

QUALIFICATIONS PACK - OCCUPATIONAL STANDARDS FOR SPORTS INDUSTRY



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What are Occupational Standards(OS)?

- OS describe what individuals need to do, know and understand in order to carry out a particular job role or function
- OS are performance standards that individuals must achieve when carrying out functions in the workplace, together with specifications of the underpinning knowledge and understanding

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Introduction

Qualifications Pack – Sports Coach

SECTOR: SPORTS

SUB-SECTOR: Sports Fitness and Leisure

OCCUPATION: SPORTS COACH

REFERENCE ID: SPF/Q1101

ALIGNED TO: NCO-2004/3475.45

Brief Job Description: Individuals in this role are involved in the direction, instruction and training of the operations of a sports team or of individual sportspeople. Responsibilities include planning, preparing schedules and activities, delivery of instructions and monitoring of coaching programmes and sessions

Personal Attributes: Individuals should possess the patience to coach individuals, willing to listen and nurture their abilities. They should be self-motivated individuals interested in teaching and knowledgeable about sports.

Job Details

Qualifications Pack Code	SPF/Q1101		
Job Role	Sports Coach the job role is applicable for national/international scenarios		
Credits (NSQF)	TBD	Version number	1.0
Sector	Sports	Drafted on	21/01/2015
Sub-sector	Sports, Fitness & Leisure	Last reviewed on	22/01/2015
Occupation	Fitness Trainer	Next review date	21/01/2017
NSQC Clearance on*	Not Applicable		

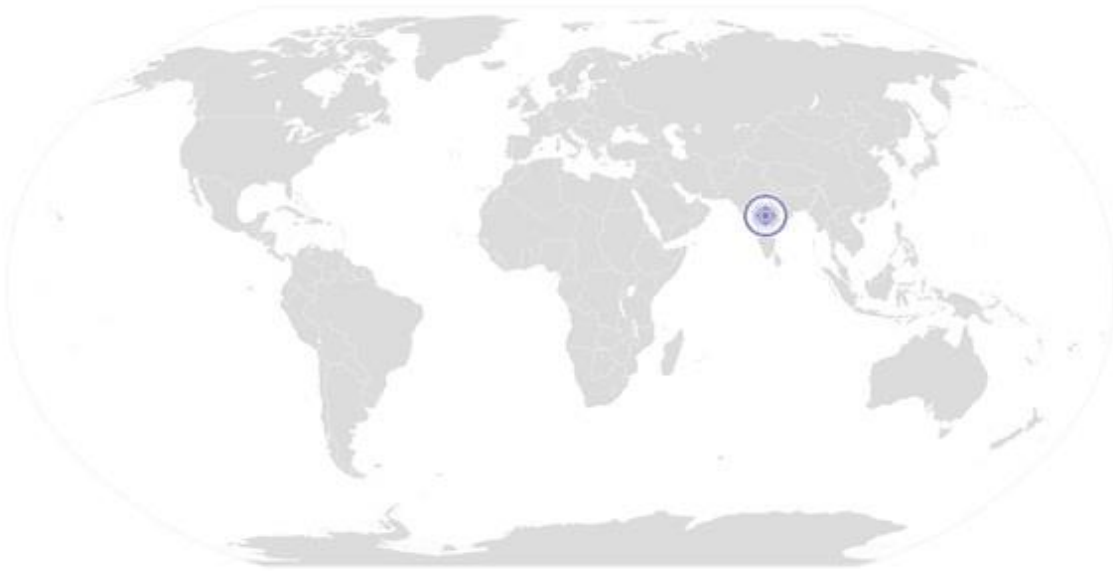
Job Role	Sports Coach (Sports teacher, coach or sports instructor)
Role Description	A sports coach provides direction, instruction and training of the operations of a sports team or of individual sportsperson
NSQF level	5
Minimum Educational Qualifications*	Class XII
Maximum Educational Qualifications*	Graduate
Training (Suggested but not mandatory)	Fitness/sports training
Minimum Job Entry Age	As per Government rules
Experience	Must have participated in district/ state level in any sport, should have basic knowledge 2-3 other sports
Applicable National Occupational Standards (NOS)	<p>Compulsory:</p> <ol style="list-style-type: none"> SPF/N0101 (Planning Programmes) SPF/N0102 (Prepare for Coaching) SPF/N0103 (Delivery of Coaching Sessions) SPF/N0104 (Perform Monitoring and Evaluation) <p>Optional: Not Applicable</p>
Performance Criteria	As described in the relevant OS units

Keywords /Terms	Description
Sector	Sector is a conglomeration of different business operations having similar businesses and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/related set of functions in an industry.
Function	Function is an activity necessary for achieving the key purpose of the sector, occupation, or area of work, which can be carried out by a person or a group of persons. Functions are identified through functional analysis and form the basis of OS.
Job Role	Job role defines a unique set of functions that together form a unique employment opportunity in an organization.
OS	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the knowledge and understanding they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
Performance Criteria	Performance Criteria are statements that together specify the standard of performance required when carrying out a task.
NOS	NOS are Occupational Standards which apply uniquely in the Indian context.
Qualifications Pack Code	Qualifications Pack Code is a unique reference code that identifies a qualifications pack.
Qualifications Pack	Qualifications Pack comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A Qualifications Pack is assigned a unique qualification pack code.
Unit Code	Unit Code is a unique identifier for an Occupational Standard , which is denoted by an 'N'.
Unit Title	Unit Title gives a clear overall statement about what the incumbent should be able to do.
Description	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.
Knowledge and Understanding	Knowledge and Understanding are statements which together specify the technical, generic, professional and organizational specific knowledge that an individual needs in order to perform to the required standard.
Organizational Context	Organizational Context includes the way the organization is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
Technical Knowledge	Technical Knowledge is the specific knowledge needed to accomplish specific designated responsibilities.

Acronyms

Keywords /Terms	Description
NOS	National Occupational Standards
NVEQF	National Vocational Education Qualifications Framework
NVQF	National Vocational Qualifications Framework
OS	Occupational Standard(s)
QP	Qualifications Pack

National Occupational Standard



Overview

This unit is about planning programmes and sessions

Unit Code	SPF/N1101
Unit Title (Task)	Planning Programmes
Description	This unit is about Planning coaching Programmes and sessions
Scope	<p>This OS unit/task covers the following:</p> <ul style="list-style-type: none"> Analyse participants current and potential performance, needs and aspirations Plan coaching programmes Plan coaching sessions
Performance Criteria(PC) w.r.t. the Scope	
Element	Performance Criteria
Analyse participants current and potential performance, needs and aspirations	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. Establish key performance factors and participant needs</p> <p>PC2. Involve participants in planning and analysis</p> <p>PC3. Set programme goals appropriate to performance factors and participant needs.</p>
Plan coaching programmes	<p>PC4. Design and plan coaching programmes to achieve programme goals</p> <p>PC5. Plan the resources needed for coaching programmes</p>
Plan coaching sessions	<p>PC6. Plan how to evaluate coaching programmes</p> <p>PC7. Review participant needs</p> <p>PC8. Produce a series of coaching sessions to meet participant needs</p> <p>PC9. Plan how to evaluate coaching sessions</p> <p>PC10. Follow organization procedures with respect to security, materials handling and accidents.</p>
Knowledge and Understanding (K)	
A. Organizational Context (Knowledge of the company / organization and its processes)	<p>The user/individual on the job needs to know and understand:</p> <p>KA1. Organizational Procedure for training for the relevant sport</p> <p>KA2. Organizational guidelines for scheduling training sessions</p> <p>KA3. Minimum physical training requirement for the sport mandated by the organization</p> <p>KA4. Type of the sporting arena in the organization</p> <p>KA5. Dimension of the sporting arena in the organization</p> <p>KA6. Types of equipment used by organization</p> <p>KA7. Escalation matrix for reporting problems</p> <p>KA8. First aid codes of practice</p> <p>KA9. Analytical tools used by the organization</p>

