



Model Curriculum

Micro Credential Name: Essentials of self-defense

Mc Code: SPF/MCr-0001

Mc Version: 1.0

NSQF Level: 2

Model Curriculum Version: 1.0

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Training Parameters

Sector	Sports
Sub-Sector	Sports Coaching and Fitness
Occupation	Sports Coaching
Country	India
NSQF Level	2
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3423.0204
Minimum Educational Qualification and Experience	Ability to read and write
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 years
Last Reviewed On	30/04/2024
Next Review Date	30/07/2024
NSQC Approval Date	30/04/2024
Mcr Version	1.0
Model Curriculum Creation Date	30/04/2024
Model Curriculum Valid Up to Date	30/07/2024
Model Curriculum Version	1.0
Minimum Duration of the Course	7.5 Hours
Maximum Duration of the Course	7.5 Hours

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Develop a foundational understanding of self-defense training principles and the associated job role
- Understand basic human anatomy and physiology concepts relevant to self-defense training
- Design and implementing effective warm-up sessions for self-defense training
- Implementation of fundamental self-defense techniques with correct form and application
- Execute appropriate cool down sessions for self-defense training

Compulsory Modules

The table lists the modules, their duration and mode of delivery.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
Module 1: Introduction to self-defense training	0.5:00	00:00	-	-	0.5:00
Module 2: Basics of self-defense techniques	0.5:00	6.5:00	-	-	07:00
Total Duration	01:00	6.5:00	-	-	7.5:00

Module Details

Module 1: Introduction to self-defense training

Terminal Outcomes:

- Understand the foundational principles and objectives of self-defense training
- Discuss the career opportunities of a self-defense trainer job-role

Duration: 0.5:00	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Define self-defense and its significance in personal safety • psychological and physical benefits of participating in self-defense programs. • Explore potential career paths and opportunities in the field of self-defense instruction • Explain the relevant human anatomy, emphasizing vulnerable points for self-defense • Discuss the impact of adrenaline on strength, reflexes, and decision-making 	
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
NA	

Module 2: Basics of self-defense techniques

Terminal Outcomes:

- Apply fundamental self-defense techniques effectively
- Develop situational awareness and decision-making skills during confrontations

Duration: 0.5:00	Duration: 6.5:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Discuss common self-defense scenarios, including personal attacks and attempted abductions • Introduce and explain the key principles of self-defense, including leverage, balance, and using an attacker's force against them • Explain verbal de-escalation techniques to avoid physical confrontation • Discuss the importance of maintaining situational awareness and recognizing potential threats. 	<p>Practical – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Identify and practice targeting vulnerable points for self-defense. • Role-play scenarios to observe and understand physiological responses. Engage in partner drills to practice basic self-defense techniques • Identify and practice targeting vulnerable points for self-defense. • Role-play scenarios to observe and understand physiological responses. • Simulate real-life scenarios to apply self-defense principles and techniques • Rotate participants through different scenarios to enhance adaptability • Role-Play scenarios to identify potential threats and respond appropriately • Practice assertiveness and verbal communication in scenarios leading to physical confrontation • Demonstrate various techniques to defend against an unarmed and armed attacker • Practice escape techniques for various holds and grabs • Conduct role-playing exercises to reinforce decision-making skills • Demonstrate static stretches targeting major muscle groups involved in self-defense training • Demonstrate breathing exercises to promote relaxation and reduce stress • Conduct muscle relaxation techniques to systematically release tension from head to toe
<p>Classroom Aids:</p> <p>Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system</p>	
<p>Tools, Equipment and Other Requirements</p> <p>Protective gears, first aid kit</p>	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 th pass	Self-Defense	Minimum of 1 year	Must be current or past participant in any form of combat sport.	Minimum of 1 year	Self-Defense	All empaneled Trainers would have to undergo “Train the Trainer” Program conducted by SPEFL SC for each job role time to time.

