



# **CCEK – NSQF ALIGNED PROGRAM**

## **COURSE SYLLABUS**

### **FOR**

### **Personal Fitness Trainer**

# CCEK - NATIONAL SKILL DEVELOPMENT TRAINING PROGRAM

## Personal Fitness Trainer

CCEK – NSDC course package covers the following Qualification Packs and leads to the following NSDC certifications. The students who successfully completed the course programs are entitled to get NSDC certification after undergoing the assessment process of NSDC as per the rules and regulations stipulated by NSDC from time to time.

SL. NO.	QUALIFICATIONS PACK	QUALIFICATIONS PACK CODE	NSQF LEVEL
1	<p><b><u>Personal Fitness Trainer</u></b></p> <p><b>Brief Job Description:</b></p> <p>A Personal Fitness Trainer designs and implements customized fitness programs for individuals or groups to help them achieve their health and wellness goals. They assess clients' physical fitness levels, provide instruction on exercise techniques, monitor progress, and offer guidance on nutrition, lifestyle habits, and injury prevention.</p>	<b>SPF/Q1109</b>	<b>5</b>

**COURSE DETAILS**

**Personal Fitness Trainer**

**EXAMINATION DETAILS**

COURSE NAME	COURSE CODE	ELIGIBILITY	DURATION
Personal Fitness Trainer	G34	PLUS TWO	570

SL. NO.	EXAM	EXAM CODE	MAXIMUM MARK	INTERNAL	TOTAL MARK
<b>THEORY PAPERS</b>					
1	Theory of Personal Fitness and Wellness	T001	100	50	150
<b>PRACTICAL PAPERS</b>					
1	Practical Skills in Exercise Instruction and Client Management	L001	100	50	150
<b>TOTAL MARKS</b>					
1	Total Examination Marks (Theory Online + Practical Examination)				200
2	Total Internal Marks				100
3	<b>Total Marks (Total Internal Marks + Total Examination Marks )</b>				<b>300</b>

**Personal Fitness Trainer**

**INTERNAL MARK CRITERIA FOR EACH**

SL NO.	MODULE	MODULE CODE	MAXIMUM MARK	INTERNAL MARK	TOTAL MARK
1	Theory of Personal Fitness and Wellness	T001	100	50	150
2	Practical Skills in Exercise Instruction and Client Management	L001	100	50	150
	TOTAL		200	100	300

ATTENDANCE	GENERAL PERFORMANCE	INTERNAL EXAMINATIONS/ PROJECTS/ ASSIGNMENTS	TOTAL MARKS
5	5	40	50

**COURSE SYLLABUS**

**FOR**

**Personal Fitness Trainer**

<b>COURSE</b>	Personal Fitness Trainer	
<b>TOTAL MARKS</b>	Mark: 300	Internal Mark: 100
<b>TOTAL HOURS</b>	570 Hrs	

**DEFENITION OF CREDIT**

1 Credit	15Hrs Theory/ 30Hrs Practical
Skill Components	60 – 70 % of Total Credit

**MODULES INCLUDED IN THIS SUBJECT**

<b>SL NO</b>	<b>MODULE NAME</b>	<b>CREDIT BREAKUP</b>
1	Module 1: Introduction to personal fitness training	<b>1</b>
2	Module 2: Recommend a personal fitness training program	<b>3</b>
3	Module 3: Conduct personal fitness training program to meet fitness goals	<b>5</b>
4	Module 4: Review personal fitness training program	<b>3</b>
5	Module 5: Identify potential risks and respond to medical emergencies	<b>2</b>
6	Module 6: Maintain hygiene and sanitation	<b>1</b>
7	Module 7: Create an environmentally sustainable workplace	<b>1</b>
8	Module 8: On-the-Job Training	<b>3</b>
	Total	<b>19</b>

## Training Outcomes

- Conduct health and fitness assessment of the client.
- Create personal fitness training plan for the client.
- Conduct workout sessions to develop specific fitness requirements of the client.
- Guide clients to choose the correct equipment and machines required for their specific workout.
- Demonstrate correct forms, posture, and techniques to make exercise effective and injury free.
- Follow safety protocols for injury prevention and medical emergencies.
- Maintain hygiene and sanitation at the gym.

## **MODULES**

### **Module 1: Introduction to personal fitness training**

#### **THEORY**

- State the role and responsibilities of a personal fitness trainer.
- Discuss the qualities of a personal fitness trainer.
- List the career opportunities of a personal fitness trainer.

#### **PRACTICAL**

- Create a career progression chart of a personal fitness trainer.
- Role-play to highlight the important non- technical skills required to succeed as a personal fitness trainer (communication, presentation, grooming, etiquette, etc.)

