



# Sports Masseur

QP Code: SPF/Q1103

Version: 1.0

NSQF Level: 4

Sports, Physical Education, Fitness and Leisure Sector Skill Council || FICCI, Federation House, Tansen Marg  
New Delhi 110001

## Qualification Pack

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## SPF/Q1103: Sports Masseur

### Brief Job Description

The responsibilities of the Sports Masseurs include manipulating muscle tissues to release tension, reduce pain, restore range of movement, ensure timely recovery and promote good body condition usually under the supervision of a medical doctor or a physiotherapist

### Personal Attributes

The individual must be sensitive to the organizations Code of conduct and possess the necessary etiquetteto make the client comfortable. He must possess the confidence and professionalism to perform his role with cultural and situational sensitivity. Must also possess the ability to listen to client and empathize with their health and emotional issues

### Applicable National Occupational Standards (NOS)

#### Compulsory NOS:

1. [SPF/N1108: Prepare for Massage Session](#)
2. [SPF/N1109: Carry out Massage therapy](#)
3. [SPF/N1110: Perform Post Massage Activities](#)
4. [SPF/N1113: Maintain Health and Safety Measures](#)

### Qualification Pack (QP) Parameters

<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports, Fitness and Leisure
<b>Occupation</b>	Sports Masseur
<b>Country</b>	India
<b>NSQF Level</b>	4
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2004/3226.40
<b>Minimum Educational Qualification &amp; Experience</b>	12th Class (Preferably with Biology)
<b>Minimum Level of Education for Training in School</b>	

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<b>Pre-Requisite License or Training</b>	Massage Techniques
<b>Minimum Job Entry Age</b>	18 Years
<b>Last Reviewed On</b>	22/01/2015
<b>Next Review Date</b>	31/03/2021
<b>Deactivation Date</b>	31/03/2021
<b>NSQC Approval Date</b>	03/08/2018
<b>Version</b>	1.0

## Qualification Pack

### SPF/N1108: Prepare for Massage Session

#### Description

This unit is about preparing for massage

#### Scope

This OS unit/task covers the following:

- Examine the athlete
- Perform inspection of the equipment and the massage area

#### Elements and Performance Criteria

##### *Examine the Athlete*

To be competent, the user/individual on the job must be able to:

- PC1.** perform physical examination of the athlete
- PC2.** capture and study the past medical and fitness history of the athlete
- PC3.** understand the problems faced by the athlete and identify the root cause for the problems

##### *Perform inspection of the equipment and massage area*

To be competent, the user/individual on the job must be able to:

- PC4.** perform a visual inspection of the massage equipment and massage area. Check whether they are in appropriate, safe and hygienic condition prior to starting of massage sessions
- PC5.** report any issues related to massage equipment or massage area to concerned authority/management.
- PC6.** check and verify that the issues have been resolved and that the massage can be performed

#### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organizational procedure for accidents, safety.
- KU2.** types of massage equipment used by organization
- KU3.** types of emergency equipment such as defibrillator, oxygen tank and location of the same
- KU4.** escalation matrix for reporting problems
- KU5.** emergency response teams aligned to organization
- KU6.** emergency evacuation procedure/ protocol followed by organization
- KU7.** relevant guidelines
- KU8.** roles and responsibilities of all individuals/teams involved in the organizational relevant to massage therapy.
- KU9.** guest rules/ rights for usage of massage facility
- KU10.** first aid codes of practice

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- KU11.** emergency response procedures how to provide cpr, use artificial breathing devices to resuscitate persons
- KU12.** administration of basic first aid
- KU13.** understanding of anatomy and physiology.
- KU14.** accepted best practice principles of massage techniques
- KU15.** identification of muscles responsible for various movements
- KU16.** understanding of the effect of various massage techniques
- KU17.** business, professional and ethical code of conduct
- KU18.** occupational health and safety guidelines for performing massage therapy

## Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** noting down medical and fitness history of athletes
- GS2.** report what massage was carried out for the athlete
- GS3.** fill in insurance forms etc
- GS4.** ability to read and understand the recommendations of the physiotherapist/medical practitioner.
- GS5.** Ability to read and understand all usage and safety manuals for massage equipment.
- GS6.** read and learn about latest developments and best practices
- GS7.** giving full attention to what the athlete is saying, taking time to understand the points made and responding to relevant questions
- GS8.** communicating in a clear and polite manner with athletes when receiving enquiries, clarifications or feedback about pain felt.
- GS9.** explain the massage that would be carried out
- GS10.** communicating effectively with senior citizens and young children to maintain safety
- GS11.** in case of emergency, communication skills to: \* assert and reassure the athlete \*give clear and concise instructions \* provide clear and accurate information to emergency authorities
- GS12.** determine best therapy to provide based on symptoms
- GS13.** decide if treatment should be terminated in special circumstances
- GS14.** determine if additional medical treatment/ consulting is required and advice accordingly
- GS15.** maintain a record of massages sessions carried out
- GS16.** recommend when the next session is to be held to the athlete.
- GS17.** work effectively as a team with emergency respondents, first aid medics etc
- GS18.** discuss sensitive health issues with clients in an open and understanding manner
- GS19.** treat clients with care and follow organizational policy in case of conflicts
- GS20.** ensure clients are physically comfortable during treatment
- GS21.** ability to identify the needs of the athlete and change the massage technique
- GS22.** notice when something is wrong or is likely to go wrong.
- GS23.** identify problems, develop, review, and apply solutions.
- GS24.** concentrate and not be distracted while performing the task.



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- GS25.** assess massage equipment condition and any maintenance required
- GS26.** in case of situations that are out of norm, ability to assess situation and act accordingly.
- GS27.** assess the situation and provide instructions/follow directions to deal with emergency situations

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Examine the Athlete</i>	<b>15</b>	<b>30</b>	-	-
<b>PC1.</b> perform physical examination of the athlete	5	10	-	-
<b>PC2.</b> capture and study the past medical and fitness history of the athlete	5	10	-	-
<b>PC3.</b> understand the problems faced by the athlete and identify the root cause for the problems	5	10	-	-
<i>Perform inspection of the equipment and massage area</i>	<b>15</b>	<b>40</b>	-	-
<b>PC4.</b> perform a visual inspection of the massage equipment and massage area. Check whether they are in appropriate, safe and hygienic condition prior to starting of massage sessions	5	15	-	-
<b>PC5.</b> report any issues related to massage equipment or massage area to concerned authority/ management.	5	10	-	-
<b>PC6.</b> check and verify that the issues have been resolved and that the massage can be performed	5	15	-	-
<b>NOS Total</b>	<b>30</b>	<b>70</b>	-	-

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1108
<b>NOS Name</b>	Prepare for Massage Session
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports, Fitness and Leisure
<b>Occupation</b>	Sports Masseur
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	22/01/2015
<b>Next Review Date</b>	21/01/2017
<b>NSQC Clearance Date</b>	03/08/2018

## Qualification Pack

### SPF/N1109: Carry out Massage therapy

#### Description

This unit is about preparing for massage

#### Scope

The unit/ task covers the following:

- Prepare and explain the massage plan to the athlete
- Perform the massage as per the plan

#### Elements and Performance Criteria

##### *Prepare and explain the massage plan to athlete*

To be competent, the user/individual on the job must be able to:

- PC1.** based on an understanding of the problems and the root causes, select the appropriate massage technique for the athlete, in consultation with medical practitioner, physiotherapist, coach, etc.
- PC2.** familiarize the athlete with the massage equipment, means and methods that would be used in the course of the treatment
- PC3.** discuss the aims of the session and benefits with the athlete
- PC4.** explain the controls and regulations of the massage process and modifications to the plan as per the requirement based on intensity, incorrect techniques, symptoms of over massage and safety
- PC5.** Explain the dos and Donts to the athlete during massage

