



Summary

Training is teaching, or developing in oneself or others, any skills and knowledge that relate to specific useful competencies. Training has specific goals of improving one's capability, capacity, productivity and performance. It forms the core of apprenticeships and provides the backbone of content at institutes of technology. One would think that of all the training needs facing an organization, selecting a trainer would be the simplest, a matter of hiring the right person for the job. Selection of trainers can be done in different parts Identify Trainer Competencies, Behaviour-Based Interview with Human Resources, Candidate Presentations. A health club (also known as a fitness club, fitness centre, health spa, and commonly referred to as a gym) is a place that houses exercise equipment for the purpose of physical exercise. It is usually a commercial establishment having members who pay a fee to use its health and fitness facilities and equipment.