**NATIONAL APPRENTICE AND INDUSTRIAL TRAINING AUTHORITY**

**Transformation of Apprenticeship to NVQ - Establishment Assesment Guide**

## Requirement of Tools , Equipment and others for

# PHYSICAL FITNESS TRAINER

**Competency Standards Code : O92S006.1**

**( Selected Package for Apprenticeship Mode )**

**Sourse : National Competency Standard**

**Name , Address of Estblishment & Contact Number**

**Date of Assessment :** **District:**

| NO | Tools,Equipments & Others | Requirment for the Units | | | | | | | | | | Availability at Establishment (Yes/No) | Remarks |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 11 | | |
| 1 | Back- hip dynamometer | | ✓ | | | | | | | | | | |
| 2 | Blood pressure apparatus | | ✓ | | | | | | | | | | |
| 3 | Calculator | | | ✓ | | | | | | ✓ | | | |
| 4 | Callipers | | | | | | ✓ | | | | | | |
| 5 | Coloured tape and paint | | | | | | | | | | ✓ | | |
| 6 | Computer with internet facilities | | | | | | | | ✓ | ✓ | | | |
| 7 | CPET equipment | | | | ✓ | | | | | | | | |
| 8 | Fire protection equipment | | | | | | | | | | ✓ | | |
| 9 | First aid box with essential items | | | | ✓ | ✓ | | | | | ✓ | | |
| 10 | Free weight equipment | | | | ✓ | | | | | | | | |
| 11 | Gym equipment and weight training machines | | | | ✓ | | | | | | | | |
| 12 | Hand grip dynamometer | | ✓ | | | | | | | | | | |
| 13 | Hangers | | | | | ✓ | | | | | | | |
| 14 | Measuring scale | | | | | | ✓ | | | | | | |
| 15 | Measuring tape | | ✓ | | | | | | | | | | |
| 16 | Medicine Ball | | ✓ | | | | | | | | | | |
| 17 | Mirrors | | | | | ✓ | | | | | | | |
| 18 | Multimedia | | | | | | ✓ | | | | | | |
| 19 | Musical Set-up | | | | | ✓ | | | | | | | |
| 20 | Office equipment | | | ✓ | | | | | | | | | |
| 21 | Organizational regulations | | | | | | | ✓ | | | | | |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 22 | Personal Protective Equipment | | | | | | | | | | ✓ | | |
| 23 | Posters | | | | | | | | | | ✓ | | |
| 24 | Questionnaires | | | | | | ✓ | | | | | | |
| 25 | Relevant communication devises submitted by organization management | | | | | | | | ✓ | | | | |
| 26 | Relevant documents ( diagnostic card) | ✓ | | | | | | | | | | | |
| 27 | Relevant recognized sources (books/magazine/journals/workshop etc.) | | | | | | | ✓ | | | | | |
| 28 | Safety lockers | | | | | ✓ | | | | | | | |
| 29 | Safety signs and symbols | | | | | | | | | | ✓ | | |
| 30 | Shoe racks | | | | | ✓ | | | | | | | |
| 31 | Sit & reach machine | | ✓ | | | | | | | | | | |
| 32 | Skin fold caliper | | ✓ | | | | | | | | | | |
| 33 | Sports, equipment | | | | ✓ | | | | | | | | |
| 34 | Standard questionnaires | ✓ | | | | | | | | | | | |
| 35 | Stationeries | | | | | | | | ✓ | ✓ | | | |
| 37 | Stopwatch | | ✓ | | | | | | | | | | |
| 38 | Wall clock | | | | | ✓ | | | | | | | |
| 39 | Water dispenser | | | | | ✓ | | | | | | | |
| 40 | Weight Scale and height measuring scale | | ✓ | | | ✓ | | | | | | | |
| 41 | Written Consent forms | ✓ | | | | | | | | | | | |

| | **Selected Qualification (Package)** | **Units** |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

| ***forwarded by:*** | ***Recommended by:*** |
|---|---|
| *Name of the Officer : ……* | *Name of the Officer : ……* |
| *Designation : ……* | *Designation : ……* |
| *Signature : ……* | *Signature : ……* |
| *Date : ……* | *Date : ……* |
| *Official Stamp : ……* | *Official Stamp : ……* |

***Certified by:***

*Name of the Officer : ……* *Designation : ……*

*Signature : ……* *Official Stamp : ……*

*Date : ……*