

SVQ 3 in Personal Training at SCQF Level 7

		SKAEF1				SKAEF13				SKAEF14				SKAEF15				SKAEF16				SKAEF17				SKAEF18			
		Health, safety and welfare promotion in active leisure and recreation				Assist participants to maintain long term adherence to exercise and physical activity				Evaluate exercise and physical activity programmes				Design, manage and adapt a personal training programme with participants				Deliver exercise and physical activity as part of a personal training programme				Apply the principles of nutrition to support participant goals as part of an exercise and physical activity programme				Plan, market and sell services in Active Leisure			
		SCQF L3	SCQF L4	SCQF L5	SCQF L6	SCQF L3	SCQF L4	SCQF L5	SCQF L6	SCQF L3	SCQF L4	SCQF L5	SCQF L6	SCQF L3	SCQF L4	SCQF L5	SCQF L6	SCQF L3	SCQF L4	SCQF L5	SCQF L6	SCQF L3	SCQF L4	SCQF L5	SCQF L6	SCQF L3	SCQF L4	SCQF L5	SCQF L6
Communication	Reading and Understanding	✓	✓	✓		✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✓
	Writing	✓	✓	✗		✗	✗	✗	✗	✓	✓	✓	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✓	✗
	Speaking and Listening	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Numeracy	Using number	✗	✗	✗		✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✓	✗
	Measuring	✓	✗	✗		✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗
	Use graphical format to find out information	✓	✗	✗		✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✓	✗
	Use graphical format to communicate information	✗	✗	✗		✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✓	✗	✗	✗	✗	✗	✓	✓	✓	✗
Information and Communication Technology (ICT)	Performing ICT operations	✓	✓	✗		✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗
	Processing information	✓	✓	✗		✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗
	Accessing information	✓	✓	✗		✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗
	Keeping information safe	✓	✓	✗		✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗	✓	✓	✗	✗
Problem solving	Critical thinking	✓	✓	✗		✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✗
	Planning and organising	✓	✓	✗		✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✗
	Reviewing and evaluating	✓	✓	✗		✓	✓	✗	✗	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓	✓	✗
Working with others	Working co-operatively with others	✓	✓	✗		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Reviewing co-operative contribution	✓	✓	✗		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