



Model Curriculum

MCR Name: Fundamentals of Physical Fitness

MCR Code: SPF/MCr-0002

MCR Version: 1.0

NSQF Level: 2

Model Curriculum Version: 1.0

Sports, Physical Education, Fitness and Leisure Sector Skill Council
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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 & write
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 years
Last Reviewed On	30/04/2024
Next Review Date	30/04/2027
NSQC Approval Date	30/04/2024
NOS Version	1.0
Model Curriculum Creation Date	30/04/2024
Model Curriculum Valid Up to Date	30/04/2027
Model Curriculum Version	1.0
Minimum Duration of the Course	15 Hours
Maximum Duration of the Course	15 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 fitness training principles and the associated job role
- Apply basic human anatomy and physiology concepts relevant to fitness training
- Understand the concepts of fitness assessment and goal setting
- Apply the basics of exercise technique implementation, ensuring correct form and safety.
- Follow safety protocols for injury prevention and medical emergency.

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 fitness training and the job-role	01:00	02:00	-	-	03:00
Module 2: Basic Concepts of Human Anatomy and Physiology in relation to fitness training	01:00	02:00	-	-	03:00
Module 3: Basics of Assessment and goal setting concepts in fitness training	01:00	02:00	-	-	03:00
Module 4: Basics of implementation of exercise techniques	01:00	02:00	-	-	03:00
Module 5: Basics of fitness program monitoring	01:00	02:00	-	-	03:00
Total Duration	05:00	10:00	-	-	15:00

Module Details

Module 1: Introduction to fitness training and the job-role

Terminal Outcomes:

- Understand the fundamental principles and components of fitness training
- Describe the role and responsibilities of a fitness trainer
- Discuss the career opportunities for a fitness trainer job-role

Duration: 01:00	Duration: 0:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the Sports & Fitness industry in Indian and global context • Discuss the primary goals and objectives of fitness training • Explore potential career paths and opportunities in the field of fitness training • Discuss the ethical considerations of the fitness trainer profession 	<ul style="list-style-type: none"> • Create a career progression chart of a fitness trainer • Introduce common fitness equipment, including cardio machines, resistance training tools, and flexibility aids • Conduct role-playing exercises simulating client interactions • Assess the application of acquired knowledge and skills within the module
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
Access to Fitness Equipment for hands on experience	

Module 2: : Basic Concepts of Human Anatomy and Physiology in relation to fitness training

Terminal Outcomes:

- Develop a foundational understanding of human anatomy and physiology relevant to fitness training
- Understand anatomy and physiology to design safe and effective exercise programs

Duration: 01:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the human body's anatomical structures and physiological functions 	<ul style="list-style-type: none"> • Engage in a hands-on activities to identify major muscles and understand their functions • Assess the application of acquired knowledge and skills within the module
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements	
Exercise mats, resistance bands, and light weights, Heart rate monitor	

Module 3: Basic concepts of assessment and goal setting in fitness training

Terminal Outcomes:

- Understand the importance of thorough assessments in developing effective fitness programs
- Demonstrate goal-setting techniques tailored to individual client needs

Duration: 01:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the components of a basic fitness assessment • Explain the role of assessments in identifying baseline fitness levels and potential health risks 	<ul style="list-style-type: none"> • Conduct client assessments • Practice effective communication skills during the assessment process • Assess the application of acquired knowledge and skills within the module
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
Stopwatch, Water bottles	

Module 4: Basics of implementation of exercise techniques

Terminal Outcomes:

- Execute and teach a variety of exercise techniques applicable to diverse fitness goals

Duration: 01:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Provide an overview of fundamental exercise techniques, including resistance training, cardiovascular exercises, and flexibility exercises • Explain the importance of warm-up and cool down to prevent injuries during fitness training 	<ul style="list-style-type: none"> • Demonstrate proper form and execution of few key exercises • Role-play to Provide feedback on form and technique of few key exercises • Assess the application of acquired knowledge and skills within the module
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements	
Exercise mat, resistance bands, weights and other relevant equipment	

Module 5: Baics of fitness program monitoring

Terminal Outcomes:

- Demonstrate the ability to monitor and evaluate the effectiveness of fitness programs
- Implement strategies for ongoing assessment and adjustment of fitness programs

Duration: 01:00	Duration: 2:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Introduce tools like tracking sheets, apps, to monitor fitness program effectiveness. • Explain the importance of clear communication and feedback techniques that foster motivation and goal attainment 	<ul style="list-style-type: none"> • Demonstrate the use of various monitoring tools, such as fitness apps, wearable devices, and progress charts • Assess the application of acquired knowledge and skills within the module
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
Fitness monitoring tools	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 th pass	Fitness & conditioning	Minimum of 1 year	Must have worked in a fitness industry	Minimum of 1 year	Fitness trainer/ personal fitness trainer in a fitness centre/ or gym	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 “Fundamentals of Physical Fitness”, SPF/MCr-0002, 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	Fitness & conditioning	Minimum of 2 years	Must have worked in a fitness industry	Minimum of 2 years	Fitness trainer/ personal fitness trainer in a fitness centre/ or gym	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
<p>Certified ToA for any job-role in a relevant domain as per NCrf or the micro credential mapped to “Fundamentals of Physical Fitness”, SPF/MCr-0002, v1.0</p> <p>Minimum accepted score is 80%</p>	<p>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%</p>



Assessment Strategy

Criteria for assessment for each Micro Credential will be created by the SPEFL - Sector Skill Council. This section includes the processes involved in identifying, gathering and interpreting information to evaluate the learner on the required competencies of the program

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