: Guide clients .....	10
SPF/N1122: Maintain health and safety standards .....	15
SGJ/N1702: Optimize resource utilization at workplace .....	19
Assessment Guidelines and Weightage .....	22
<i>Assessment Guidelines</i> .....	22
<i>Assessment Weightage</i> .....	23
Acronyms .....	24
Glossary .....	25

## SPF/Q1107: Fitness Trainer

### Brief Job Description

Fitness Trainer offers support and instruction to clients during workout sessions. The individual supervises and handles clients enquiries. Fitness Trainer also ensures all machinery and equipment is placed safely and is well maintained for the clients.

### Personal Attributes

Individuals should possess the passion for fitness and be physically fit. They should be self motivated and energetic individuals.

### Applicable National Occupational Standards (NOS)

#### Compulsory NOS:

1. [SPF/N1120: Prepare gym area for workout](#)
2. [SPF/N1121: Guide clients](#)
3. [SPF/N1122: Maintain health and safety standards](#)
4. [SGJ/N1702: Optimize resource utilization at workplace](#)

### Qualification Pack (QP) Parameters

<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports Coaching and Fitness
<b>Occupation</b>	Sports Coaching
<b>Country</b>	India
<b>NSQF Level</b>	4
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/3423.0101
<b>Minimum Educational Qualification &amp; Experience</b>	10th Class/I.T.I with 1 Year of experience in the core fitness work OR Certificate-NSQF (Level 2-Early Years Physical Activity Facilitator) with 1 Year of experience in the core fitness work

<b>Minimum Level of Education for Training in School</b>	
<b>Pre-Requisite License or Training</b>	NA
<b>Minimum Job Entry Age</b>	18 Years
<b>Last Reviewed On</b>	16/12/2020
<b>Next Review Date</b>	16/12/2025
<b>Deactivation Date</b>	16/12/2025
<b>NSQC Approval Date</b>	
<b>Version</b>	1.0

## **SPF/N1120: Prepare gym area for workout**

### **Description**

This unit is about preparing the gym area and equipment for workout

### **Scope**

The scope covers the following :

- Inspect the workout area
- Inspect the equipment

### **Elements and Performance Criteria**

#### *Inspect the workout area*

To be competent, the user/individual on the job must be able to:

- PC1.** inspect the gym premises for any potential hazards.
- PC2.** ensure all workout stations are in order
- PC3.** ensure there are no oil and grease spills on the floors of the workout area
- PC4.** inspect if there are enough provisions for lighting and ventilation in the workout area
- PC5.** check if the standard instructions on equipment usage are available near each workout area
- PC6.** ensure drinking water cans are refilled on time
- PC7.** ensure first aid kit is well stocked
- PC8.** suggest improvements to make the gym layout more inclusive (e.g. shift the squat rack, weight rack to a more open, visible space)
- PC9.** ensure posters and other pictorial depictions cater to women clientele as well

#### *Inspect the equipment*

To be competent, the user/individual on the job must be able to:

- PC10.** ensure the labels on the weights are easily visible
- PC11.** start all electrical equipment like treadmill, bikes, etc. and check if the readings are accurate
- PC12.** check if all mechanical equipment are well oiled, assembled properly and the cables are strong enough to carry weights
- PC13.** report any issues related to workout equipment and activity area to the concerned personnel or appropriate authority
- PC14.** ensure enough weights and equipment are available even during peak hours
- PC15.** ensure the electric machinery and equipment are in working condition

### **Knowledge and Understanding (KU)**

The individual on the job needs to know and understand:

- KU1.** sport, fitness and recreation industry risk-management standards
- KU2.** risk-assessment principles and methodology
- KU3.** risk-evaluation criteria

- KU4.** hazards associated with specific activities and equipment
- KU5.** types of exercise equipment used by the organization
- KU6.** names and functions of equipment, components and materials
- KU7.** the purpose of tags and logs of use for equipment
- KU8.** usage, lifecycle, storage of the gym equipment and machineries
- KU9.** roles and responsibilities of all individuals, teams involved in the organization
- KU10.** gym rules and policies on usage of exercise facility for the subscribed and guest users
- KU11.** escalation matrix for reporting problems

