

QUALIFICATIONS PACK - OCCUPATIONAL STANDARDS FOR SPORTS INDUSTRY

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 – Ayurvedic Sports Massage

SECTOR: SPORTS PE FITNESS AND LEISURE

SUB-SECTOR: Sports Medicine

OCCUPATION: AYURVEDIC SPORTS MASSAGE

REFERENCE ID: SPF/Q0202

ALIGNED TO: NIL

Brief Job Description: The Ayurvedic Sports Masseur is responsible for working on the muscle tissues to release tension from the body of the athlete while using the principles of Ayurveda in the massage therapy. The aim is to help the athlete regain his movement, range of movement and recovery to resume or enhance performance and training. The variety of treatment may range from various ayurvedic practices available like abhyanaga, shirodhara and kati basti etc.

Personal Attributes: The individual must be highly ethical and adhere to the code of conduct. S/he should make the client/athlete comfortable. The person should be aware of the traditional practice of Ayurveda and must be confident in deliver module based on its principles.

Job Details	Qualifications Pack Code	SPF/Q0202		
	Job Role	Ayurvedic Sports Masseur		
	Credits (NSQF)	TBD	Version number	1.0
	Sector	Sports PE Fitness and Leisure	Drafted on	21-02-2016
	Sub-sector	Sports Medicine	Last reviewed on	21-02-2016
	Occupation	Ayurvedic Sports Masseur	Next review date	21-01-2018

Job Role	Ayurvedic Sports Masseur
Role Description	The Ayurvedic Sports Masseur is responsible for working on the muscle tissues to release tension from the body of the athlete while using the principles of Ayurveda in the massage therapy. The aim is to help the athlete regain his movement, range of movement and recovery to resume or enhance performance and training.
NSQF level	4
Minimum Educational Qualifications*	Class 10 th pass
Maximum Educational Qualifications*	Not Applicable
Training (mandatory)	
Experience	No experience necessary
Minimum Job Entry Age	18 years
Applicable National Occupational Standards (NOS)	<ol style="list-style-type: none"> 1. Apply principles of Ayurveda 2. Conduct health assessment prior to the treatment 3. Perform massage and recommend further treatment
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.

National Occupational Standard



Overview

This unit is about applying principles of ayurveda.

National Occupational Standard	Unit Code	SPF/N
	Unit Title (Task)	Applying principles of ayurveda
	Description	This unit is about the understanding and application of the principles of Ayurveda.
	Scope	<p>This OS unit/task covers the following:</p> <ul style="list-style-type: none"> • Establish foundations of Ayurvedic practice • Represent the Ayurvedic framework • Determine requirements for sustainable practice • Develop and maintain own capacity to practise
	Performance Criteria (PC) w.r.t. the Scope	
	Element	Performance Criteria
	Establish foundations of Ayurvedic practice	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. Identify, access and interpret information about the central philosophies, principles and practices of Ayurveda</p> <p>PC2. Evaluate principles and practices of Ayurveda in relation to other health care systems</p> <p>PC3. Draw on Ayurvedic philosophy to interpret health issues and apply to own practice</p>
	Represent the Ayurvedic framework	<p>PC4. Determine information needs of different individuals and groups</p> <p>PC5. Explain the principles and practices of Ayurveda in a way that can be easily understood by those not familiar with the Ayurvedic system</p> <p>PC6. Communicate information about Ayurveda at a level of depth appropriate to audience needs</p>
	Determine requirements for sustainable practice	<p>PC7. Identify key issues that affect the development and sustainability of professional practice</p> <p>PC8. Take account of economic, environmental, human and social considerations</p> <p>PC9. Research and collate information to support professional practice.</p>
	Develop and maintain own capacity to practise	<p>PC10. Establish and monitor a personal health strategy that reflects the philosophies and principles of Ayurveda</p> <p>PC11. Model philosophies and principles of Ayurveda in personal and professional interactions.</p>
Knowledge and Understanding (K)		
A. Organizational Context (Knowledge)	<p>The user/individual on the job needs to know and understand:</p> <p>KA1. Business, Professional and Ethical code of conduct for practicing</p>	