	KA10. Disciplinary action to be taken against any breach of disciplinary guideline
B. Technical Knowledge	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Thorough understanding of the rules of the sport</p> <p>KB2. Ability to play the sport at a basic required level</p> <p>KB3. Various techniques of the sport</p> <p>KB4. Understanding of training curriculum</p> <p>KB5. Ability to structure trainings according to requirements of sports players</p> <p>KB6. Administration of basic first aid</p> <p>KB7. Basic anatomy and physiology</p> <p>KB8. Physical abilities and fitness requirements</p> <p>KB9. Accepted best practices in sports training</p> <p>KB10. Injury management</p> <p>KB11. Industry standards that enable the provision of a safe environment for players</p>
Skills (S)	
A. Core Skills/ Generic Skills	Writing Skills
	The user/ individual on the job needs to know and understand how to: SA1. Prepare concise analytical reports on player/ team performance.
	Reading Skills
	The user/individual on the job needs to know and understand how to: SA2. Ability to read and comprehend modules on standard training procedures
	Oral Communication (Listening and Speaking skills)
	The user/individual on the job needs to know and understand how to: SA3. Communicating in a clear and polite manner with players SA4. Instruct players with clear and easy to understand instructions of the sport SA5. Maintain good working relationship with players, other coaches, administrators and parents SA6. Listen to and understand any challenges faced by players.
B. Professional Skills	Decision Making
	The user/individual on the job needs to know and understand how to: SB1. Amount and type of technical training the players should undergo. SB2. Amount and type of physical training the players should undergo. SB3. Selection of team (where applicable)

	Plan and Organize
	The user/individual on the job needs to know and understand how to: SB4. Sessions and programmes to meet players' needs and guide their development. SB5. Maintain count of equipment, machinery, persons using pool etc
	Customer Centricity
	The user/individual on the job needs to know and understand how to: SB6. Manage team in a calm and effective manner SB7. Maintain harmony during coaching sessions SB8. Interact with all relevant stakeholders- parents, sporting officials, athletes in an open and patient manner
	Problem Solving
	The user/individual on the job needs to know and understand how to: SB9. Address unforeseen challenges including injuries, forfeiture, disqualifications etc SB10. Address sporting injuries and determine best solution for athletes
	Analytical Skills
	The user/individual on the job needs to know and understand how to: SB11. Ability to analyze the technical and tactical aspect of the performance SB12. Ability to analyze the physical condition and mental skills of the player SB13. Ability to analyze the training needs of the player SB14. Ability to analyze the coaching session
Motivational Skills	
The user/individual on the job needs to know and understand how to: SB15. Ability to motivate players before/ during the performance	

NOS Version Control

NOS Code	SPF/N1101		
Credits(NSQF)	TBD	Version number	1.0
Industry	Sports	Drafted on	21/01/2015
Industry Sub-sector	Sports, Fitness and Leisure	Last reviewed on	22/01/2015
Occupation	Sports Coach	Next review date	21/01/2017



National Occupational Standard



Overview

This unit is about preparation of coaching programmes and sessions

Unit Code	SPF/N1102
Unit Title (Task)	Preparation for Coaching
Description	This OS unit is about preparation of coaching programmes and sessions.
Scope	The unit/ task covers the following: <ul style="list-style-type: none"> • Prepare for coaching programmes • Prepare for the delievery of coaching activities.
Performance Criteria(PC)	
Element	Performance Criteria
Prepare for coaching programmes	To be competent, the user/individual on the job must be able to: <ul style="list-style-type: none"> PC1. Establish a safe environment for coaching sessions PC2. Prepare participants for coaching sessions PC3. Establish and maintain working relationships with participants PC4. Prepare activities
Prepare for the delievery of Coaching activities	<ul style="list-style-type: none"> PC5. Establish behavioral rules, equipment and correct sports gear for sessions PC6. Ensure all activities are performed according to organizational Policy and Procedures, and in consideration of participants PC7. Familiarization with the equipment and training means and methods PC8. Self-assessment and up gradation of new training means methods and resources PC9. Ensuring training equipment and activity area are in appropriate, safe working condition prior to starting of training sessions PC10. Report any issues related to training equipment or activity area to concerned authority/ management
Knowledge and Understanding (K)	
A. Organizational Context (Knowledge of the company / organization and its processes)	The user/individual on the job needs to know and understand: <ul style="list-style-type: none"> KA1. Organizational Procedure for training for the relevant sport KA2. Organizational guidelines for scheduling training sessions KA3. Minimum physical training requirement for the sport mandated by the organization KA4. Type of the sporting arena in the organization KA5. Dimension of the sporting arena in the organization KA6. Types of equipment used by organization KA7. Escalation matrix for reporting problems KA8. First aid codes of practice KA9. Analytical tools used by the organization