### **Generic Skills (GS)**

User/individual on the job needs to know how to:

- GS1.** read and understand all usage and safety manuals for exercise equipment
- GS2.** report faults
- GS3.** follow instructions
- GS4.** document and summarize maintenance reports

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Inspect the workout area</i>	<b>28</b>	<b>48</b>	-	-
<b>PC1.</b> inspect the gym premises for any potential hazards.	4	10	-	-
<b>PC2.</b> ensure all workout stations are in order	2	8	-	-
<b>PC3.</b> ensure there are no oil and grease spills on the floors of the workout area	3	6	-	-
<b>PC4.</b> inspect if there are enough provisions for lighting and ventilation in the workout area	2	6	-	-
<b>PC5.</b> check if the standard instructions on equipment usage are available near each workout area	7	2	-	-
<b>PC6.</b> ensure drinking water cans are refilled on time	2	3	-	-
<b>PC7.</b> ensure first aid kit is well stocked	4	6	-	-
<b>PC8.</b> suggest improvements to make the gym layout more inclusive (e.g. shift the squat rack, weight rack to a more open, visible space)	2	3	-	-
<b>PC9.</b> ensure posters and other pictorial depictions cater to women clientele as well	2	4	-	-
<i>Inspect the equipment</i>	<b>22</b>	<b>52</b>	-	-
<b>PC10.</b> ensure the labels on the weights are easily visible	3	8	-	-
<b>PC11.</b> start all electrical equipment like treadmill, bikes, etc. and check if the readings are accurate	4	10	-	-
<b>PC12.</b> check if all mechanical equipment are well oiled, assembled properly and the cables are strong enough to carry weights	2	8	-	-
<b>PC13.</b> report any issues related to workout equipment and activity area to the concerned personnel or appropriate authority	4	8	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>PC14.</b> ensure enough weights and equipment are available even during peak hours	4	8	-	-
<b>PC15.</b> ensure the electric machinery and equipment are in working condition	5	10	-	-
<b>NOS Total</b>	<b>50</b>	<b>100</b>	-	-



## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1120
<b>NOS Name</b>	Prepare gym area for workout
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports Coaching and Fitness
<b>Occupation</b>	Sports Coaching
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	NA
<b>Next Review Date</b>	NA
<b>NSQC Clearance Date</b>	

## SPF/N1121: Guide clients

### Description

This unit is about guiding and helping clients during workout

### Scope

The scope covers the following :

- Assist clients
- Work effectively with others

### Elements and Performance Criteria

#### *Assist clients*

To be competent, the user/individual on the job must be able to:

- PC1.** guide clients on using appropriate clothing, footwear, etc. for the workout
- PC2.** help clients identify equipment and machines required for their specific workout
- PC3.** ensure clients understand the benefits and limitations of free weights, assembled equipment and machines
- PC4.** ensure the clients understand the types of workouts, their benefits and common injuries
- PC5.** guide clients on effective warm up, stretching and cool down exercises
- PC6.** ensure clients use weights and machines as per their capacity
- PC7.** inform the clients about the timing, repetition, and intensity of each exercise
- PC8.** provide support to clients in handling heavy weights
- PC9.** assist and encourage participation of women in various fitness activities e.g. weight training
- PC10.** ensure the clients understand the correct posture, and techniques to make exercise effective and injury free
- PC11.** provide feedback to the clients on their workout session
- PC12.** apply spotting techniques to enhance clients' performance and avoid injury

#### *Work effectively with others*

To be competent, the user/individual on the job must be able to:

- PC13.** interact (verbal, non-verbal and written) with everyone in a gender, disability, and culturally sensitive manner
- PC14.** ensure women, particularly, feel welcomed, comfortable, and safe
- PC15.** ensure personal space of all clients is maintained
- PC16.** apply conflict management techniques to maintain positive interaction
- PC17.** identify and report inappropriate behavior (e.g. sexual harassment) to appropriate authority
- PC18.** address conscious and unconscious gendered bias of self and others (e.g. women should not lift heavy weights, men do not do aerobics etc.)
- PC19.** interact (verbal, non-verbal and written) with everyone in a gender, disability, and culturally sensitive manner
- PC20.** ensure women, particularly, feel welcomed, comfortable, and safe

- PC21.** ensure personal space of all clients is maintained
- PC22.** apply conflict management techniques to maintain positive interaction
- PC23.** identify and report inappropriate behavior (e.g. sexual harassment) to appropriate authority
- PC24.** address conscious and unconscious gendered bias of self and others (e.g. women should not lift heavy weights, men do not do aerobics etc.)