of the company / organization and its processes)	<p>massage</p> <p>KA2. Regional costumes and social environment</p>
B. Technical Knowledge	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Philosophies and principles of ayurveda</p> <p>KB2. Basis for ayurvedic massage</p>
Skills (S)	
A. Core Skills/ Generic Skills	Writing Skills
	The user/ individual on the job needs to know and understand how to: SA1. Basic writing skills
	Reading Skills
	The user/individual on the job needs to know and understand how to: SA2. Read the philosophies and principles of Ayurveda and its terminology SA3. Read and adhere to ethical code of conduct
	Oral Communication (Listening and Speaking skills)
	The user/individual on the job needs to know and understand how to: SA4. Communicate effectively with target group to address their needs SA5. Respond to queries regarding ayurvedic treatments
B. Professional Skills	Decision Making
	The user/individual on the job needs to know and understand how to: NA
	Plan and organise
	The user/individual on the job needs to know and understand how to: SB1. Organise the resources needed for the sustainable ayurvedic practice
	Customer Centricity
	The user/individual on the job needs to know and understand how to: SB2. Communicate information to the client which is relevant to him/her
	Analytical Thinking
The user/individual on the job needs to know and understand how to: SB3. Analyse the effect of the ayurvedic massage on different people	

NOS Version Control

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Occupation	Ayurvedic Sports Masseur	Next review date	21/01/2017



National Occupational Standard



Overview

This unit is about conducting health assessment prior to treatment

SPF/N

Conduct health assessment prior to treatment

National Occupational Standard	Unit Code	SPF/N
	Unit Title (Task)	Conduct health assessment prior to treatment
	Description	This OS unit describes the pre health check up and assessment that the masseur must do in order to provide relevant treatment to the athlete/client.
	Scope	The OS unit/ task covers the following: <ul style="list-style-type: none"> • Determine scope of client needs • Seek information and make assessment using Ayurvedic tools • Confirm assessment and discuss with client
	Performance Criteria (PC)	
	Element	Performance Criteria
	Determine scope of client needs	To be competent, the user/individual on the job must be able to: <ul style="list-style-type: none"> PC1. Explore and clarify client expectations PC2. Provide clear information about scope and limitations of lifestyle services to be provided PC3. Recognise needs that are beyond scope of own practice and make appropriate referrals to other health care professionals PC4. Identify and respond to any barriers to information gathering and assessment PC5. Seek client information ethically and respectfully
	Seek information and make assessment using Ayurvedic tools	<ul style="list-style-type: none"> PC6. Collect accurate and relevant health and lifestyle information, and document in a form which can be interpreted readily by other Ayurvedic practitioners PC7. Follow clinical and practitioner hygiene procedures PC8. Frame client questions based on Ayurvedic framework trividha pariksha (three fold examination) and ashtavidha pariksha (eight fold examination) PC9. Determine prakruti, vikruti, ama and gunas using Ayurvedic principles PC10. Accurately record client's presenting issues, goals and expectations PC11. Manage information and records in a confidential and secure way
	Confirm assessment and discuss with client	<ul style="list-style-type: none"> PC12. Correlate findings from client assessment PC13. determine imbalances through review of findings according to Ayurvedic principles PC14. Discuss assessment and rationale with the client PC15. Assign and agree priorities and expectations in consultation with the client PC16. Respond to client enquiries using language the client understands PC17. Discuss referral and collaborative options with the client according to specific needs
	Knowledge and Understanding (K)	
A. Organization	The user/individual on the job needs to know and understand:	

SPF/N

Conduct health assessment prior to treatment

<p>al Context (Knowledge of the company / organization and its processes)</p>	<p>KA1. Organizational Procedure for collecting pre massage readiness information. KA2. Types of equipment available with the organisation KA3. Follow health and hygiene standards</p>
<p>Technical Knowledge</p>	<p>The user/individual on the job needs to know and understand: KA4. Knows techniques of collecting information from the client KA5. The needs of the client KA6. Principles of ayurveda and its application KA7. Different strokes used in massage KA8. Various types of massage patterns prevalent in ayurveda KA9. Basic human anatomy KA10. Tissues and cells in the body</p>
<p>Skills (S)</p>	
<p>A. Core Skills/ Generic Skills</p>	<p>Writing Skills The user/ individual on the job needs to know and understand how to: SA1. Write down health history of the client SA2. Write the recommended line of ayurvedic treatment SA3. Write referrals if need be SA4. Record the needs, goals and expectations of the client</p> <p>Reading Skills The user/individual on the job needs to know and understand how to: SA2. Read and interpret principles of Ayurveda SA3. Read and interpret the clients expectation</p> <p>Oral Communication (Listening and Speaking skills) The user/individual on the job needs to know and understand how to: SA5. Communicate effectively with the client SA6. Interview to gather information from the client SA7. Convey the interpretation along the ayurvedic lines and the relevant procedure for the same</p>
<p>B. Professional Skills</p>	<p>Decision Making The user/individual on the job needs to know and understand how to: SB1. Decide the line of treatment for the client SB2. Decide on the type of massage and strokes to be applied on the person based on his/her dosha</p> <p>Plan and organise</p>

