

Fitness Trainer



Fitness Assistant (SEN) – ‘Inclusive’ Competition

The WorldSkills UK Fitness Trainer Competition – Fitness Assistant (SEN) has been developed over several years to ensure that students working at lower levels, with disabilities are able to show off their skills in the health & fitness industry.

Students with additional needs can enter the competition and be introduced to our amazing partners, travel to world class venues and receive the same boosts to their careers as our personal trainer competitors. The competition will test current fitness/recreation/health & exercise students’ skills in a range of industry driven tasks where they will be judged by sector-leading experts from across the UK.

The competition is one of 10 competitions in the WorldSkills UK suite which is run specifically for students with additional learning/support needs. Fitness assistants will join woodworkers, horticulturalists, restaurant servers and many more at finals hosted alongside the 50+ other WorldSkills UK competitions at WorldSkills UK LIVE. WorldSkills UK LIVE is the UK’s largest careers and skills fair, held annually at the NEC in Birmingham and attracting over 70,000 visitors across three days.

Task Information 2020

Competitors will be required to fulfil a range of tasks that would be required of an Assistant Fitness Instructor working in a health club, gym or an outdoor space. These will include:

- Demonstrating a range of basic fundamental exercises using the floor, freeweights and a limited range of resistance machines.
- Working as part of a team on the gym floor
- Encouraging and motivating Personal Training clients
- Checking Personal Training client technique
- Setting up and organising equipment
- Recording information about the environment and client performance

Activities will take place in both public gym areas and private studio areas at the National Qualifiers.

Competition Organising Partner:



Fitness Trainer



Competition Specific Entry Criteria

In addition to the competition rules set by WorldSkills UK:

- Competitors must be enrolled – at the point of registration – on a certificate/qualification with a recognised Awarding Organisation (AO) which is relevant to the competition
 - The certificate/qualification must not be higher than RQF/CQFW Level 1, SCQF Level 4 or other equivalent level
- Competitors must have a cognitive impairment or physical disability which would prevent them from ever being likely to be able to study for an RQF/CQFW Level 3, SCQF Level 6 or other equivalent level certificate/qualification in exercise/sport/fitness etc
- A statement of support which outlines the individual needs of the competitor within the competition must be submitted along with registration

Example qualifications recommended for entry (a representative, not exhaustive list):

- JSLA Level 1
- BTEC Level 1 Sport & Active Leisure
- NVQ Level 1 Sport & Active Leisure
- NCFE Level 1 in Health & Fitness
- YMCA Awards Level 1 Fitness & Physical Activity
- Active IQ Level 1 Fitness & Physical Activity
- YMCA Level 1 Diploma in Introduction to the Active Leisure Sector
- BTEC Level 1 Introductory Diploma to Sport
- SCQF Level 4 Introduction to Sport, Leisure & Fitness
- National Certificate in Sport and Fitness (SCQF Level 4)

Group Award - Introduction to Sport, Leisure & Fitness (SCQF Level 4)

Competition Organising Partner:

