**Fitness Trainer: Personal Trainer**

### Assessment Summary

### Practice & Preparation

* Prepare using the online tools available at: <https://worldskillsuk.org/>
* Where possible practice the tasks you don’t use in your everyday work or course.
* Speak to your employer or lecturer to ask for help with learning or equipment where needed.

### Marking Criteria

Below is a general example of how marks may be awarded.

National Qualifiers

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Criterion ID | Description | | | | Max. Marks |
| **C1-7** | **The Consultation** | | | | **28** |
| **S1-10** | **The Session** | | | | **40** |
| **P1-8** | **The Programme Card** | | | | **32** |
|  |  |  |  | Total Marks | 100.00 |

National Finals

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Criterion ID | Description | | | | Max. Marks |
| **PU2-1** | **Social Skills** | | | | **20** |
| **PU2-2** | **Motivating Others** | | | | **30** |
| **PU2-3** | **Use of Technology** | | | | **20** |
| **PU2-4** | **Behaviour Change** | | | | **30** |
| **PU2-5** | **Commercial Awareness** | | | | **30** |
| **PU2-6** | **Basic Presentations Standard** | | | | **20** |
|  |  |  |  | Total Marks | 150.00 |