

# JOB ROLE OVERVIEW

## Fitness Trainer SPF/Q1102

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| <b>Role Description</b>   | Fitness Trainer may be a Gym Trainer or a Fitness Trainer who works on the sports field, along with Sports Coaches. His role is to help trainees/athletes of all ages, shape and sizes to get healthier and achieve desired fitness levels.                  |
| <b>Version</b>  | 1  |
| <b>NSQF Level</b>   | 4  |
| <b>Minimum Educational Qualifications*</b>                                | Minimum: Class XII Maximum   |
| <b>Maximum Educational Qualifications*</b>                                | Maximum: Graduate in Physical Education (B.P.E./B.P.Ed) or Diploma in Sports Coaching.   |
| <b>Training</b>   | Fitness training in Gym or on Sports Field   |
| <b>Minimum Job Entry Age</b>  | 18   |
| <b>Experience</b>   | Prior experience is not necessary. However, since it may not be possible for students to learn and master the training exercises in a short duration course, it is suggested that students with Sports background and participation may be given preference. |
| <b>Applicable National Occupational Standards (NOS)</b>                   | <b>Assessment Guidelines</b>   |
| <b>1. SPF/N1105</b> (Prepare for physical training of trainees)           | 1. Each performance criteria (PC) will be assigned theory and Skill/Practical mark proportional to its importance in NOS   |
| <b>2. SPF/N1106</b> (Perform physical training of trainee)                | 2. The assessment will be conducted online through assessment providers authorized by SSC.   |
| <b>3. SPF/N1107</b> (Monitor progress of trainees and deal with injuries) | 3. Format of questions will include a variety of styles suitable to the PC being tested such as multiple choice questions, fill in the blanks, situational judgment test, simulation and programming test.   |
| <b>4. SPF/N113</b> (Maintain Health and Safety Measures)                  | 4. To pass a QP, A trainee should pass each individual NOS. Standard passing criteria for each NOS is 70%.   |
|   | 5. For latest details on the assessment criteria, please visit <a href="http://www.sportsskills.in">www.sportsskills.in</a>  |