## **Knowledge and Understanding (KU)**

The individual on the job needs to know and understand:

- KU1.** various muscle building and fat burning techniques
- KU2.** anatomy and physiology in relation to fitness
- KU3.** training combinations for athletes, regular and occasional users
- KU4.** appropriate use of equipment in compliance with the equipment operating manual
- KU5.** organizational procedure for accidents, safety
- KU6.** types of exercise equipment used by the organization
- KU7.** usage, lifecycle, storage of the gym equipment and machineries
- KU8.** equipment testing to enable the safe use of all equipment
- KU9.** types of exercise to develop different components of fitness like strength, power, stamina, etc.
- KU10.** fundamental principles of technical analysis to enable accurate and prompt corrections to workout technique
- KU11.** importance of gender and its related concepts such as gender roles, gender equality, gender power relations etc.
- KU12.** types of unacceptable behavior
- KU13.** POSH (Prevention of Sexual Harassment) Act
- KU14.** factors affecting group dynamics and conflict resolution strategies to enable constructive engagement of clients
- KU15.** emergency response teams aligned to organization

## **Generic Skills (GS)**

User/individual on the job needs to know how to:

- GS1.** analyze the needs, expectation and limitation of clients
- GS2.** comprehend all usage and safety manuals for exercise equipment
- GS3.** remain updated about developments in fitness and nutrition
- GS4.** read and comprehend the organisational policies and procedures
- GS5.** communicate in a clear and polite manner
- GS6.** manage the time of clients and facility schedules

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Assist clients</i>	<b>36</b>	<b>86</b>	-	-
<b>PC1.</b> guide clients on using appropriate clothing, footwear, etc. for the workout	3	8	-	-
<b>PC2.</b> help clients identify equipment and machines required for their specific workout	3	8	-	-
<b>PC3.</b> ensure clients understand the benefits and limitations of free weights, assembled equipment and machines	3	6	-	-
<b>PC4.</b> ensure the clients understand the types of workouts, their benefits and common injuries	3	6	-	-
<b>PC5.</b> guide clients on effective warm up, stretching and cool down exercises	3	8	-	-
<b>PC6.</b> ensure clients use weights and machines as per their capacity	3	6	-	-
<b>PC7.</b> inform the clients about the timing, repetition, and intensity of each exercise	3	8	-	-
<b>PC8.</b> provide support to clients in handling heavy weights	3	8	-	-
<b>PC9.</b> assist and encourage participation of women in various fitness activities e.g. weight training	3	6	-	-
<b>PC10.</b> ensure the clients understand the correct posture, and techniques to make exercise effective and injury free	3	6	-	-
<b>PC11.</b> provide feedback to the clients on their workout session	3	6	-	-
<b>PC12.</b> apply spotting techniques to enhance clients' performance and avoid injury	3	10	-	-
<i>Work effectively with others</i>	<b>24</b>	<b>48</b>	-	-
<b>PC13.</b> interact (verbal, non-verbal and written) with everyone in a gender, disability, and culturally sensitive manner	2	4	-	-

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<b>PC14.</b> ensure women, particularly, feel welcomed, comfortable, and safe	2	4	-	-
<b>PC15.</b> ensure personal space of all clients is maintained	2	4	-	-
<b>PC16.</b> apply conflict management techniques to maintain positive interaction	2	4	-	-
<b>PC17.</b> identify and report inappropriate behavior (e.g. sexual harassment) to appropriate authority	2	4	-	-
<b>PC18.</b> address conscious and unconscious gendered bias of self and others (e.g. women should not lift heavy weights, men do not do aerobics etc.)	2	4	-	-
<b>PC19.</b> interact (verbal, non-verbal and written) with everyone in a gender, disability, and culturally sensitive manner	2	4	-	-
<b>PC20.</b> ensure women, particularly, feel welcomed, comfortable, and safe	2	4	-	-
<b>PC21.</b> ensure personal space of all clients is maintained	2	4	-	-
<b>PC22.</b> apply conflict management techniques to maintain positive interaction	2	4	-	-
<b>PC23.</b> identify and report inappropriate behavior (e.g. sexual harassment) to appropriate authority	2	4	-	-
<b>PC24.</b> address conscious and unconscious gendered bias of self and others (e.g. women should not lift heavy weights, men do not do aerobics etc.)	2	4	-	-
<b>NOS Total</b>	<b>60</b>	<b>134</b>	-	-

## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1121
<b>NOS Name</b>	Guide clients
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports Coaching and Fitness
<b>Occupation</b>	Sports Coaching
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	NA
<b>Next Review Date</b>	NA
<b>NSQC Clearance Date</b>	

## SPF/N1122: Maintain health and safety standards

### Description

This unit is about understanding how to observe and supervise the clients during workout sessions

### Scope

The scope covers the following :

- Maintain hygiene and sanitation
- Maintain safety

### Elements and Performance Criteria

#### *Maintain hygiene and sanitation*

To be competent, the user/individual on the job must be able to:

- PC1.** ensure personal hygiene
- PC2.** ensure equipment, gym area, restrooms etc. are sanitized before and after the usage
- PC3.** guide others about hygiene and sanitation workplace requirements
- PC4.** check availability of running water, hand wash and alcohol-based sanitizers
- PC5.** ensure everyone (self, clients, assistants etc.) clean hands with soap or alcohol-based sanitizer, before and after the workout
- PC6.** ensure that clients who are ill do not attend the workout session
- PC7.** conduct routine hygiene and sanitation checks of gym area and equipment
- PC8.** report advanced hygiene and sanitation issues to appropriate authority

#### *Maintain safety*

To be competent, the user/individual on the job must be able to:

- PC9.** advise clients of the facility's emergency procedures
- PC10.** ensure clients adhere to safety guidelines
- PC11.** provide first aid for minor injuries and refer severe injuries to qualified medical practitioner
- PC12.** perform Cardiopulmonary Resuscitation (CPR) when required

### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** emergency response procedures
- KU2.** how to assess physical injuries
- KU3.** administration of basic first aid including CPR
- KU4.** anatomy and physiology
- KU5.** the effect of various exercises according to physical characteristics of a person

### Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** read and comprehend all usage and safety manuals for exercise equipment
- GS2.** remain updated about developments in fitness and nutrition
- GS3.** communicate in a clear and polite manner
- GS4.** discuss sensitive health issues with clients in an open and understanding manner
- GS5.** assess the emergency situations



## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Maintain hygiene and sanitation</i>	<b>17</b>	<b>58</b>	-	-
<b>PC1.</b> ensure personal hygiene	2	8	-	-
<b>PC2.</b> ensure equipment, gym area, restrooms etc. are sanitized before and after the usage	2	8	-	-
<b>PC3.</b> guide others about hygiene and sanitation workplace requirements	2	8	-	-
<b>PC4.</b> check availability of running water, hand wash and alcohol-based sanitizers	2	6	-	-
<b>PC5.</b> ensure everyone (self, clients, assistants etc.) clean hands with soap or alcohol-based sanitizer, before and after the workout	2	6	-	-
<b>PC6.</b> ensure that clients who are ill do not attend the workout session	2	6	-	-
<b>PC7.</b> conduct routine hygiene and sanitation checks of gym area and equipment	3	8	-	-
<b>PC8.</b> report advanced hygiene and sanitation issues to appropriate authority	2	8	-	-
<i>Maintain safety</i>	<b>10</b>	<b>32</b>	-	-
<b>PC9.</b> advise clients of the facility's emergency procedures	2	6	-	-
<b>PC10.</b> ensure clients adhere to safety guidelines	2	6	-	-
<b>PC11.</b> provide first aid for minor injuries and refer severe injuries to qualified medical practitioner	3	10	-	-
<b>PC12.</b> perform Cardiopulmonary Resuscitation (CPR) when required	3	10	-	-
<b>NOS Total</b>	<b>27</b>	<b>90</b>	-	-

## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1122
<b>NOS Name</b>	Maintain health and safety standards
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports Coaching and Fitness
<b>Occupation</b>	Sports Coaching
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	NA
<b>Next Review Date</b>	NA
<b>NSQC Clearance Date</b>	

## SGJ/N1702: Optimize resource utilization at workplace

### Description

This unit is about adopting sustainable practices and optimizing use of resources, especially material, energy and waste, in day-to-day operations at work

### Scope

The scope covers the following :

- Material conservation practices
- Energy/electricity conservation practices
- Effective waste management/recycling practices

### Elements and Performance Criteria

#### *Material conservation practices*

To be competent, the user/individual on the job must be able to:

- PC1.** identify ways to optimize usage of material including water in various tasks/activities/processes
- PC2.** check for spills/leakages in various tasks/activities/processes
- PC3.** plug spills/leakages and escalate to appropriate authority if unable to rectify
- PC4.** carry out routine cleaning of tools, machines and equipment

#### *Energy/electricity conservation practices*

To be competent, the user/individual on the job must be able to:

- PC5.** identify ways to optimize usage of electricity/energy in various tasks/activities/processes
- PC6.** check if the equipment/machine is functioning normally before commencing work and rectify wherever required
- PC7.** report malfunctioning (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment
- PC8.** ensure electrical equipment and appliances are properly connected and turned off when not in use

#### *Effective waste management/recycling practices*

To be competent, the user/individual on the job must be able to:

- PC9.** identify recyclable and non-recyclable, and hazardous waste generated
- PC10.** segregate waste into different categories
- PC11.** dispose non-recyclable waste appropriately
- PC12.** deposit recyclable and reusable material at identified location
- PC13.** follow processes specified for disposal of hazardous waste

### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** potential hazards, risks and threats based on the nature of work
- KU2.** layout of the workstation and electrical and thermal equipment used
- KU3.** organizations procedures for minimizing waste
- KU4.** efficient and inefficient utilization of material and water
- KU5.** ways of efficiently managing material and water in the process
- KU6.** basics of electricity and prevalent energy efficient devices
- KU7.** ways to recognize common electrical problems
- KU8.** common practices of conserving electricity
- KU9.** usage of different colours of dustbins
- KU10.** categorization of waste into dry, wet, recyclable, non-recyclable and items of single-use plastics
- KU11.** waste management and methods of waste disposal
- KU12.** common sources of pollution and ways to minimize it

### **Generic Skills (GS)**

User/individual on the job needs to know how to:

- GS1.** record data on waste disposal at workplace
- GS2.** complete statutory documents relevant to safety and hygiene
- GS3.** read Standard Operating Practices (SOP) documents
- GS4.** communicate with colleagues on the significance of greening of jobs
- GS5.** make timely decisions for efficient utilization of resources
- GS6.** complete tasks efficiently and accurately within stipulated time
- GS7.** work with supervisors/team members to carry out work related tasks
- GS8.** identify cause and effect of greening of jobs

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Material conservation practices</i>	<b>4</b>	<b>8</b>	-	-
<b>PC1.</b> identify ways to optimize usage of material including water in various tasks/activities/processes	1	2	-	-
<b>PC2.</b> check for spills/leakages in various tasks/activities/processes	1	2	-	-
<b>PC3.</b> plug spills/leakages and escalate to appropriate authority if unable to rectify	1	2	-	-
<b>PC4.</b> carry out routine cleaning of tools, machines and equipment	1	2	-	-
<i>Energy/electricity conservation practices</i>	<b>4</b>	<b>8</b>	-	-
<b>PC5.</b> identify ways to optimize usage of electricity/energy in various tasks/activities/processes	1	2	-	-
<b>PC6.</b> check if the equipment/machine is functioning normally before commencing work and rectify wherever required	1	2	-	-
<b>PC7.</b> report malfunctioning (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment	1	2	-	-
<b>PC8.</b> ensure electrical equipment and appliances are properly connected and turned off when not in use	1	2	-	-
<i>Effective waste management/recycling practices</i>	<b>5</b>	<b>10</b>	-	-
<b>PC9.</b> identify recyclable and non-recyclable, and hazardous waste generated	1	2	-	-
<b>PC10.</b> segregate waste into different categories	1	2	-	-
<b>PC11.</b> dispose non-recyclable waste appropriately	1	2	-	-
<b>PC12.</b> deposit recyclable and reusable material at identified location	1	2	-	-
<b>PC13.</b> follow processes specified for disposal of hazardous waste	1	2	-	-
<b>NOS Total</b>	<b>13</b>	<b>26</b>	-	-

## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SGJ/N1702
<b>NOS Name</b>	Optimize resource utilization at workplace
<b>Sector</b>	Green Jobs
<b>Sub-Sector</b>	Other Green Jobs
<b>Occupation</b>	Resource Optimization
<b>NSQF Level</b>	3
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	16/12/2019
<b>Next Review Date</b>	27/04/2022
<b>NSQC Clearance Date</b>	

## Assessment Guidelines and Assessment Weightage

### Assessment Guidelines

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 the proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on the 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 the theory part for each candidate at each examination/workout center (as per assessment criteria below).
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ workout center based on these criteria.
6. To pass the Qualification Pack assessment, client should score a minimum of 70% of % aggregate marks to successfully clear the assessment.
7. In case of unsuccessful completion, the client may seek reassessment on the Qualification Pack.

**Minimum Aggregate Passing % at QP Level : 70**

(**Please note:** Every Trainee should score a minimum aggregate passing percentage as specified above, to successfully clear the Qualification Pack assessment.)

**Assessment Weightage**

Compulsory NOS

<b>National Occupational Standards</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>	<b>Total Marks</b>	<b>Weightage</b>
SPF/N1120.Prepare gym area for workout	45	100	0	0	145	28
SPF/N1121.Supervise clients	84	126	0	0	210	41
SPF/N1122.Maintain health and safety standards	27	90	0	0	117	23
SGJ/N1702.Optimize resource utilization at workplace	13	26	-	-	39	8
<b>Total</b>	<b>169</b>	<b>342</b>	<b>0</b>	<b>0</b>	<b>511</b>	<b>100</b>

## Acronyms

<b>NOS</b>	National Occupational Standard(s)
<b>NSQF</b>	National Skills Qualifications Framework
<b>QP</b>	Qualifications Pack
<b>TVET</b>	Technical and Vocational Education and Training
<b>CPR</b>	Cardiopulmonary Resuscitation



## Glossary

<b>Sector</b>	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
<b>Sub-sector</b>	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
<b>Occupation</b>	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
<b>Job role</b>	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
<b>Occupational Standards (OS)</b>	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the Knowledge and Understanding (KU) they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
<b>Performance Criteria (PC)</b>	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
<b>National Occupational Standards (NOS)</b>	NOS are occupational standards which apply uniquely in the Indian context.
<b>Qualifications Pack (QP)</b>	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.
<b>Unit Code</b>	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
<b>Unit Title</b>	Unit title gives a clear overall statement about what the incumbent should be able to do.
<b>Description</b>	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
<b>Scope</b>	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.
<b>Knowledge and Understanding (KU)</b>	Knowledge and Understanding (KU) are statements which together specify the technical, generic, professional and organisational specific knowledge that an individual needs in order to perform to the required standard.

<p><b>Organisational Context</b></p>	<p>Organisational context includes the way the organisation is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.</p>
<p><b>Technical Knowledge</b></p>	<p>Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.</p>
<p><b>Core Skills/ Generic Skills (GS)</b></p>	<p>Core skills or Generic Skills (GS) are a group of skills that are the key to learning and working in today's world. These skills are typically needed in any work environment in today's world. These skills are typically needed in any work environment. In the context of the OS, these include communication related skills that are applicable to most job roles.</p>
<p><b>Electives</b></p>	<p>Electives are NOS/set of NOS that are identified by the sector as contributive to specialization in a job role. There may be multiple electives within a QP for each specialized job role. Trainees must select at least one elective for the successful completion of a QP with Electives.</p>
<p><b>Options</b></p>	<p>Options are NOS/set of NOS that are identified by the sector as additional skills. There may be multiple options within a QP. It is not mandatory to select any of the options to complete a QP with Options.</p>