##### *Perform the massage as per the plan*

To be competent, the user/individual on the job must be able to:

- PC6.** carry out the selected massage with the right means, methods and resources
- PC7.** ensure that the athlete is comfortable through the massage
- PC8.** modify the massage plan and technique if the athlete reports any pain while the massage is underway

#### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organizational procedure for accidents, safety
- KU2.** types of massage equipment used by organization
- KU3.** types of emergency equipment such as defibrillator, oxygen tank and location of the same
- KU4.** escalation matrix for reporting problems
- KU5.** emergency response teams aligned to organization
- KU6.** emergency evacuation procedure/ protocol followed by organization

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- KU7.** relevant guidelines
- KU8.** roles and responsibilities of all individuals/teams involved in the organizational relevant to massage therapy.
- KU9.** guest rules/ rights for usage of massage facility
- KU10.** first aid codes of practice
- KU11.** emergency response procedures how to provide cpr, use artificial breathing devices to resuscitate persons
- KU12.** administration of basic first aid
- KU13.** understanding of anatomy and physiology
- KU14.** accepted best practice principles of massage techniques
- KU15.** identification of muscles responsible for various movements
- KU16.** understanding of the effect of various massage techniques
- KU17.** business, professional and ethical code of conduct
- KU18.** occupational health and safety guidelines for performing massage therapy

## Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** noting down medical and fitness history of athletes
- GS2.** report what massage was carried out for the athlete.
- GS3.** fill in insurance forms etc
- GS4.** ability to read and understand the recommendations of the physiotherapist/medical practitioner
- GS5.** ability to read and understand all usage and safety manuals for massage equipment
- GS6.** read and learn about latest developments and best practices
- GS7.** giving full attention to what the athlete is saying, taking time to understand the points made and responding to relevant questions
- GS8.** communicating in a clear and polite manner with athletes when receiving enquiries, clarifications or feedback about pain felt
- GS9.** explain the massage that would be carried out
- GS10.** communicating effectively with senior citizens and young children to maintain safety
- GS11.** in case of emergency, communication skills to: \* assert and reassure the athlete\* give clear and concise instructions \* provide clear and accurate information to emergency authorities
- GS12.** determine best therapy to provide based on symptoms
- GS13.** decide if treatment should be terminated in special circumstances
- GS14.** determine if additional medical treatment/ consulting is required and advice accordingly
- GS15.** maintain a record of massages sessions carried out.
- GS16.** recommend when the next session is to be held to the athlete.
- GS17.** work effectively as a team with emergency respondents, first aid medics etc.
- GS18.** discuss sensitive health issues with clients in an open and understanding manner
- GS19.** treat clients with care and follow organizational policy in case of conflicts

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- GS20.** ensure clients are physically comfortable during treatment
- GS21.** ability to identify the needs of the athlete and change the massage technique
- GS22.** notice when something is wrong or is likely to go wrong.
- GS23.** identify problems, develop, review, and apply solutions
- GS24.** concentrate and not be distracted while performing the task.
- GS25.** assess massage equipment condition and any maintenance required
- GS26.** in case of situations that are out of norm, ability to assess situation and act accordingly.
- GS27.** assess the situation and provide instructions/follow directions to deal with emergency situations

