

# ***Fitness Trainer***



Following registration through the WorldSkills UK website and completion of the online test, all competitors must provide a video demonstrating their practical skills, expertise and professional competence. Make sure that this provides evidence of what sets the competitor apart as an excellent trainer.

The video must be no longer than two minutes and may either be a continuous single session or a range of clips put together to showcase your skills. The footage must be exclusively of the competitor working with a client (or clients) without added special effects such as animation, title pages or subtitles.

The criteria headings that you will be judged against are:

	'The competitor's video...'
PS1	Shows effective communication & instructing skills
PS2	Provides evidence of their own exercise technique and professional competence
PS3	Is a useful promotional resource

A 10 point marking grid will be used by the judges and you should review this information to ensure that you meet the criteria laid out. The task tests your ability to effectively promote your skills as a Fitness Professional and competitors have a strict 2 minute slot to impress the judging panel with this introductory video.

Your video will be marked by a team of expert judges and the score combined with your online test score. These scores will determine whether we are able to offer you a place to come to a live heat in the summer.

# Fitness Trainer



## Competition Marking Form

### WorldSkills UK Fitness Trainer – Video Showcase

**Competitor Name:** [Click here to enter text.](#)

**Date of Marking:** [Click here to enter a date.](#)

**Judge Name:** [Click here to enter text.](#)

	Shown /1	Exceed /1	Total Mark
<b>Shows effective communication &amp; instructing skills</b>			
Demonstrates a professional and presentable appearance to customer(s)/ client(s)			/2
Displays a friendly, positive and approachable attitude to customer(s)/client(s)			/2
Demonstrates effective observation skills; monitoring customer/client performance			/2
Engages and interacts with the customer(s)/client(s) providing feedback and/or using questions			/2
<b>Provides evidence of their own exercise technique &amp; professional competence</b>			
Demonstrates the practical ability to work with a range of equipment (including freeweights) safely and effectively; reflecting current industry best practice			/2
Shows practical competence in more than one component of fitness			/2
Shows excellent movement quality and physical literacy			/2
Applies creativity/individuality to their practical approach to the task; showing charisma and/or presence			/2
<b>Collates a useful promotional resource</b>			
Makes effective use of the set two minute video duration (and does not exceed this)			/2
Provides clear and engaging information and/or imagery that would be ideal for promotional and social media use			/2
			/20