



# Model Curriculum

**MCr Name: Fundamentals of Sports Injury Prevention & First Aid**

**MCr Code: SPF/MCr-0006**

**MCr Version: 1.0**

**NSQF Level: 3**

**Model Curriculum Version: 1.0**

Sports, Physical Education, Fitness and Leisure Sector Skill Council  
207, DLF Tower, Galleria Mall, Mayur Vihar Extension, Delhi  
E: [info@sportsskills.in](mailto:info@sportsskills.in)

## Table of Contents

Program Overview .....	4
Training Outcomes .....	4
Compulsory Modules .....	4
Module 1: Introduction to sports injury prevention and first aid .....	5
Module 2: Human Anatomy & Physiology in relation to sports injury prevention .....	6
Module 3: Basics of sports injury prevention .....	7
Module 4: Basics of sports injury assessment .....	8
Module 5: Basics of First-Aid .....	9
Trainer Requirements .....	10
Assessor Requirements .....	11
Assessment Strategy .....	12
Glossary .....	13
Acronyms and Abbreviations .....	14

## Training Parameters

<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports Coaching and Fitness
<b>Occupation</b>	Sports Coaching
<b>Country</b>	India
<b>NSQF Level</b>	3
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/3423.0204
<b>Minimum Educational Qualification and Experience</b>	10 <sup>th</sup> grade pass OR 9 <sup>th</sup> grade with continuous education
<b>Pre-Requisite License or Training</b>	NA
<b>Minimum Job Entry Age</b>	18 years
<b>Last Reviewed On</b>	30/04/2024
<b>Next Review Date</b>	30/04/2027
<b>NSQC Approval Date</b>	30/04/2024
<b>QP Version</b>	1.0
<b>Model Curriculum Creation Date</b>	30/04/2024
<b>Model Curriculum Valid Up to Date</b>	30/04/2027
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	30 Hours
<b>Maximum Duration of the Course</b>	30 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 sports injury prevention and first aid
- Demonstrate proficiency in human anatomy and physiology concepts relevant to injury prevention and first aid
- Understand the fundamentals of injury assessment, demonstrating the ability to identify and evaluate sports-related injuries
- Apply first-aid techniques, providing immediate and effective care for sports-related injuries

### 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 sports injury prevention and first aid	02:00	04:00	-	-	06:00
Module 2: Human Anatomy & Physiology in relation to sports injury prevention	02:00	04:00	-	-	06:00
Module 3: Basics of sports Injury prevention	02:00	04:00	-	-	06:00
Module 4: Basics of sports injury assessment	02:00	04:00	-	-	06:00
Module 5: Basics of First-Aid	02:00	04:00	-	-	06:00
<b>Total Duration</b>	<b>10:00</b>	<b>20:00</b>	-	-	<b>30:00</b>

## Module Details

### Module 1: Introduction to sports injury prevention and first aid

#### Terminal Outcomes:

- Understand the fundamental principles of sports injury prevention & First Aid
- Describe the skills required to become specialist in preventing injuries and administer first aid
- Discuss the career opportunities of a sports injury prevention specialist job-role

<b>Duration:</b> 02:00	<b>Duration:</b> 04:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the Sports &amp; Fitness industry in Indian and global context</li> <li>• State the role and responsibilities associated with sports injury prevention specialist</li> <li>• Discuss how an sports injury prevention specialist is different from strength and conditioning coach</li> <li>• Explain ethical considerations and professionalism associated with providing first aid and preventing sports injuries</li> <li>• List the career opportunities of sports injury prevention specialist</li> </ul>	<ul style="list-style-type: none"> <li>• Create a career progression chart of sports injury prevention specialist</li> <li>• Role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a fitness trainer</li> <li>• Assess the application of acquired knowledge and skills within the module</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
<b>Tools, Equipment and Other Requirements</b>	
NA	

## Module 2: Human Anatomy & Physiology in relation to sports injury prevention

### Terminal Outcomes:

- Understand the intricate details of human anatomy and physiology
- Apply Anatomical Knowledge to Movement Analysis

<b>Duration: 02:00</b>	<b>Duration: 04:00</b>
<ul style="list-style-type: none"> <li>• Explain the major systems of the human body, including the skeletal, muscular, and nervous systems.</li> <li>• Discuss physiological processes governing movement, strength, and flexibility.</li> <li>• Discuss the relationship between anatomical structures and movement efficiency</li> <li>• Discuss the interplay between muscles, bones, tendons, and ligaments in the prevention of sports injuries.</li> <li>• Discuss, how the nervous system coordinates movement and contributes to injury resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Engage in hands-on sessions to identify key anatomical structures on human models and diagrams</li> <li>• Identify deviations from optimal movement and demonstrate corrective exercises</li> <li>• Demonstrate muscle testing techniques and recognize common musculoskeletal imbalances</li> <li>• Demonstrate neuromuscular coordination exercises</li> <li>• Assess the application of acquired knowledge and skills within the module</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, Human anatomical models	
<b>Tools, Equipment and Other Requirements</b>	
Exercise mats, resistance bands, goniometers	

## Module 3: Basics of sports injury prevention

### Terminal Outcomes:

- Understand the concepts of injury prevention
- Understand the biomechanics in injury prevention

<b>Duration: 02:00</b>	<b>Duration: 04:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the biomechanical concepts relevant to injury prevention.</li> <li>• Explain the movement patterns and their relationship to injury occurrence</li> <li>• Discuss the importance of warm up, stretching and cool down activities.</li> <li>• Discuss the role of strength and conditioning in injury prevention</li> <li>• Discuss the external factors that leads to injury such as weather condition, inappropriate attire and sports gear etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate warm-up and cool-down routines for specific sports.</li> <li>• Conduct practical biomechanical assessments to identify potential risk factors</li> <li>• Demonstrate proper form and technique for key exercises aimed at injury prevention</li> <li>• Assess the application of acquired knowledge and skills within the module</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
<b>Tools, Equipment and Other Requirements</b>	
Exercise mats, resistance bands, access to sports facilities for practical sessions	

## Module 4: Basics of sports injury assessment

### Terminal Outcomes:

- Conduct Comprehensive Injury Assessments
- Apply Diagnostic Skills
- Differentiate Between Types of Injuries
- Document and Communicate Assessment Findings

<b>Duration: 02:00</b>	<b>Duration: 04:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the purpose and importance of injury assessment in sports environments.</li> <li>• Explain the characteristics of common sports injuries</li> <li>• Discuss various diagnostic techniques, including physical examinations, imaging, and laboratory tests.</li> <li>• Discuss the characteristics of common sports injuries</li> </ul>	<ul style="list-style-type: none"> <li>• Role-Play to practice injury assessments, simulating real-world scenarios.</li> <li>• Participate in diagnostic technique simulations</li> <li>• Analyze case studies and participate in scenario-based learning exercises</li> <li>• Assess the application of acquired knowledge and skills within the module</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
<b>Tools, Equipment and Other Requirements</b>	
Injury models, diagnostic equipment (stethoscope, blood pressure cuff)	



## Module 5: Basics of First-Aid

### Terminal Outcomes:

- Provide Immediate and Effective First Aid
- Apply Basic Life Support Techniques
- Manage Common Medical Emergencies
- Handle Traumatic Injuries
- Utilize First Aid Equipment

<b>Duration: 02:00</b>	<b>Duration: 04:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the importance of first aid in preventing further harm and preserving life.</li> <li>• Discuss the key principles and ethical considerations of providing first aid</li> <li>• Discuss the basic life support techniques, including CPR and AED usage in cardiac emergencies</li> <li>• Explain the traumatic injuries, considering proper wound care, fracture stabilization, and head injury management</li> <li>• Explain the the principles of bleeding control and shock management</li> </ul>	<ul style="list-style-type: none"> <li>• Engage in hands-on training for CPR and AED application on mannequins.</li> <li>• Demonstrate proper techniques for effective chest compressions and defibrillation.</li> <li>• Role-Play and create the medical emergency situation to apply theoretical knowledge to practical situations.</li> <li>• Practice responding to simulated traumatic injuries, including wound dressing, fracture immobilization, and bleeding control</li> <li>• Demonstrate the proper use of items within a first aid kit</li> <li>• Assess the application of acquired knowledge and skills within the module</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
<b>Tools, Equipment and Other Requirements</b>	
CPR mannequins, AED trainers, first aid supplies (bandages, gauze, splints), training materials	

## Annexure

### Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 <sup>th</sup> pass	Fitness trainer/ personal fitness trainer in a fitness centre/ or gym	Minimum of 1 year	Must have worked in a sports, fitness industry as a trainer/coach and Sports Injury Prevention specialist.	Minimum of 1 year	Fitness trainer/ personal fitness trainer in a fitness centre/ or gym	All empaneled Trainers would have to undergo <b>“Train the Trainer”</b> 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 sports injury prevention and first aid”, SPF/MCr-0006, 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 <sup>th</sup> pass	Fitness trainer/ personal fitness trainer in a fitness centre/ or gym	Minimum of 2 years	Must have worked in a sports, fitness industry as a trainer/coach and Sports Injury Prevention specialist.	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
Certified ToA for any job-role in a relevant domain as per NCrF or the micro credential mapped to “Fundamentals of sports injury prevention and first aid”, SPF/MCr-0006, 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
<b>Key Learning Outcome</b>	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).
<b>OJT (M)</b>	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
<b>OJT (R)</b>	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
<b>Training Outcome</b>	Training outcome is a statement of what a learner will know, understand and be able to do upon the completion of the training.
<b>Terminal Outcome</b>	Terminal outcome is a statement of what a learner will know, understand and be able to do <b>upon the completion of a module</b> . 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