### **Module 2: Recommend a personal fitness training program**

#### **THEORY**

- Explain the types of preliminary assessments to be conducted before planning for a personal fitness program.
- Explain the significance of planning the personal fitness program as per client's ability.
- Discuss the importance of maintaining the client's information confidential.
- Define SMART planning.
- Discuss the strategies to prevent clients' dropout from the program.
- List the sources of a balanced food for as per client's requirement (generic guidance).

#### **PRACTICAL**

- Demonstrate ways to identify postural deformities.
- Demonstrate tests to assess mobility and range of motion.
- Demonstrate tests to assess cardiovascular endurance, muscle strength, flexibility and BMI.
- Prepare a sample plan for personal fitness program.
- Role play to explain the demands of the program to clients ( program intensity, consistency, assessment, etc.)
- Create samples of daily workout and generic diet chart for the client.

### **Module 3: Conduct personal fitness training to meet fitness goals**

#### **THEORY**

- Explain the types of workouts and their benefits.
- Identify machines and equipment for the workout to develop specific fitness needs –endurance, strength, etc.
- Recall the specifics such as, number of repetitions, intensity for different exercises (cardiovascular capacity, strength, etc.)
- Recall the effectiveness of High Intensity Interval Training (HIIT)
- Discuss the factors affecting the fitness levels of the client.
- Discuss ways to identify if the client is uncomfortable to perform the physical activities.
- Discuss inappropriate behaviour and sexual harassment at workplace.

#### **PRACTICAL**

- Demonstrate fat loss, endurance and strength development workouts.
- Demonstrate workout to develop functional mobility.
- Demonstrate correct forms, posture, and techniques to make workout effective and injury free.
- Demonstrate proper warm up and cool down exercises.
- Apply gender-sensitive, non-discriminatory language.
- Role play trainer and client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help clients retain interest in training.

### **Module 4: Review personal fitness training program**

#### **THEORY**

- Discuss the importance of conducting an end- line assessment.
- Recall health and fitness assessments to be conducted to re-evaluate the fitness progress of the clients.
- Discuss ways to identify slow progress of clients' fitness levels and ways to realign goals.
- Discuss the importance of collecting feedback on methods of training.

#### **PRACTICAL**

- Demonstrate tests to re-assess posture, mobility and range of motion.
- Demonstrate tests to re-assess cardiovascular capacity, strength, etc.
- Create a sample comparative (pre-post) fitness assessment report of the clients.
- Create samples of self-evaluation forms for the clients.

- Analyze given fitness reports against the goal and recommend the next steps.
- Design a sample feedback form to collect feedback from clients on methods of training delivery.
- Prepare sample development plans based on the analysis of strengths & weaknesses of a clients.

## **Module 5: Identify potential risks and respond to medical emergencies**

### **THEORY**

- Discuss the common types of injuries that might occur during a workout.
- Explain the steps to be followed during medical emergencies.
- Explain the factors that lead to injuries during the workout.

### **PRACTICAL**

- Demonstrate ways to find if the injury is major or minor.
- Demonstrate the process of administering first aid for common injuries.
- Perform CPR (Cardio-Pulmonary Resuscitation)
- Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.

## **Module 6: Maintain hygiene and sanitation**

### **THEORY**

- Recall the importance of hygiene and sanitation regulatory at workplace.
- Discuss the ways to maintain personal hygiene before and after the workout.
- Identify the sanitizing agents which are safe for both machinery and equipment.
- Identify the sanitizing agents safe for the gym users.
- Discuss ways to promote a safe and interactive environment.

### **PRACTICAL**

- Demonstrate hygiene and sanitation checks of work area and equipment.
- Prepare a sample report on maintenance of hygiene and sanitation at the workplace.
- Demonstrate ways to sanitize equipment and machinery before and after the usage.
- Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.

## **Module 7: Create an environmentally sustainable workplace**

### **THEORY**

- Recognize the environment-friendly materials available to replace conventional materials.
- Discuss ways of disposing non-recyclable waste appropriately.
- Explain common sources of pollution and ways to minimize it.

### **PRACTICAL**

- Prepare statutory documents relevant to safety and hygiene.
- Demonstrate the methods of disposing of non-recyclable waste.
- Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.

## **Module 8: On-the-Job Training**

### **PRACTICAL**

- Plan a personal fitness training program.
- Conduct health and fitness assessments.
- Identify equipment, training area and other resources required for fitness training.
- Identify types of gym equipment.
- Conduct workouts to develop specific fitness.
- Demonstrate ways of communicating with participants using gender-sensitive, non-discriminatory language.
- Practice effective waste management techniques at the workplace.