SPF/N

Conduct health assessment prior to treatment

	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB3. Plan, organize and undertake information collectin methods</p> <p>SB4. Enhance knowledge regarding Ayureveda</p> <p>SB5. The oils, pastes and other equipment needed for carrying out a massage</p>
	<p>Customer Centricity</p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB6. respect the clients' individuality and comforts</p> <p>SB7. keep the clients' information private and not reveal it to a third party/person</p> <p>SB8. Explain the methodology of the treatment and seek consent</p> <p>SB9. Respond to the queries</p>
	<p>Analytical Thinking</p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB10. Ability to analyse and assess the needs of the client based on the information shared by them</p>



NOS Version Control

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Industry	Sports PE Fitness and Leisure	Drafted on	21/02/2016
Industry Sub-sector	Sports Medicine	Last reviewed on	22/02/2016
Occupation	Ayurvedic Sports Masseur	Next review date	21/02/2018



National Occupational Standard



Overview

This unit is about performing ayurvedic massage and recommending further treatment to the athlete.

Unit Code	SPF/
Unit Title (Task)	Perform ayurvedic massage
Description	This unit is about performing the ayurvedic massage to the athlete and guiding the future course of the treatment.
Scope	<p>The unit/ task covers the following:</p> <ul style="list-style-type: none"> • Prepare client, self and environment • Manage treatment • Select and use Ayurvedic techniques and sequences • Finalise treatment and advise client
Performance Criteria (PC)	
Element	Performance Criteria
Prepare athlete, self and environment	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. Prepare the athlete for treatment following infection control procedures and with appropriate draping and confirm comfort levels</p> <p>PC2. Access and organise appropriate equipment and materials for treatment</p> <p>PC3. Select and safely prepare Ayurvedic massage oils, pastes and powders according to assessment</p> <p>PC4. Check room ambience and temperature following Ayurvedic principles</p> <p>PC5. Maintain own health through use of self care pre treatment routines</p>
Manage treatment	<p>PC6. Explain factors which may interfere with the effectiveness of the treatment</p> <p>PC7. Explain the mode of administration and management of the treatment to the client</p> <p>PC8. Request client to monitor reactions and contact practitioner as required</p> <p>PC9. Ensure consent for treatment</p> <p>PC10. Drape client to expose only the part of the body being worked on</p> <p>PC11. Provide massage according to the treatment plan</p> <p>PC12. Recognise reactions to treatment and respond promptly if necessary</p> <p>PC13. Explain time, location and content of future sessions to the client</p>
Select and use Ayurvedic techniques and sequences	<p>PC14. Determine appropriate techniques based on Ayurvedic health assessment</p> <p>PC15. Follow therapeutic protocols according to Ayurvedic practice</p> <p>PC16. Recognise reactions to treatment and provide appropriate response</p>

SPF/

Perform Massage and recommend further treatment

Finalise treatment and advise client	<p>PC17. End the treatment using appropriate protocols</p> <p>PC18. Provide athlete with information on recommended follow up activities</p> <p>PC19. Answer queries with clarity, using appropriate language</p>
Knowledge and Understanding (K)	
<p>A.Organizational Context (Knowledge of the company / organization and its processes)</p>	<p>The user/individual on the job needs to know and understand:</p> <p>KA1. Organizational Procedure for accidents, safety.</p> <p>KA2. Types of equipment available with the organisation</p> <p>KA3. Roles and responsibilities</p> <p>KA4. Guidelines for managing injuries in general and spinal injury</p> <p>KA5. Business, Professional and Ethical code of conduct.</p> <p>KA6. Legal and regulatory implications of treatment</p>
<p>B.Technical Knowledge</p>	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Best practice ayurvedic therapy principles</p> <p>KB2. Fundamental structure and function of anatomical systems</p> <p>KB3. History, philosophy and beliefs of the ayurvedic therapy framework</p> <p>KB4. Massage oils and powders</p> <p>KB5. Physiology and anatomy according to Ayurveda</p> <p>KB6. Possible reactions and contra-indications to treatment</p> <p>KB7. The functioning of body tissues and cells</p> <p>KB8. Technical and practical knowledge of treatment</p> <p>KB9. The fundamental principles of biomechanics</p> <p>KB10. Tri-dosha theory</p>
Skills (S)	
<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. note down athletes requirements</p>
	<p>Reading Skills</p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SA2. Read product names and usage</p>
<p>B. Professional Skills</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. communicate effectively with the athlete</p>
<p>B. Professional Skills</p>	<p>Decision Making</p>
	<p>The user/individual on the job needs to know and understand how to:</p>

