

Active iQ





**FITNESS  
TRAINER  
COMPETITION**

**TECHNICAL  
HANDBOOK**



**Fitness Trainer Finals 2019**



**Fitness Trainer Finals 2019**

# CONTENTS

# PAGE

<b>Introduction</b>	<b>P5</b>
Why competitors and institutions should sign up	
<b>Career Pathway</b>	<b>P6</b>
Job Role	
Working Hours	
Salary	
Progression	
<b>How to get Involved</b>	<b>P7</b>
Competition Categories	
Registration	
Competition Entry Fees	
Pre-competition Activity	
Resources	
<b>Entry Criteria</b>	<b>P8</b>
<b>Competition Stages</b>	<b>P9</b>
<b>Competition Process</b>	<b>P10</b>
<b>Judges Top Tips</b>	<b>P12</b>
<b>Sponsors</b>	<b>P13</b>

# INTRO- DUCTION

The WorldSkills UK Fitness Trainer Competition is a health and fitness skills competition for students in further education and training institutions across the UK.

It is the only active leisure skills competition for students working towards careers in the sport and leisure industry.

There are currently two competitions under the Fitness Trainer title:

- Fitness Trainer (Personal Trainer)
- Fitness Assistant (SEN/ ALN/ ASL)- 'Foundation Skill'

The competition has been written for the above categories to align with the relevant National Occupational Standard descriptors and to complement qualifications that exist in each of the areas. Feedback from employers and research has also been used in the design of the competition.



**Fitness Trainer Finals 2019**

## Why competitors and institutions should sign up

- a fantastic way to showcase and identify students' talents and achievement
- tests aspiring fitness professionals' knowledge and skills
- participants can compete at an institutional or national level
- can help motivate students
- kick-starts a student's career
- develops potential identifies
- and rewards talent
- institutions are able to shine a spotlight on the work they are doing, both within the region and the sector.
- increases the reputation of an institution. Unique selling point if their students reach the finals or wins the competition.
- the competition experience informs and enriches the teaching and learning process for both student and staff.

# CAREER PATHWAY

## Job Role

### Personal Trainer

A personal trainer develops tailored fitness programmes for their clients to help support, guide and motivate them to achieve their fitness and health goals.

Clients will all have different goals, but a personal trainer will need to understand each individual's goals and teach them how best to achieve them.

It is common for people new in the industry to have trained in junior roles such as a fitness assistant, fitness instructor or gym instructor before becoming a personal trainer.

### Fitness Assistant

A fitness assistant works within a gym environment in an assistant role, supporting Fitness Instructors and Personal Trainers with the delivery of exercise and physical activity.

They are required to support with tasks like welcoming clients, setting up equipment, demonstrating the use of equipment, monitoring use of equipment, maintenance with many more gym related activities and tasks.

Data taken from: <https://www.prospects.ac.uk/jobprofiles/personal-trainer>

## Working hours

Working hours vary dependent on whether you are self-employed or work within a gym. You will need to be flexible and willing to work evenings, early mornings and weekend.

## Salary

Freelance Personal Trainers earn between £20 and £40 an hour. Personal Trainers employed with a gym earn between £14,000 - £30,000

## Progression

**Level 1 Fitness Assistant-** You can take further training to become a fitness or gym instructor (level 2) or personal trainer (level 3) through a reputable training provider or college. This can be done through full time or part time education or even an apprenticeship where participants complete a formal qualification while working in industry.

**Level 3 Personal Trainer -** You can progress further as a personal trainer through either diversifying or specialising. There are a number of additional qualifications you can gain to further develop your career, expertise and offer to your clients. Some newly qualified personal trainers go on to university to study a physical activity-based course, but most go into business either within a fitness club or leisure provider or start up their own personal training business.

For further career advice and course options please visit the following: [CIMSPA](#), [The Register of Exercise Professionals](#) and [UK Active](#).

# HOW TO GET INVOLVED

## Competition categories

Fitness Trainer (Personal Trainer) is designed to be entered by any student on a Level 3 Personal Training or equivalent qualification.