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Prepare and explain the massage plan to athlete</i>	<b>16</b>	<b>43</b>	-	-
<b>PC1.</b> based on an understanding of the problems and the root causes, select the appropriate massage technique for the athlete, in consultation with medical practitioner, physiotherapist, coach, etc.	4	8	-	-
<b>PC2.</b> familiarize the athlete with the massage equipment, means and methods that would be used in the course of the treatment	3	9	-	-
<b>PC3.</b> discuss the aims of the session and benefits with the athlete	2	8	-	-
<b>PC4.</b> explain the controls and regulations of the massage process and modifications to the plan as per the requirement based on intensity, incorrect techniques, symptoms of over massage and safety	3	10	-	-
<b>PC5.</b> Explain the dos and Donts to the athlete during massage	4	8	-	-
<i>Perform the massage as per the plan</i>	<b>9</b>	<b>32</b>	-	-
<b>PC6.</b> carry out the selected massage with the right means, methods and resources	4	15	-	-
<b>PC7.</b> ensure that the athlete is comfortable through the massage	2	7	-	-
<b>PC8.</b> modify the massage plan and technique if the athlete reports any pain while the massage is underway	3	10	-	-
<b>NOS Total</b>	<b>25</b>	<b>75</b>	-	-

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1109
<b>NOS Name</b>	Carry out Massage therapy
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports, Fitness and Leisure
<b>Occupation</b>	Sports Masseur
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	22/01/2015
<b>Next Review Date</b>	21/01/2017
<b>NSQC Clearance Date</b>	03/08/2018

## Qualification Pack

### SPF/N1110: Perform Post Massage Activities

#### Description

This unit is about performing post massage activities

#### Scope

The OS unit/task covers the following:

- Monitor the condition of the Athlete
- Update the massage plan as required

#### Elements and Performance Criteria

##### *Monitor the condition of the Athlete*

To be competent, the user/individual on the job must be able to:

- PC1.** update athletes fitness and medical record after the massage
- PC2.** ensure that the athlete is in a good condition to participate in the next sports session
- PC3.** advise the athlete on self-treatment as prescribed by the physiotherapist
- PC4.** refer the athlete to a qualified medical doctor if required.

##### *Update the massage plan as required*

To be competent, the user/individual on the job must be able to:

- PC5.** periodically have the athlete visit the centre and assess the athletes body condition.
- PC6.** determine the areas of improvement. and note down the progress.
- PC7.** provide feedback to the athlete and coach/trainer
- PC8.** update the massage plan in consultation with the physiotherapist and medical practitioner if required

#### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organizational procedure for accidents, safety
- KU2.** types of massage equipment used by organization
- KU3.** types of emergency equipment such as defibrillator, oxygen tank and location of the same
- KU4.** escalation matrix for reporting problems
- KU5.** emergency response teams aligned to organization
- KU6.** emergency evacuation procedure/ protocol followed by organization
- KU7.** relevant guidelines
- KU8.** roles and responsibilities of all individuals/teams involved in the organizational relevant to massage therapy.
- KU9.** guest rules/ rights for usage of massage facility

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- KU10.** first aid codes of practice
- KU11.** emergency response procedures how to provide cpr, use artificial breathing devices to resuscitate persons
- KU12.** administration of basic first aid
- KU13.** understanding of anatomy and physiology
- KU14.** accepted best practice principles of massage techniques
- KU15.** identification of muscles responsible for various movements
- KU16.** understanding of the effect of various massage techniques
- KU17.** business, professional and ethical code of conduct
- KU18.** occupational health and safety guidelines for performing massage therapy

## Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** noting down medical and fitness history of athletes
- GS2.** report what massage was carried out for the athlete
- GS3.** fill in insurance forms etc
- GS4.** ability to read and understand the recommendations of the physiotherapist/medical practitioner
- GS5.** ability to read and understand all usage and safety manuals for massage equipment.
- GS6.** read and learn about latest developments and best practices
- GS7.** giving full attention to what the athlete is saying, taking time to understand the points made and responding to relevant questions
- GS8.** communicating in a clear and polite manner with athletes when receiving enquiries, clarifications or feedback about pain felt.
- GS9.** explain the massage that would be carried out.
- GS10.** communicating effectively with senior citizens and young children to maintain safety
- GS11.** in case of emergency, communication skills to: \* assert and reassure the athlete\* give clear and concise instructions.\* provide clear and accurate information to emergency authorities
- GS12.** determine best therapy to provide based on symptoms
- GS13.** decide if treatment should be terminated in special circumstances
- GS14.** determine if additional medical treatment/ consulting is required and advice accordingly
- GS15.** maintain a record of massages sessions carried out.
- GS16.** recommend when the next session is to be held to the athlete
- GS17.** work effectively as a team with emergency respondents, first aid medics etc.
- GS18.** discuss sensitive health issues with clients in an open and understanding manner
- GS19.** treat clients with care and follow organizational policy in case of conflicts
- GS20.** ensure clients are physically comfortable during treatment
- GS21.** ability to identify the needs of the athlete and change the massage technique.
- GS22.** notice when something is wrong or is likely to go wrong.
- GS23.** identify problems, develop, review, and apply solutions