	KA10. Disciplinary action to be taken against any breach of disciplinary guideline
B. Technical Knowledge	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Thorough understanding of the rules of the sport</p> <p>KB2. Ability to play the sport at a basic required level</p> <p>KB3. Various techniques of the sport</p> <p>KB4. Understanding of training curriculum</p> <p>KB5. Ability to structure trainings according to requirements of sports players</p> <p>KB6. Administration of basic first aid</p> <p>KB7. Basic anatomy and physiology</p> <p>KB8. Physical abilities and fitness requirements</p> <p>KB9. Accepted best practices in sports training</p> <p>KB10. Injury management</p> <p>KB11. Industry standards that enable the provision of a safe environment for players</p>
Skills (S)	
A. Core Skills/ Generic Skills	Writing Skills
	The user/ individual on the job needs to know and understand how to: SA1. Prepare concise analytical reports on player/ team performance
	Reading Skills
	The user/individual on the job needs to know and understand how to: SA2. Ability to read and comprehend modules on standard training procedures.
	Oral Communication (Listening and Speaking skills)
	The user/individual on the job needs to know and understand how to: SA3. Communicating in a clear and polite manner with players SA4. Instruct players with clear and easy to understand instructions of the sport SA5. Maintain good working relationship with players, other coaches, administrators and parents SA6. Listen to and understand any challenges faced by players
B. Professional Skills	Decision Making
	The user/individual on the job needs to know and understand how to: SB1. Amount and type of technical training the players should undergo. SB2. Amount and type of physical training the players should undergo. SB3. Selection of team (where applicable)

	<p>Plan and Organize</p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SB6. Sessions and programmes to meet players' needs and guide their development</p> <p>SB7. Maintain count of equipment, machinery, persons using pool etc</p>
	<p>Analytical Skills</p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SB8. Ability to analyze the technical and tactical aspect of the performance</p> <p>SB9. Ability to analyze the physical condition and mental skills of the player</p> <p>SB10. Ability to analyze the training needs of the player</p> <p>SB11. Ability to analyze the coaching session</p>
	<p>Motivational Skills</p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SB12. Ability to motivate players before/ during the performance.</p>



NOS Version Control

NOS Code	SPF/N1102		
Credits(NSQF)	TBD	Version number	1.0
Industry	Sports	Drafted on	21/01/2015
Industry Sub-sector	Sports, Fitness and Leisure	Last reviewed on	22/01/2015
Occupation	Sports Coach	Next review date	21/01/2017



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National Occupational Standard



Overview

This unit is about delivery of coaching programmes

Unit Code	SPF/N1103
Unit Title (Task)	Perform Delivery of Coaching sessions
Description	This unit is about delivery of coaching programmes
Scope	<p>The OS unit/task covers the following:</p> <ul style="list-style-type: none"> Manage the delivery of effective coaching programme Deliver a series of coaching sessions Deliver activities within coaching sessions
Performance Criteria(PC) w.r.t. the Scope	
Element	Performance Criteria
Manage the delivery of effective coaching programme	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. Deliver effective coaching programmes</p> <p>PC2. Develop participant performance through effective coaching programmes</p> <p>PC3. Bring coaching programmes to a successful conclusion</p>
Deliver a series of coaching sessions	<p>PC4. Deliver coaching sessions to meet participants' needs</p> <p>PC5. Develop participant performance through coaching</p> <p>PC6. Maintain participant motivation and involvement</p> <p>PC7. Bring coaching sessions to a successful conclusion</p>
Deliver activities withing coaching sessions	<p>PC8. Manage the behavior of participants during coaching activities</p> <p>PC9. Lead prepared activities within coaching sessions</p> <p>PC10. Demonstrate and teach correct use of equipment according to standard procedures</p> <p>PC11. Highlight the common types of injuries that might affect the participants in a session and ensure the participant is in a position to safely participate in the session.</p>
Knowledge and Understanding (K)	
A. Organizational Context (Knowledge of the company / organization and	<p>The user/individual on the job needs to know and understand:</p> <p>KA1. Organizational Procedure for training for the relevant sport</p> <p>KA2. Organizational guidelines for scheduling training sessions</p> <p>KA3. Minimum physical training requirement for the sport mandated by the organization</p>