Fitness Assistant (SEN/ ALN/ ASL) Foundation Skill is designed to be entered by students with Special Educational Needs on an Entry 3/ Level 1 Fitness Assistants or equivalent qualification. On invitation to the first stage of the competition, competitors will need to submit a statement of support (RARPA/ ECHP/ Action Plans).

Please note that within both categories reasonable adjustment can be made for all learner's needs. Please make sure learners state their special educational needs at the point of entry into the competition.

## Registration

Registration will be open through the [WorldSkills UK website](#).

## Competition entry fees

Entry into the competition is free for all stages, however competitors or institutions may need to cover travel expenses for the final stages.

## Resources

Resources for both the Personal Trainer and Fitness Assistant competition can be found within the Fitness Trainer Resource Hub.

The Resource Hub has various tasks and criteria, which will help competitors prepare for competition and see exactly what to expect, including how marks are awarded. Please contact [Fitnesstrainer.Comp@aoc.co.uk](mailto:Fitnesstrainer.Comp@aoc.co.uk) to request access.

## Pre- competition activity

Within the Fitness Trainer Resource Hub, there are resources to allow institutions to run their own in-house competitions for both the Personal Trainer and Fitness Assistant.

Additional resources such as the Gym Instructor category have been included for CPD and student development purposes. Currently this category does not sit within the WorldSkills UK body of competitions.

## Competition CPD

Registered competitors will have access to accredited CPD and qualifications through our lead sponsor Active IQ.



# ENTRY CRITERIA

## Competition entry criteria

Competitors can only enter a category which relates directly to their programme of study:

Personal Training entries must be enrolled with an Awarding Organisation for the Level 3 Certificate in Personal Training or equivalent.

Fitness Assistant entries must be enrolled with an Awarding Organisation for the Level 1 Certificate Fitness or equivalent.

Competitors may have achieved the qualification noted above (at the entering institution) during the competition, but they must not have achieved the qualification on or before 1st September of that academic year of competition, either at the same institution or with an alternative provider at any time.

Further entry criteria are laid out in the AoC Sport Fitness Trainer Competition Rules and Regulations and WorldSkills UK competition rules and regulation. Both will be made available at the point of registration.

Further entry criteria are laid out in the AoC Sport Fitness Trainer Competition Rules and Regulations and WorldSkills UK competition rules and regulation. Both will be made available at the point of registration.

For information on suitable courses for entry into the competition, please refer to the resource- "listed subject entry requirements" within the Fitness Trainer Resource Hub and dedicated skills pages on the WorldSkills UK website: [Personal Trainer & Fitness Assistant](#).



**Fitness Trainer Finals 2019**



# COMPETITION STAGES

STAGE	OVERVIEW	TIMESCALES
<b>1: INSTITUTION-BASED COMPETITION</b>	Individual institutions can run their own competition within the curriculum or as an additional enrichment and stretching exercise (within the categories of their choice). Resources are available through the Fitness Trainer Resource Hub.	September 2020 to February 2021
<b>2: PASSIVE STAGE</b>	Institutions enter their strongest students. Those in the Personal Trainer competition must take part in a passive stage, comprising of a test and a promotional video submission. Those who enter the Fitness Assistant will be invited directly to Stage 3 (National Qualifier). Unless demand exceeds expectation, a passive stage will not be held in the Fitness Assistant.	Spring 2021
<b>3: NATIONAL QUALIFIER</b>	The top scoring competitors from stage 2 in the Personal Trainer will be invited to attend the National Qualifier. This will be a virtual competition round.	Spring/Summer 2021
<b>4: NATIONAL FINALS</b>	The top scoring competitors from the National Qualifier will be invited to compete in the National Final (World Skills LIVE). Finalists will have the opportunity to access development training before the National Final.	November 2021

# COMPETITION PROCESS

## Competition Process

### Stage 1: Institution-based competition

Institutions can run their own internal competition to select their strongest entries and provide invaluable competition 'practice'.

AoC Sport will provide a comprehensive resource pack which includes all documentation required to run a college-based competition, including resources and templates for competitors.

Both the judging criteria and planning documents may be used to assist the coaching process.