SPF/

Perform Massage and recommend further treatment

	SB1. Determine the line of treatment
	Plan and organize
	The user/individual on the job needs to know and understand how to: SB2. Implement treatment plans to achieve optimal health, rehabilitation SB3. treat of a range of conditions/disease states
	Customer Centricity
	The user/individual on the job needs to know and understand how to: SB4. Treat the athlete with respect and dignity SB5. Adhere to code of conduct SB6. demonstrate the application of commonly used treatment techniques SB7. treatment according to the individual, the condition and the presence of complicating factors. it must be the safest, most efficacious method that is also cost effective to the athlete SB8. use counselling as a treatment method, where competence exists SB9. a case requiring referral to another health care professional SB10. preparation of the athlete for treatment according to ayurvedic principles SB11. provision of treatment SB12. complete documentation of all recommendations and client responses SB13. review of treatment plan SB14. all treatment or care delivered is consistent with legislative and regulatory requirements
	Analytical Thinking
	The user/individual on the job needs to know and understand how to: SB15. Manage time throughout consultation and treatment SB16. Use equipment and resources competently and safely

NOS Version Control

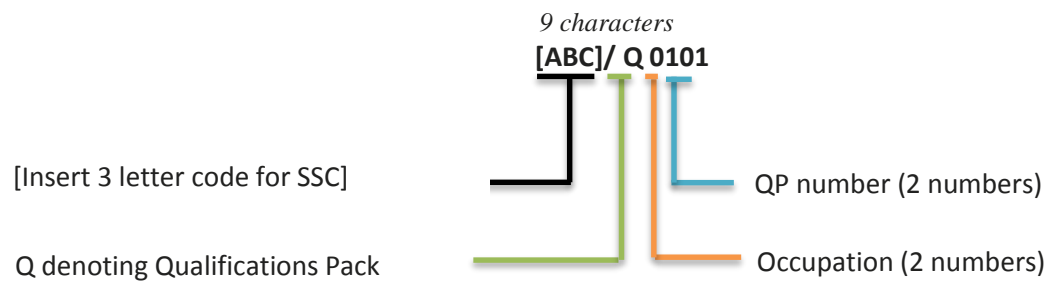
NOS Code	SPF/N		
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Annexure

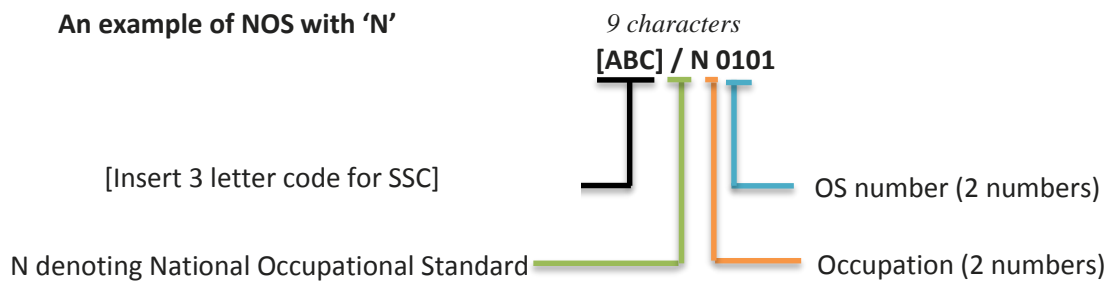
Nomenclature for QP and NOS

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

PERFORMANCE CRITERIA

Job Role: Ayurvedic Sports Masseur

Qualification Pack: SPF/Q0202

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.