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- GS24.** concentrate and not be distracted while performing the task
- GS25.** assess massage equipment condition and any maintenance required.
- GS26.** in case of situations that are out of norm, ability to assess situation and act accordingly.
- GS27.** assess the situation and provide instructions/follow directions to deal with emergency situations.

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Monitor the condition of the Athlete</i>	<b>13</b>	<b>37</b>	-	-
<b>PC1.</b> update athletes fitness and medical record after the massage	3	7	-	-
<b>PC2.</b> ensure that the athlete is in a good condition to participate in the next sports session	3	12	-	-
<b>PC3.</b> advise the athlete on self-treatment as prescribed by the physiotherapist	4	11	-	-
<b>PC4.</b> refer the athlete to a qualified medical doctor if required.	3	7	-	-
<i>Update the massage plan as required</i>	<b>12</b>	<b>38</b>	-	-
<b>PC5.</b> periodically have the athlete visit the centre and assess the athletes body condition.	3	12	-	-
<b>PC6.</b> determine the areas of improvement. and note down the progress.	3	12	-	-
<b>PC7.</b> provide feedback to the athlete and coach/trainer	3	7	-	-
<b>PC8.</b> update the massage plan in consultation with the physiotherapist and medical practitioner if required	3	7	-	-
<b>NOS Total</b>	<b>25</b>	<b>75</b>	-	-

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1110
<b>NOS Name</b>	Perform Post Massage Activities
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports, Fitness and Leisure
<b>Occupation</b>	Sports Masseur
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	22/01/2015
<b>Next Review Date</b>	21/01/2017
<b>NSQC Clearance Date</b>	03/08/2018

## Qualification Pack

### SPF/N1113: Maintain Health and Safety Measures

#### Description

This unit is about health and safety measures

#### Scope

This OS unit/task covers the following:

- Identify and report all emergencies/accidents/safety breaches
- Inspect activity area and equipment to ensure it is in safe/working condition
- Maintain health and safety protocol during all activities

#### Elements and Performance Criteria

##### *Identify and report all emergencies/accidents/ safety breaches*

To be competent, the user/individual on the job must be able to:

- PC1.** in case of signs of any emergency situation or accident or breach of safety immediately follow organizational protocol to deploy action
- PC2.** identify reasons for occurrence of incident
- PC3.** capture reasons and response/action taken into incident report/note to manager
- PC4.** report any deviations from standard protocol along with reasons (if any)

##### *Inspect activity area and equipment to ensure it is in safe/working condition*

To be competent, the user/individual on the job must be able to:

- PC5.** visually inspect the activity area and equipment for appropriate and safe condition.
- PC6.** report any issues related to equipment and activity area to the concerned personnel or management.
- PC7.** ensure all safety/emergency/medical equipment is readily accessible in case of any incident

##### *Maintain health and safety protocol during all activities*

To be competent, the user/individual on the job must be able to:

- PC8.** ensure ones own physical fitness is in good condition
- PC9.** follow all health and safety guidelines as per organizational procedures
- PC10.** ensure appropriate protocol is followed in case of any incident by all relevant staff

#### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** organizational procedure/protocol for accidents, safety.
- KU2.** types of emergency equipment such as stretcher, first aid box and location of the same
- KU3.** escalation matrix for reporting problems
- KU4.** emergency response teams aligned to organization
- KU5.** emergency evacuation procedure/ protocol followed by organization

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- KU6.** roles and responsibilities of all individuals/teams involved in the organizational relevant physical exercise and fitness
- KU7.** guest rules/ rights for usage of exercise facility/gym
- KU8.** guidelines for managing guests
- KU9.** use of different equipment relevant to role and maintenance of the same
- KU10.** emergency response procedures how to assess physical injuries and provide emergency relief
- KU11.** administration of basic first aid
- KU12.** occupational health and safety guidelines for providing personal training
- KU13.** impact of exercises on body
- KU14.** exercise limitations based on physical and mental limitations
- KU15.** instructions on usage of various gym equipments.

## Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** noting down incident reports/maintenance schedule for equipment
- GS2.** fill in insurance forms etc.
- GS3.** ability to read and understand all usage and safety manuals for equipment.
- GS4.** read and learn the industrial and business safety policies.
- GS5.** communicating in a clear and polite manner with clients when receiving enquiries, clarifications or feedback on safety/rules and regulations
- GS6.** explain the health and safety guidelines in a clear manner
- GS7.** providing clear instructions to clients/guests.
- GS8.** ensuring clients adhere to safety guideline.
- GS9.** decide if training should be terminated or altered in terms of safety and health.
- GS10.** determine if additional safety equipment required.
- GS11.** maintain daily records in a precise manner of any accidents/incidents
- GS12.** work effectively with safety measures.
- GS13.** discuss sensitive health issues with clients in an open and understanding manner
- GS14.** treat clients/trainees/athletes with care and follow organizational policy in case of conflicts
- GS15.** ensure clients are physically comfortable in the environment
- GS16.** notice when something is wrong or is likely to go wrong.
- GS17.** identify problems, develop, review, and apply solutions
- GS18.** concentrate and not be distracted while performing the task.
- GS19.** assess equipment conditions and perform any maintenance required.
- GS20.** in case of situations that are out of norm, ability to assess situation and act accordingly
- GS21.** assess the situation and provide instructions/follow directions to deal with emergency situations
- GS22.** develop solutions for common emergency situations/issues.

## Qualification Pack

### Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Identify and report all emergencies/accidents/ safety breaches</i>	<b>12</b>	<b>28</b>	-	-
<b>PC1.</b> in case of signs of any emergency situation or accident or breach of safety immediately follow organizational protocol to deploy action	3	7	-	-
<b>PC2.</b> identify reasons for occurrence of incident	3	7	-	-
<b>PC3.</b> capture reasons and response/action taken into incident report/note to manager	3	7	-	-
<b>PC4.</b> report any deviations from standard protocol along with reasons (if any)	3	7	-	-
<i>Inspect activity area and equipment to ensure it is in safe/working condition</i>	<b>9</b>	<b>21</b>	-	-
<b>PC5.</b> visually inspect the activity area and equipment for appropriate and safe condition.	3	7	-	-
<b>PC6.</b> report any issues related to equipment and activity area to the concerned personnel or management.	3	7	-	-
<b>PC7.</b> ensure all safety/emergency/medical equipment is readily accessible in case of any incident	3	7	-	-
<i>Maintain health and safety protocol during all activities</i>	<b>9</b>	<b>21</b>	-	-
<b>PC8.</b> ensure ones own physical fitness is in good condition	3	7	-	-
<b>PC9.</b> follow all health and safety guidelines as per organizational procedures	3	7	-	-
<b>PC10.</b> ensure appropriate protocol is followed in case of any incident by all relevant staff	3	7	-	-
<b>NOS Total</b>	<b>30</b>	<b>70</b>	-	-

## Qualification Pack

### National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	SPF/N1113
<b>NOS Name</b>	Maintain Health and Safety Measures
<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports, Fitness and Leisure
<b>Occupation</b>	Fitness Trainer
<b>NSQF Level</b>	4
<b>Credits</b>	TBD
<b>Version</b>	1.0
<b>Last Reviewed Date</b>	22/01/2015
<b>Next Review Date</b>	21/01/2017
<b>NSQC Clearance Date</b>	03/08/2018

## Assessment Guidelines and Assessment Weightage

### Assessment Guidelines

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Element/ Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each Element/ PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4. Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below).
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
6. To pass the Qualification Pack assessment, every trainee should score the Recommended Pass % aggregate for the QP.
7. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

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**Minimum Aggregate Passing % at QP Level : 70**

(Please note: Every Trainee should score a minimum aggregate passing percentage as specified above, to successfully clear the Qualification Pack assessment.)

## Assessment Weightage

Compulsory NOS

National Occupational Standards	Theory Marks	Practical Marks	Project Marks	Viva Marks	Total Marks	Weightage
SPF/N1108.Prepare for Massage Session	30	70	-	-	100	25
SPF/N1109.Carry out Massage therapy	25	75	-	-	100	25
SPF/N1110.Perform Post Massage Activities	25	75	-	-	100	25
SPF/N1113.Maintain Health and Safety Measures	30	70	-	-	100	25
<b>Total</b>	<b>110</b>	<b>290</b>	<b>-</b>	<b>-</b>	<b>400</b>	<b>100</b>

## Acronyms

<b>NOS</b>	National Occupational Standard(s)
<b>NSQF</b>	National Skills Qualifications Framework
<b>QP</b>	Qualifications Pack
<b>TVET</b>	Technical and Vocational Education and Training

## Qualification Pack

### Glossary

<b>Sector</b>	Sector is a conglomeration of different business operations having similar business and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
<b>Sub-sector</b>	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
<b>Occupation</b>	Occupation is a set of job roles, which perform similar/ related set of functions in an industry.
<b>Job role</b>	Job role defines a unique set of functions that together form a unique employment opportunity in an organisation.
<b>Occupational Standards (OS)</b>	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the Knowledge and Understanding (KU) they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
<b>Performance Criteria (PC)</b>	Performance Criteria (PC) are statements that together specify the standard of performance required when carrying out a task.
<b>National Occupational Standards (NOS)</b>	NOS are occupational standards which apply uniquely in the Indian context.
<b>Qualifications Pack (QP)</b>	QP comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A QP is assigned a unique qualifications pack code.
<b>Unit Code</b>	Unit code is a unique identifier for an Occupational Standard, which is denoted by an 'N'
<b>Unit Title</b>	Unit title gives a clear overall statement about what the incumbent should be able to do.
<b>Description</b>	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
<b>Scope</b>	Scope is a set of statements specifying the range of variables that an individual may have to deal with in carrying out the function which have a critical impact on quality of performance required.

## Qualification Pack

<b>Knowledge and Understanding (KU)</b>	Knowledge and Understanding (KU) are statements which together specify the technical, generic, professional and organisational specific knowledge that an individual needs in order to perform to the required standard.
<b>Organisational Context</b>	Organisational context includes the way the organisation is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
<b>Technical Knowledge</b>	Technical knowledge is the specific knowledge needed to accomplish specific designated responsibilities.
<b>Core Skills/ Generic Skills (GS)</b>	Core skills or Generic Skills (GS) are a group of skills that are the key to learning and working in today's world. These skills are typically needed in any work environment in today's world. These skills are typically needed in any work environment. In the context of the OS, these include communication related skills that are applicable to most job roles.
<b>Electives</b>	Electives are NOS/set of NOS that are identified by the sector as contributive to specialization in a job role. There may be multiple electives within a QP for each specialized job role. Trainees must select at least one elective for the successful completion of a QP with Electives.
<b>Options</b>	Options are NOS/set of NOS that are identified by the sector as additional skills. There may be multiple options within a QP. It is not mandatory to select any of the options to complete a QP with Options.