



Model Curriculum

MCR Name: Fundamentals of Special Population Physical fitness

MCR Code: SPF/MCr-0003

MCR 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 & 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
QP 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 special population fitness training principles and the associated job role
- Demonstrate the ability to safeguard special populations in fitness training
- Understand the fundamentals of monitoring and evaluating fitness programs for special populations
- Follow safety protocols for injury prevention and medical emergency
- Understand the collaborative care approaches for special populations

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 special population fitness training	01:00	02:00	-	-	03:00
Module 2: Basic Concepts of assessment in context of special populations	01:00	02:00	-	-	03:00
Module 3: Safeguarding special populations in fitness training	01:00	02:00	-	-	03:00
Module 4: Basics of monitoring and evaluation for special populations in fitness training	01:00	02:00	-	-	03:00
Module 5: Collaborative care for special population in fitness training	01:00	02:00	-	-	03:00
Total Duration	05:00	10:00	-	-	15:00

Module Details

Module 1: Introduction to special population fitness training

Terminal Outcomes:

- Understand the unique responsibilities involved in training special populations
- Identify the ethical considerations associated with special population fitness training

Duration: 01:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Define special populations in the context of fitness training • Explain the diverse categories within special populations, including elderly individuals, pregnant women, individuals with medical conditions, and more • Discuss legal and ethical responsibilities when working with special populations 	<ul style="list-style-type: none"> • Role-play scenarios involving interactions with clients from special populations • Emphasize the importance of assessing medical history, goals, and concerns • Analyze case studies highlighting legal and ethical considerations in special population fitness training • 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	
Case study materials and legal/ethical guidelines	

Module 2: : Basic Concepts of assessment in context of special populations

Terminal Outcomes:

- Understand the challenges of assessing and programming for special populations
- Develop inclusive fitness programs based on assessments for special populations

<i>Duration: 01:00</i>	<i>Duration: 02:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain variations in health conditions, abilities, and goals within special populations • Discuss the need for adaptive assessment strategies for individuals with varying abilities and conditions • Introduce specialized assessment tools and techniques applicable to special populations • Explain the principles of individualized programming tailored to the specific needs of special populations • Discuss the importance of adapting exercises, intensity, and progression for diverse abilities 	<ul style="list-style-type: none"> • Practice adapting assessment methods to diverse abilities and health conditions • Create sample programs considering unique needs • 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	
Case study materials and specialized assessment tools	

Module 3: Safeguarding special populations in fitness training

Terminal Outcomes:

- Comprehend the importance of safety measures and risk mitigation in fitness training for special populations
- Implement safety protocols and minimize risks during training sessions

<i>Duration: 01:00</i>	<i>Duration: 02:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain vulnerabilities and risks associated with different special populations • Discuss the importance of individualized safety considerations. • how to modify equipment for the safety of special populations 	<ul style="list-style-type: none"> • Role-Play emergency scenarios related to special populations • Demonstrate the correct usage of equipment • 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	
Emergency response equipment (first aid kit, AED, etc. , Adaptive equipment	

Module 4: Basics of monitoring and evaluation for special populations in fitness training

Terminal Outcomes:

- Understand the importance of monitoring and evaluation for the progress of special populations in fitness training
- Implement effective monitoring and evaluation strategies as per the diverse health conditions

<i>Duration: 01:00</i>	<i>Duration: 02:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain adaptive monitoring techniques suitable for various special populations • Discuss setting of realistic and achievable milestones for special populations and the role of positive reinforcement and constructive feedback in motivation • Discuss the importance of accurate documentation and record-keeping for special populations 	<ul style="list-style-type: none"> • Practice using monitoring tools specific to diverse abilities and conditions • Analyze case studies to understand real-world applications of progress tracking and goal adaptation • Role-play to Provide real-time feedback to special populations • 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	
Monitoring tools	

Module 5: Collaborative care for special population in fitness training

Terminal Outcomes:

- Recognize the importance of collaboration with healthcare professionals
- Develop referral strategies for individuals with unique health considerations

<i>Duration: 01:00</i>	<i>Duration: 02:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Define the roles and contributions of healthcare professionals in the context of fitness training for special populations • Understand the significance of clear and concise information exchange • Discuss the development and implementation of referral protocols for special populations 	<ul style="list-style-type: none"> • Engage in simulated interdisciplinary meetings involving fitness trainers and healthcare professionals • Role-Play scenarios to simulate real-world situations where referrals are necessary • 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 special population physical fitness”, SPF/MCr-0003, 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 & conditioning	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 “Fundamentals of special population physical fitness”, SPF/MCr-0003, 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

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