NOS CODE	Applying principles of ayurveda	Theory	Practical
Establish foundations of Ayurvedic practice	PC1. Identify, access and interpret information about the central philosophies, principles and practices of Ayurveda	3	2
	PC2. Evaluate principles and practices of Ayurveda in relation to other health care systems	3	2
	PC3. Draw on Ayurvedic philosophy to interpret health issues and apply to own practice	2	3
	TOTAL	8	7
Represent the Ayurvedic framework	PC4. Determine information needs of different individuals and groups	3	2
	PC5. Explain the principles and practices of Ayurveda in a way that can be easily understood by those not familiar with the Ayurvedic system	2	3
	PC6. Communicate information about Ayurveda at a level of depth appropriate to audience needs	2	2
	TOTAL	7	7
Determine requirements for sustainable practice	PC7. Identify key issues that affect the development and sustainability of professional practice	3	2
	PC8. Take account of economic, environmental, human and social considerations	3	2
	PC9. Research and collate information to support professional practice.	2	3
	TOTAL	8	7

Develop and maintain own capacity to practise	PC10. Establish and monitor a personal health strategy that reflects the philosophies and principles of Ayurveda	1	2
	PC11. Model philosophies and principles of Ayurveda in personal and professional interactions.	1	2
	TOTAL	2	4
	NOS TOTAL	25	25
		50	

NOS Code	Conduct health assessment prior to treatment	Theory	Practical
Determine scope of client needs	PC1. Explore and clarify client expectations	2	3
	PC2. Provide clear information about scope and limits of therapeutic services to be provided	2	3
	PC3. Recognise needs that are beyond scope of own practice and make appropriate referrals to other health care professionals	2	3
	PC4. Identify and respond to any barriers to information gathering and assessment	1	3
	PC5. Seek client information ethically and respectfully	2	3
	TOTAL	9	15
Seek information and make assessment using Ayurvedic tools	PC6. Collect accurate and relevant health and lifestyle information, and document in a form which can be interpreted readily by other Ayurvedic practitioners	3	4
	PC7. Follow clinical and practitioner hygiene procedures	3	4
	PC8. Frame client questions based on Ayurvedic framework trividha pariksha (three fold examination) and ashtvidha pariksha (eight fold examination)	3	4
	PC9. Determine prakruti, vikruti, ama and gunas using Ayurvedic principles	3	4
	PC10. Accurately record client's presenting issues, goals and expectations	3	4
	PC11. Manage information and records in a confidential and secure way	3	4
	TOTAL	18	24
Confirm assessment and discuss with client	PC12. Correlate findings from client assessment	2	3
	PC13. determine imbalances through review of findings according to Ayurvedic principles	3	4
	PC14. Discuss assessment and rationale with the client	2	4
	PC15. Assign and agree priorities and expectations in consultation with the client	2	4

	PC16. Respond to client enquiries using language the client understands	2	3
	PC17. Discuss referral and collaborative options with the client according to specific needs	2	3
		13	21
		40	60
			100

NOS Code	Perform Massage and recommend further treatment	Theory	Practical
Prepare athlete, self and environment	PC1. Prepare the athlete for treatment following infection control procedures and with appropriate draping and confirm comfort levels	2	3
	PC2. Access and organise appropriate equipment and materials for treatment	2	3
	PC3. Select and safely prepare Ayurvedic massage oils, pastes and powders according to assessment	2	3
	PC4. Check room ambience and temperature following Ayurvedic principles	2	3
	PC5. Maintain own health through use of self care pre treatment routines	3	3
	TOTAL	11	15
Manage treatment	PC6. Explain factors which may interfere with the effectiveness of the treatment	2	3
	PC7. Explain the mode of administration and management of the treatment to the client	2	3
	PC8. Request client to monitor reactions and contact practitioner as required	2	3
	PC9. Ensure consent for treatment	2	3
	PC10. Drape client to expose only the part of the body being worked on	2	4
	PC11. Provide massage according to the treatment plan	2	4
	PC12. Recognise reactions to treatment and respond promptly if necessary	2	3
	PC13. Explain time, location and content of future sessions to the client	2	3
TOTAL	16	26	
Select and use Ayurvedic techniques and sequences	PC14. Determine appropriate techniques based on Ayurvedic health assessment	2	4
	PC15. Follow therapeutic protocols according to Ayurvedic practice	2	4

	PC16. Recognise reactions to treatment and provide appropriate response	2	3
	TOTAL	6	11
Finalise treatment and advise client	PC17. End the treatment using appropriate protocols	2	3
	PC18. Provide athlete with information on recommended follow up activities	2	3
	PC19. Answer queries with clarity, using appropriate language	2	3
	TOTAL	6	9
		39	61
			100

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