its processes)	<p>KA4. Type of the sporting arena in the organization KA5. Dimension of the sporting arena in the organization KA6. Types of equipment used by organization KA7. Escalation matrix for reporting problems KA8. First aid codes of practice KA9. Analytical tools used by the organization KA10. Disciplinary action to be taken against any breach of disciplinary guideline</p>
B. Technical Knowledge	<p>The user/individual on the job needs to know and understand: KB1. Thorough understanding of the rules of the sport KB2. Ability to play the sport at a basic required level KB3. Various techniques of the sport KB4. Understanding of training curriculum KB5. Ability to structure trainings according to requirements of sports players KB6. Administration of basic first aid KB7. Basic anatomy and physiology KB8. Physical abilities and fitness requirements KB9. Accepted best practices in sports training KB10. Injury management KB11. Industry standards that enable the provision of a safe environment for players</p>
Skills (S)	
A. Core Skills/ Generic Skills	<p>Writing Skills The user/ individual on the job needs to know and understand how to: SA1. Prepare concise analytical reports on player/ team performance</p> <p>Reading Skills The user/individual on the job needs to know and understand how to: SA2. Ability to read and comprehend modules on standard training procedures.</p> <p>Oral Communication (Listening and Speaking skills) The user/individual on the job needs to know and understand how to: SA3. Communicating in a clear and polite manner with players SA4. Instruct players with clear and easy to understand instructions of the sport SA5. Maintain good working relationship with players, other coaches, administrators and parents SA6. Listen to and understand any challenges faced by players</p>
	Decision Making

B. Professional Skills	The user/individual on the job needs to know and understand how to: SB1. Amount and type of technical training the players should undergo. SB2. Amount and type of physical training the players should undergo. SB3. Selection of team (where applicable) SB4. Report and refer an injury to a physiotherapists and medical practitioners.
	Plan and Organize
	The user/individual on the job needs to know and understand how to: SB5. Sessions and programmes to meet players' needs and guide their development SB6. Maintain count of equipment, machinery, persons using pool etc
	Analytical Skills
	The user/individual on the job needs to know and understand how to: SB6. Ability to analyze the technical and tactical aspect of the performance SB7. Ability to analyze the physical condition and mental skills of the player SB8. Ability to analyze the training needs of the player SB9. Ability to analyze the coaching session
	Motivational Skills
The user/individual on the job needs to know and understand how to: SB10. Ability to motivate players before/ during the performance.	

NOS Version Control

NOS Code	SPF/N1103		
Credits(NSQF)	TBD	Version number	1.0
Industry	Sports	Drafted on	21/01/2015
Industry Sub-sector	Sports, Fitness and Leisure	Last reviewed on	22/01/2015
Occupation	Sports Coach	Next review date	21/01/2017



National Occupational Standard



Overview

This unit is about Monitoring and Evaluation

Unit Code	SPF/N1104
Unit Title (Task)	Perform Monitoring and Evaluation
Description	This unit is about Monitoring and evaluating effective coaching programmes
Scope	<p>The OS unit/task covers the following:</p> <ul style="list-style-type: none"> • Monitor and evaluate effective coaching programmes • Monitor and evaluate coaching sessions • Evaluate coaching activities
Performance Criteria(PC) w.r.t. the Scope	
Element	Performance Criteria
Monitor and evaluate effective coaching programmes	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. Monitor coaching programmes and personal development PC2. Evaluate coaching programmes and personal development PC3. Evaluate participants' performance.</p>
Monitor and evaluate coaching sessions	<p>PC4. Evaluate personal coaching performance PC5. Review coaching activities</p>
Evaluate coaching activities	<p>PC6. Evaluate participation and the participant's involvement PC7. Develop personal coaching practice PC8. Recommend adoption of balanced diet and lifestyle in consultation with experts PC9. Provide constructive and positive feedback to the participants on their progress PC10. Communicate participant about new goals and training sessions.</p>
Knowledge and Understanding (K)	
A. Organizational Context (Knowledge of the company / organization and its processes)	<p>The user/individual on the job needs to know and understand:</p> <p>KA1. Organizational Procedure for training for the relevant sport KA2. Organizational guidelines for scheduling training sessions KA3. Minimum physical training requirement for the sport mandated by the organization KA4. Type of the sporting arena in the organization</p>