It is hoped that institutions will run a formal competition day to select their strongest students and prepare competitors for the national qualifiers, if successful.

Institutions are also free to select competitors and enter them for the passive stage (test and video submission) without an official internal competition. Scores and placing information is not required for submission.

### Stage 2: Passive Stage

In the Personal Trainer competition, the passive stage comprises of two parts that have equal weighting: a theoretical test and a promotional video.

The tests will be provided and will be live during the registration period (exact dates will be confirmed).

The promotional video is to be uploaded (as requested by AoC Sport) by the competitor. The theoretical test and videos will be marked by independent, trained competition judges. The top scorers from this process will be invited to the National Qualifiers.

Competitors in the Fitness Assistant will not need to complete the passive stage, unless entries are larger than expected. If a passive stage is required competitors and institutions will be notified and given a full briefing with plenty of time to complete the task required.

### Stage 3: National Qualifier

Competitors in the Personal Trainer category will be selected for the National Qualifiers based on their performance in the test and promotional video.

Each competitor is required to prepare and submit a plan for their session in advance of the event. National Qualifiers will take place over Zoom (video conference platform) but will also have an element of pre-competition submission.

The competition category will run as follows:

**Personal Training** - Competitors plan and instruct a personal training session to an individual. The individual may or may not be known to them, but it is anticipated that the best competitors will use a client who they have worked with before.

Competitors are required to demonstrate a range of competencies and skills, including fitness testing, consultation, effective programming and instructing. Both the plan and session are judged on the day.

**Fitness Assistant** - 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 outdoor space.

This would include things like demonstrating a range of fundamental exercises, working as part of a team, motivating clients, checking technique, setting up equipment, recording information and more.

### Stage 4: National Final (WorldSkills LIVE)

The National Finals will form part of WorldSkills LIVE, which will take place over three days in November 2021.

The highest scoring competitors from the National Qualifiers will be invited to fill the competition spaces available.

Ahead of the National Final at WorldSkills LIVE in November, finalists will be invited to access development training between September and October. This training will prepare finalists for the competition and provide further career and skill development.

During the competition, finalists will have to complete a series of industry-related tasks in a competitive environment. There will be a variety of tasks which will test competitors' skills beyond education and assessment. Each task will be assessed and judged by industry experts.

The event has been extremely successful since inception and grows year on year. It is enthusiastically supported by several high profile sponsors as well as previous competitors, winners, and a well-established and highly qualified Judge Team.

# JUDGES TOP TIPS FOR COMPETITORS

- **read and understand information that is given to you.** This includes competition tasks and criteria.
- **work out in the gym** and train using the exercises you may at some point use with clients so you know them and can do them.
- **when you train, use mirrors and other PTs to check your technique** and ensure you are consistently precise and clear with everything you do. This includes use of bars, clips and putting equipment away.
- **get fitness testing.** Practice your testing technique and know your protocols, these should be second nature.
- **listen to what clients want** and plan for it. Keep detailed records about what they tell you about their lives and work out their barriers and incentives. Plan to overcome the issues.
- **get as much work experience as you can** and take any opportunity to work with clients with differing needs and goals. **work 1:1, 2:1 and with small groups**
- **find different venues and try them out**, a large commercial well-equipped gym, small functional space, the local park. What are the pros and cons – what tricks are up your sleeve if your usual training area is unavailable?
- **set yourself challenges...** can you train a client without equipment? Could you complete a workout in a client's kitchen in a 2m square space? Could you advise a non-runner on how to complete a half-marathon?
- **work out your 'market'.** Where are your interests and strengths? Who would benefit from your way of working and how are you going to market your services to reach them?

# WorldSkills UK Fitness Trainer Competition managed by AoC Sport

We would like to thank our  
industry lead sponsors

# Active iQ

## MATRIX FITNESS

And our expert judging team



Judging team at Fitness Trainer Finals 2019





## Fitness Trainer Competition Finals 2019

If you have any further questions or would like to get access to the Fitness Trainer Resource Hub please contact:

Competition Manager  
Angus Milligan

[Fitnesstrainer.Comp@aoc.co.uk](mailto:Fitnesstrainer.Comp@aoc.co.uk)