PHYSICAL FITNESS TRAINER

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Competency Standards Code: O92S006
Source: National Competency Standard

National Certificate at NVQ Levels in the occupation of PHYSICAL FITNESS TRAINER

Assistant will be awarded to those who are competent in units 1 + 2 + 3 + 4+5+6+7 - 092S006Q1L4 - NVQ level 4



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Unit of competency	Element Number	Elements of Competence
1. Identify client's requirements O92S006U01	**1.1**	Identify health related requirements.
	1.2	Identify skill related requirements
	1.3	Record client's details
2. Assess Client's Health & Fitness Condition O92S006U02	**2.1**	Measure physical fitness components.
	2.2	Ensure dietary pattern & medical clearance
	2.3	Record & report assessment results.
3. Design exercise prescription (Schedule) O92S006U03	**3.1**	Analyze assessment results
	3.2	Determine the client's exercise programme
	3.3	Finalize the exercise prescription
4. Implement and monitor periodic exercises O92S006U04	**4.1**	Organize resources
	4.2	Monitor the exercise
	4.3	Review & evaluate client's situation
5. Work effectively in sports and recreational environment O92S006U05	**5.1**	Setup fitness centre in standard way
	5.2	Maintain workout area and equipment.
	5.3	Monitor performance and improvement
6. Promote community health, fitness and lifestyle practices and fitness industry O92S006U06	**6.1**	Plan and organize the educational programme.
	6.2	Implement educational programme.
	6.3	Review the benefit of the programme.
7. Maintain professionalism as a physical fitness trainer O92S006U 07	**7.1**	Maintain role model qualities
	7.2	Acquire updated knowledge in physical fitness.
	7.3	Prepare a budget
	7.4	Follow ethics & regulations