Perform Monitoring and Evaluation

	<p>KA5. Dimension of the sporting arena in the organization KA6. Types of equipment used by organization KA7. Escalation matrix for reporting problems KA8. First aid codes of practice KA9. Analytical tools used by the organization KA10. Disciplinary action to be taken against any breach of disciplinary guidelines</p>
<p>B. Technical Knowledge</p>	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Thorough understanding of the rules of the sport KB2. Ability to play the sport at a basic required level KB3. Various techniques of the sport KB4. Understanding of training curriculum KB5. Ability to structure trainings according to requirements of sports players KB6. Administration of basic first aid KB7. Basic anatomy and physiology KB8. Physical abilities and fitness requirements KB9. Accepted best practices in sports training KB10. Injury management KB11. Industry standards that enable the provision of a safe environment for players</p>
<p>Skills (S)</p>	
<p>A. Core Skills/ Generic Skills</p>	<p>Writing Skills</p> <p>The user/ individual on the job needs to know and understand how to:</p> <p>SA1. Prepare concise analytical reports on player/ team performance</p> <p>Reading Skills</p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SA2. Ability to read and comprehend modules on standard training procedures.</p> <p>Oral Communication (Listening and Speaking skills)</p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SA3. Communicating in a clear and polite manner with players SA4. Instruct players with clear and easy to understand instructions of the sport SA5. Maintain good working relationship with players, other coaches, administrators and parents SA6. Listen to and understand any challenges faced by players</p>
	<p>Decision Making</p>

Perform Monitoring and Evaluation

B. Professional Skills	The user/individual on the job needs to know and understand how to: SB1. Amount and type of technical training the players should undergo. SB2. Amount and type of physical training the players should undergo. SB3. Selection of team (where applicable)
	Plan and Organize
	The user/individual on the job needs to know and understand how to: SB4. Sessions and programmes to meet players' needs and guide their development SB5. Maintain count of equipment, machinery, persons using pool etc.
	Analytical Skills
	The user/individual on the job needs to know and understand how to: SB6. Ability to analyze the technical and tactical aspect of the performance SB7. Ability to analyze the physical condition and mental skills of the player SB8. Ability to analyze the training needs of the player SB9. Ability to analyze the coaching session
	Motivational Skills
	The user/individual on the job needs to know and understand how to: SB10. Ability to motivate players before/ during the performance.



NOS Version Control

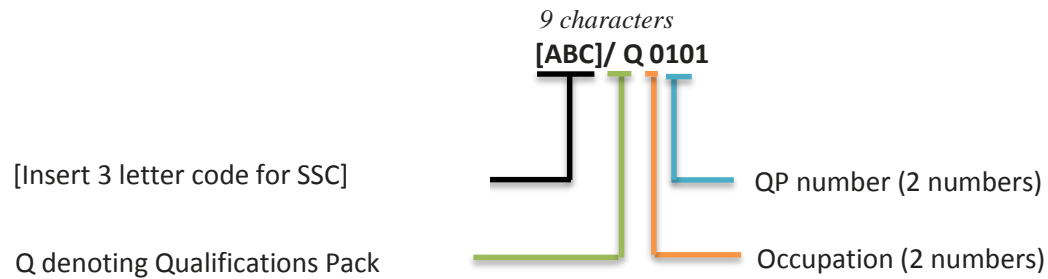
NOS Code	SPF/N1104		
Credits(NSQF)	TBD	Version number	1.0
Industry	Sports	Drafted on	21/01/2015
Industry Sub-sector	Sports Fitness and Leisure	Last reviewed on	22/01/2015
Occupation	Sports Coach	Next review date	21/01/2017



Annexure

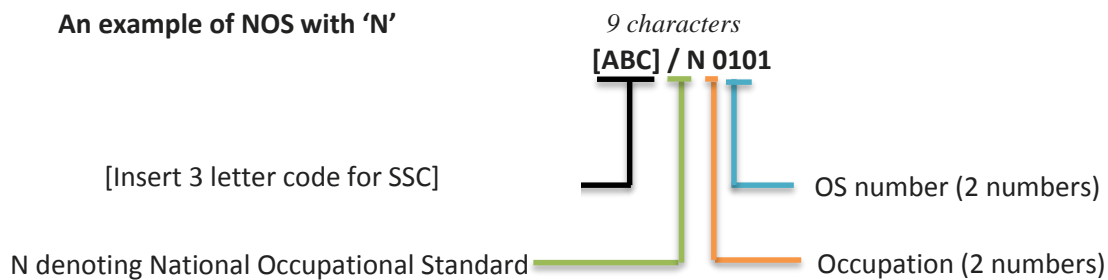
Nomenclature for QP and NOS

Qualifications Pack



Occupational Standard

An example of NOS with 'N'



The following acronyms/codes have been used in the nomenclature above:

Sub-sector	Range of Occupation numbers
Sports Science and Technology	01
Sports Medicine	02
Sports Broadcasting/Communications	03
Sports Grassroots	04
Sports Facilities	05
Sports Management	06
Sports Development	07
Sports Event Management	08
Sports Coaching	09
Sports Manufacturing	10
Sports Fitness & Leisure	11

Sequence	Description	Example
Three letters	Industry name	SPF
Slash	/	/
Next letter	Whether QP or NOS	N
Next two numbers	Occupation code	01
Next two numbers	OS number	01

CRITERIA FOR ASSESSMENT OF TRAINEES

Job Role: Sports Coach

Qualification Pack: SPF/Q1101

Sector Skill Council: Sports, Physical Education, Fitness and Leisure Sector Skill Council

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each 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 PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Individual assessment agencies will create unique question papers for theory and skill practical part for each candidate at each examination/training center.
4. To pass the Qualification Pack , every trainee should score a minimum of 40% in every NOS overall 50% pass percentage.
5. In case of successfully passing only certain number of NOS's, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.

		MarksAllocation			
		Total Marks	Out of	Theory	Skills Practical
1.SPF/N1101 (Planning Programmes)	PC1. Establish key performance factors and participant needs	100	10	3	7
	PC2. Involve participants in planning and analysis		10	2	8
	PC3. Set programme goals appropriate to performance factors and participant needs		10	2	8
	PC4. Design and plan coaching programmes to achieve programme goals		15	5	10
	PC5. Plan the resources needed for coaching programmes		10	2	8
	PC6. Plan how to evaluate coaching programmes		10	2	8
	PC7. Review participant needs		10	2	8
	PC8. Produce a series of coaching sessions to meet participant needs		15	5	10
	PC9. Plan how to evaluate coaching sessions		10	2	8
		Total	100	25	75
2.SPF/N1102 (Preparation for Coaching)	PC1. Establish a safe environment for coaching sessions	100	10	2	8
	PC2. Prepare participants for coaching sessions		10	2	8
	PC3. Establish and maintain working relationships with participants		10	2	8
	PC4. Prepare activities		10	2	8

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
	PC5. Establish behavioral rules, equipment and correct sports gear for sessions		10	2	8
	PC6. Ensure all activities are performed according to organizational Policy and Procedures, and in consideration of participants		10	2	8
	PC7. Familiarization with the equipment and training means and methods		10	2	8
	PC8. Self-assessment and up gradation of new training means methods and resources		10	2	8
	PC9. Ensuring training equipment and activity area are in appropriate, safe working condition prior to starting of training sessions		10	2	8
	PC10. Report any issues related to training equipment or activity area to concerned authority/ management		10	2	8
		Total	100	20	80
3.SPF/N1103 (Delivery of coaching sessions)	PC1. Deliver effective coaching programmes		5	2	3
	PC2. Develop participant performance through effective coaching programmes		10	3	7
	PC3. Bring coaching programmes to a successful conclusion		10	3	7
	PC4. Deliver coaching sessions to meet participants' needs		10	3	7
	PC5. Develop participant performance through coaching		10	3	7
	PC6. Maintain participant motivation and involvement		10	3	7
	PC7. Bring coaching sessions to a successful conclusion		5	2	3
	PC8. Manage the behavior of participants during coaching activities		10	2	8
	PC9. Lead prepared activities within coaching sessions		10	3	7
	PC10. Demonstrate and teach correct use of equipment according to standard procedures		10	3	7
	PC11. Highlight the common types of injuries that might affect the participants in a session and ensure the participant is in a position to safely participate in the session		10	3	7
		Total	100	30	70
4 .SPF/N1104 (Perform Monitoring and Evaluation)	PC1. Monitor coaching programmes and personal development		10	2	8

		MarksAllocation		
		Total Marks	Out of	Theory Skills Practical
	PC2. Evaluate coaching programmes and personal development		10	3 7
	PC3. Evaluate participant performance		10	2 8
	PC4. Evaluate the effectiveness of coaching sessions		10	2 8
	PC5. Evaluate personal coaching performance		10	3 7
	PC6. Review coaching activities		5	2 3
	PC7. Evaluate participation and the participants involvement		10	3 7
	PC8. Develop personal coaching practice		10	2 8
	PC9. Recommend adoption of balanced diet and lifestyle in consultation of experts.		10	2 8
	PC10. Provide constructive and positive feedback to the participants on their progress		10	2 8
	PC11. Communicate participants about new goals and training sessions.		5	2 3
		Total	100	25 75

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