Trainer Certification	
Domain Certification	Platform Certification
Certified ToT for any job-role in a relevant domain as per NCrf or the micro credential mapped to “Essentials of self-defense”, SPF/MCr-0001, v1.0 Minimum accepted score is 80%	Recommended that the Trainer is certified for the Job Role: “Trainer (VET and skills)”, mapped to the Qualification Pack: “MEP/Q2601, v2.0”. The minimum accepted score is 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 12 th pass	Self-Defense	Minimum of 2 year	Must be current or past participant in any form of combat sport.	Minimum of 2 years	Self-Defense	All empaneled Assessors would have to undergo “Train the Assessor” Program conducted by SPEFL-SC for each job role time to time.

Assessor Certification	
Domain Certification	Platform Certification
Certified ToA for any job-role in a relevant domain as per NCrF or the micro credential mapped to “Essentials of self-defense”, SPF/MCr-0001, v1.0 Minimum accepted score is 80%	Recommended that the Assessor is certified for the Job Role: “Assessor (VET and skills)”, mapped to the Qualification Pack: “MEP/Q2701, v2.0”. The minimum accepted score is 80%.

Assessment Strategy

Assessment Guidelines

1. Criteria for assessment for each Micro Credential will be created by the SPEFL - Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down the proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on the 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 the theory part for each candidate at each examination/training centre as per assessment criteria below.
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training centre based on these criteria.
6. To pass the Micro Credential assessment, every trainee should score a minimum of 70% of % aggregate marks to successfully clear the assessment.
7. In case of unsuccessful completion, the trainee may seek reassessment on the Micro Credential.

Each NOS in the Micro Credential (QP) will be assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Performance Criteria in the NOS will be assigned marks for or practical based on relative importance, criticality of function and training infrastructure.

The following tools are proposed to be used for final assessment:

1. **Practical Assessment:** This will comprise of a creation of mock environment in the skill lab which is equipped with all equipment's required for the Micro Credential. Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. will be ascertained by observation and will be marked in observation checklist. The product will be measured against the specified dimensions and standards to gauge the level of his skill achievements.
2. **Viva/Structured Interview:** This tool will be used to assess the conceptual understanding and the behavioural aspects as regards the job role and the specific task at hand. It will also include questions on safety, quality, environment, and equipment, etc.
3. **Written Test:** Under this test few key items which cannot be assessed practically will be assessed. The written assessment will comprise of:
 - i. True / False Statements
 - ii Multiple Choice Questions
 - iii Matching Type Questions.
 - iv Fill in the blanks

Accreditation of Assessing Body:

The SPEFL SC's Accreditation process is divided into two steps:

1. **Pre-accreditation process:**

- Apply for Accreditation: Application form with desired documents in prescribed format to be sent.
- Document Compliance: to be done for ensuring the compliance and adherence of applied assessing body according to criteria laid down by SPEFL SC.
- Presentation on Quality Assurance: to be given by Assessing body highlighting the quality assurance process laid down by Assessing body at the process points.
- Once the assessing body clears the due diligence process, the accreditation is given along with terms and conditions.

2. **Post-accreditation process:** Post accreditation, the accredited assessing bodies needs to fulfil following minimum eligibility criteria or requisites for implementation:

- All Empanelled Assessors would have to undergo "**Train the Assessor**" Program conducted by SPEFL SC for each job role time to time.
- Accredited Assessing Body would have to abide with requisite timelines, policies and regulations declared by SPEFL sector skill council.
- Accredited Assessing Body with times would have to contribute to expansion of the questionnaire.

Glossary

Term	Description
Key Learning Outcome	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
OJT (M)	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
OJT (R)	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
Training Outcome	Training outcome is a statement of what a learner will know, understand and be able to do upon the completion of the training.
Terminal Outcome	Terminal outcome is a statement of what a learner will know, understand and be able to do upon the completion of a module . A set of terminal outcomes help to achieve the training outcome.

Acronyms and Abbreviations

Term	Description
MCr	Micro Credential
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards