



QUALIFICATION FILE- Micro Credential

Fundamentals of Strength and Conditioning

- Short Term Training (STT) Long Term Training (LTT) Apprenticeship
 Upskilling Dual/Flexi Qualification For ToT For ToA
- General Multi-skill (MS) Cross Sectoral (CS) Future Skills OEM

NCrF/NSQF Level: 2

Submitted By:

Sports, Physical Education, Fitness and Leisure Sector Skill Council (SPEFL-SC)
207, DLF Galleria Mall, Mayur Vihar Extension, Delhi- 110091

Table of Contents

Section 1: Basic Details 3

Section 2: Training Related 6

Section 3: Assessment Related 6

Section 4: Evidence of Need of the Micro Credential 7

Section 5: Annexure Check List 7

 Annexure: Evidence of Level 8

 Annexure: Learning Outcomes and Assessment Criteria 9

 Annexure: Assessment Strategy 10

 Annexure: Tools and Equipment 11

 Annexure: Training Details 14

 Annexure: Blended Learning 15

 Annexure: Acronym and Glossary 16

QUALIFICATION FILE- MICRO CREDENTIAL

NM-02-SP-02536-2024-V1-SPEFLSC

Section 1: Basic Details

1.	Qualification Name	Fundamentals of Strength and Conditioning	
2.	Sector/s	Sports	
3.	National Qualification Register (NQR) Code &Version (Will be issued after NSQC approval)	NM-02-SP-02536-2024-V1-SPEFLSC, v1.0	4. NCrF/NSQF Level: 2
5.	Brief Description of the Micro Credential	The "Fundamentals of Strength and Conditioning" micro-credential outlines essential principles and practices vital for a successful career in the fitness industry, specifically focusing on strength and conditioning. This micro-credential equips learners with an overview of fitness tailored for enhancing athletic performance, improving physical strength, and conditioning. It provides foundational knowledge on the importance of maintaining physical fitness, exploring various career pathways within the fitness sector, and understanding key aspects of effective strength and conditioning training.	
6.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience:	
		S. No.	Academic/Skill Qualification (with Specialization - if applicable)
			Required Experience (with Specialization - if applicable)
		1.	Ability to read & write
7.	Credits Assigned to this Qualification, Subject to Assessment (as per National Credit Framework (NCrF))	0.5	8. Common Cost Norm Category (I/II/III) (wherever applicable): NA
9.	Any Licensing requirements for Undertaking Training on This Qualification (wherever applicable)	NA	
10.	Expected Outcomes of the Micro Credential	Terminal learning outcomes are: <ul style="list-style-type: none"> Define the scope and responsibilities of a strength and conditioning professional Conduct thorough client assessments, considering physical fitness, health history, and individual goals Demonstrate proficiency in foundational strength and conditioning exercises with proper form and technique Understand the principles of periodization and its application in program design Follow safety protocols for injury prevention and medical emergency 	

11.	Training Duration by Modes of Training Delivery (<i>Specify Total Duration as per selected training delivery modes and as per requirement of the qualification</i>)	<input checked="" type="checkbox"/> Offline <input type="checkbox"/> Online <input type="checkbox"/> Blended <i>(Refer Blended Learning Annexure for details)</i> <table border="1" data-bbox="920 204 2018 368"> <thead> <tr> <th data-bbox="920 204 1341 268">Training Delivery Modes</th> <th data-bbox="1341 204 1576 268">Theory (Hours)</th> <th data-bbox="1576 204 1816 268">Practical (Hours)</th> <th colspan="2" data-bbox="1816 204 2018 268">Total (Hours)</th> </tr> </thead> <tbody> <tr> <td data-bbox="920 268 1341 316">Classroom (offline)</td> <td data-bbox="1341 268 1576 316">5</td> <td data-bbox="1576 268 1816 316">10</td> <td colspan="2" data-bbox="1816 268 2018 316">15</td> </tr> <tr> <td data-bbox="920 316 1341 368">Online</td> <td data-bbox="1341 316 1576 368"></td> <td data-bbox="1576 316 1816 368"></td> <td colspan="2" data-bbox="1816 316 2018 368"></td> </tr> </tbody> </table>					Training Delivery Modes	Theory (Hours)	Practical (Hours)	Total (Hours)		Classroom (offline)	5	10	15		Online				
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Classroom (offline)	5	10	15																		
Online																					
12.	Assessment Criteria	<table border="1" data-bbox="920 405 2018 512"> <thead> <tr> <th data-bbox="920 405 1099 475">Theory (Marks)</th> <th data-bbox="1099 405 1279 475">Practical (Marks)</th> <th data-bbox="1279 405 1496 475">Project (Marks)</th> <th data-bbox="1496 405 1715 475">Viva (Marks)</th> <th data-bbox="1715 405 1868 475">Total (Marks)</th> <th data-bbox="1868 405 2018 475">Passing %age</th> </tr> </thead> <tbody> <tr> <td data-bbox="920 475 1099 517">50</td> <td data-bbox="1099 475 1279 517">100</td> <td data-bbox="1279 475 1496 517"></td> <td data-bbox="1496 475 1715 517"></td> <td data-bbox="1715 475 1868 517">150</td> <td data-bbox="1868 475 2018 517">70</td> </tr> </tbody> </table>	Theory (Marks)	Practical (Marks)	Project (Marks)	Viva (Marks)	Total (Marks)	Passing %age	50	100			150	70							
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50	100			150	70																
13.	Is the Job Role Amenable to Persons with Disability	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If “Yes”, specify applicable type of Disability:																			
14.	How Participation of Women will be Encouraged	<p>Here are some practical strategies that can be implemented:</p> <ol style="list-style-type: none"> 1. Partner with women’s organizations, fitness clubs, and community centers to spread awareness. 2. Use platforms to highlight the benefits of fitness training for women, featuring testimonials from female fitness professionals and participants. 3. Employ experienced female instructors and mentors to create a relatable learning environment. 4. Offer classes at various times to accommodate different schedules, including evenings and weekends. 5. Provide access to fitness resources, reading materials, and equipment that cater to women’s needs. 6. Highlight career opportunities for women in the fitness industry, from personal training to fitness entrepreneurship. 																			
15.	Other Indian Languages in which the Micro Credential will be implemented.																				
16.	Is similar Micro Credential Qualification(s) available on NQR-if yes, justification for this qualification	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:																			
17.	Name and Contact Details of Submitting / Awarding Body SPOC <i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Name: Tahsin Zahid Email: ceo@sportsskills.in Contact No.: 011-47563351 Website: www.sportsskills.in																			

18.	NSQC Approval Date: 30/04/2024	19. Validity Duration: 3 Years	20. Next Review Date: 30/04/2027
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Section 2: Training Related

1.	Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	Class 10th pass with specialization in fitness & conditioning with 1 year of academic/industry experience and 1 year of training experience.
2.	Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	Class 12th pass with specialization in fitness & conditioning with 2 years of academic/industry experience and 2 years of training experience.
3.	Tools and Equipment Required for Training	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (If "Yes", details to be provided in Annexure)

Section 3: Assessment Related

	Assessor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	Class 12th pass with specialization in fitness & conditioning with 2 years of academic/industry experience and 2 years of training experience.
	Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	
	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	
	Assessment Mode (Specify the assessment mode)	Mode: <input type="checkbox"/> Online Only <input type="checkbox"/> Offline Only <input type="checkbox"/> Blended
	Tools and Equipment Required for Assessment	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No (details to be provided in Annexure-if it is different for Assessment)

Section 4: Evidence of Need of the Micro Credential

As per the NCVET Guidelines for evidence of need, provide the required Annexure/Supporting documents.

1.	Government /Industry initiatives/ requirement (Yes/No): Yes
2.	Number of Industry validation provided: 30
3.	Estimated number of people to be trained: 300

Section 5: Annexure Check List

Specify Annexure Number and Name.

1.	Annexure: NCrf/NSQF level justification based on NCrf Level/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	Annexure: Learning Outcomes and Assessment Criteria <i>(Mandatory)</i>	Yes
3.	Annexure: Assessment Strategy <i>(Mandatory)</i>	Yes
4.	Annexure: List of tools and equipment relevant for qualification <i>(Mandatory – Except in case of online course)</i>	Yes
5.	Annexure: Blended Learning <i>(Mandatory in case selected mode of delivery is “Blended Learning”)</i>	Yes
6.	Annexure: Acronym and Glossary <i>(Optional)</i>	Yes

QUALIFICATION FILE- MICRO CREDENTIAL

Annexure: Evidence of Level

NM-02-SP-02536-2024-V1-SPEFLSC

NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
Professional Theoretical Knowledge/Process	<ul style="list-style-type: none"> Understanding basic principles of strength and conditioning Knowledge of basic human anatomy and physiology relevant to physical fitness Awareness of safety and injury prevention strategies during training 	<ul style="list-style-type: none"> At Level 2, learners acquire basic knowledge and understanding of concepts fundamental to strength and conditioning training Theoretical knowledge required for recognizing how different exercises impact muscle groups and overall fitness. Learners understand the importance of safety, which is essential for avoiding injuries and ensuring effective strength and conditioning training 	2
Professional and Technical Skills/ Expertise/ Professional Knowledge	<ul style="list-style-type: none"> Ability to perform basic strength training exercises correctly Skills in using free weights and basic gym equipment Application of fundamental conditioning techniques 	<ul style="list-style-type: none"> Learners develop the skills to perform and demonstrate basic exercises, ensuring proper form and technique. Practical experience in using various equipment enhances technical skills required for strength and conditioning programs Skills acquired include planning and executing basic conditioning routines tailored to individual needs. 	2
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	<ul style="list-style-type: none"> Understanding of fitness career pathways and opportunities Develop foundational communication skills 	<ul style="list-style-type: none"> Encourages development of soft skills essential for employment Introduces learners to potential career opportunities and entrepreneurial ventures 	2
Broad Learning Outcomes/Core Skill	<ul style="list-style-type: none"> Time management skills to structure effective training sessions Development of critical thinking and problem-solving skills in fitness contexts. 	<ul style="list-style-type: none"> Focuses on broad learning outcomes that enhance employability Encourages application of core skills in practical scenarios. 	2
Responsibility	<ul style="list-style-type: none"> Ability to work under guidance while taking responsibility for the quality of work 	<ul style="list-style-type: none"> Level 2 learners are expected to assist in training sessions, working 	2

	<ul style="list-style-type: none"> • Commitment to adhering to safety standards and ethical practices • Readiness to engage in continuous learning and professional development. 	<p>under the guidance of more experienced trainers.</p> <ul style="list-style-type: none"> • Reflects the need for basic responsibility and accountability in professional roles • Emphasizes continuous improvement and adherence to professional standards. 	
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Annexure: Learning Outcomes and Assessment Criteria

Detailed learning outcomes and assessment criteria for the qualification are as follows:

S. No.	Learning Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
1.	Conduct comprehensive fitness assessments, including strength, endurance, and mobility assessments	10	15		
2.	Design and conduct basic fitness assessments for clients.	10	15		
3.	Apply principles of periodization to design effective training program	5	15		
4.	Demonstrate strength training techniques				
5.	Implement proper techniques for using free weights and gym equipment to enhance power, speed, and agility in strength and conditioning programs	5	15		
6.	. Utilize objective measures to monitor progress and adjust training programs	5	15		
7.	Evaluate athlete/client feedback and adjust training plans accordingly	5	15		
8.	Identify potential risks associated with strength and conditioning exercises and demonstrate emergency response procedures	5	15		
Total Marks		45	105		

Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

Mention the detailed assessment strategy in the provided template.

<1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding

5. Method of verification or validation:

- Surprise visit to the assessment location

6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored

On the Job:

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
 - Videos of Trainees during OJT
 -
4. Assessment of each Module will ensure that the candidate is able to:

- Effective engagement with the customers
- Understand the working of various tools and equipment

Annexure: Tools and Equipment

List of Tools and Equipment

Batch Size: 30

Sno.	Name of Equipment	Minimum No.of Equipment required (per batch of 30)	Specification	Mandatory Equipment
1.	Sample performance report	1	Each	Yes
2.	Alcohol based sanitizer	1	Each	Yes
3.	Surface disinfectant	1	Each	Yes
4.	Copy of IPC (Indian Penal Code 96-106) book	1	Each	Yes
5.	Copy of POCSO (Protection of Children against Sexual Offences) and POSH (Prevention of Sexual Harassment) Acts	1	Each	Yes
6.	First aid kit	1	Nos	Yes
7.	Weight rack	2	Eqpt Nos	Yes
8.	Free weights	10	Sets	Yes
9.	Adjustable dumbbells	10	Sets	Yes
10.	Olympic barbells	2	Nos	Yes
11.	Weight plates (various weights)	20	Nos	Yes
12.	Squat racks	1	Nos	Yes
13.	Bench press benches	1	Nos	Yes
14.	Pull-up bars	2	Nos	Yes
15.	Kettlebells (various weights)	5	Nos	Yes
16.	Medicine balls	1	Nos	Yes
17.	Plyometric boxes	2	Nos	Yes
18.	Battle ropes	1	Sets	Yes
19.	Resistance bands	10	Sets	Yes
20.	Agility ladder	2	Nos	Yes

QUALIFICATION FILE- MICRO CREDENTIAL

NM-02-SP-02536-2024-V1-SPEFLSC

21.	Cones for drills	20	Nos	Yes
22.	Foam rollers	5	Nos	Yes
23.	Exercise mats	10	Nos	Yes
24.	Stability balls	2	Nos	Yes
25.	Poster of human muscular and skeletal system	2	Nos	Yes
26.	Heart rate monitors	2	Nos	Yes
27.	Treadmill	1	Nos	No
28.	Stationary bike	1	Nos	No
29.	Rowing machine	1	Nos	No
30.	Adjustable benches	2	Nos	Yes
31.	Speed parachute	5	Nos	No
32.	Sandbags (various weights)	2	Nos	Yes

Classroom Aids

The aids required to conduct sessions in the classroom are:

1. Laptop
2. Whiteboard
3. Marker
4. Projector
5. Chart paper
6. Clipboards
7. Height & Weight chart

Annexure: Industry Validations Summary

S. No	Organization Name	Representative Name	Designation	Contact Address	Contact Phone No	E-mail ID	LinkedIn Profile (if available)
1	Anytime Fitness India	Kushal Pal Singh	Fitness Consultant	New Delhi	8860390123	kushal.singh@anytimefitness.in	
2	Golds Gym	Dishant Dutt	Club Manager	Uttar Pradesh	9899430264	dishantdutt090@gmail.com	
3	ELITE FITNESS	Sandeep	Gym Owner	Karnataka	98455-52624	sandeep_4543@yahoo.co.in	
4	Ian Fitness	Srinivas Priyanka	Gym Manager	Karnataka	9739100962	Srinivas.priyanka@ianfitnessventure.com	
5	ZABT Fitness Club	Vikram	Gym Manager	Karnataka	8762883999	infor@zabtfitness.com	
6	ZUESE Fitness Club	Adithya Pai	Gym Manager	Karnataka	9164973777	info@zuesefitness.in	
7	Absolute Fitness	Hari Prakash	Gym Manager	Tamil Nadu	9150418332	hariprakashdb@gmail.com	
8	Aesthetic Fitness	Ajilan H	Gym Manager	Karnataka	7411847765	astheticfitness@gmail.com	
9	Anis Gym	Imran Daroji	Gym Manager	Karnataka	8951714318	aneeschampion@gmail.com	
10	Anis Gym	Anis Ahmed	Gym Manager	Karnataka	9986141522	aneeschampion@gmail.com	
11	Anytime Fitness	Mukesh Samal	Club Manager	Delhi	7838640414	malviyanagar.delhi@anytimefitness.in	
12	Fit Map	Satish	Gym Manager	Telangana	081213 30777	regionalmanager@fitmap.in	
13	Fast Fitness	Amal Kumar roy	Gym Owner	West Bengal	9831234454	sales@fastfitnessindia.com	
14	Fitness Zone	Yogbal Anima	Gym Manager	Tamil Nadu	99523 23339	Yogbal88.fitnesszones@gmail.com	
15	GM Group of companies	Charles Raj	General Manager	Punjab	98761-01067	Charles@gurumann.com	
16	Grit Fitness	Pompy Rao	Gym Owner	Kolkata	9831883716	gritfitnesskolkata@gmail.com	
17	Groundsport Fitness	Royster Dsouza	Gym Manager	Karnataka	81054 22 007	info.groundsport@gmail.com	
18	Health dot com	Saranraj N	Gym Manager	Tamil Nadu	094424 37327	info@healthdotcom.in	
19	IBIS Educational services	Sandheep R Menon	Executive Director Compliance	kerala	9656078888	sandheep.r.menon@gmail.com	
20	Kahlian Technology PVT.ltd.	Kumari Manorma	HR head	Maharashtra	7715800004	help@skilladvisor.in	

QUALIFICATION FILE- MICRO CREDENTIAL

NM-02-SP-02536-2024-V1-SPEFLSC

21	New Karisidheshwar gym	Maltesh Kurubar	Manager	Karnataka	9901129869	mddilshad9806@gmail.com
22	Mettle The Gym	Bharat Kumar	Gym Manager	Telangana	9030555533	mettlethegym@gmail.com
23	My choice Gym-Fitness centre	Mohammed saleem gaur	Manager	Karnataka	9480073559	aneeschampion@gmail.com
24	Nuclear Fitness	Pawan Kumar	Manager	Karnataka	8212565786	nuclear.fitness@gmail.com
25	O2 Gym	Harsha	Manager	Telangana	7287020202	myo2gym@gmail.com
26	Physique Gym	Yunus Jamadar	Manager	Karnataka	9620057340	Gym-vijaykumersh1993@gmail.com
27	Politechno	Aniruddh tiwari	Director	Maharashtra	9819482231	aniruddh@politechno.in
28	Pulse 8 Elite	David	Functional Trainer	Hyderabad	7032936695	pulse8gym@gmail.com
29	New Siddheshwar Gym	Sadanand G	Manager	Karnataka	7975930627	Gym-vivansahil13@gmail.com
30	Shri Sai Gym	Vinod Jadhav	Manager	Karnataka	9611110899	sudip.79das2014@gmail.com
31	Steel Gym	Kunal	Fitness Trainer	Telangana	9542999999	info.steelgym@gmail.com
32	Xtreme Fitness	Prakash Pujari	Managing partner	Karnataka	9886201037	xtremefitnesshubli.prakash@gmail.com
33	Fit Villa Center Pvt. Ltd.	Apurva Gaurav	Administrator	Uttar Pradesh	7503677206	fitvillafitness@gmail.com
34	Fitness Mandi	Shabishta Ansari	Fitness Center Head	Uttar Pradesh	8882686122	info@fitnessmandi.com

Annexure: Training Details

Training Projections:

Year	Estimated Training # of Total Candidates	Estimated training # of Women	Estimated training # of People with Disability
2024-25	100	NA	NA
2025-26	100	NA	NA
2026-27	100	NA	NA

Data to be provided year-wise for next 3 years

Annexure: Blended Learning

Blended Learning Estimated Ratio & Recommended Tools:

Refer NCVET "Guidelines for Blended Learning for Vocational Education, Training & Skilling"

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline : Online Ratio
1	<input type="checkbox"/> Theory/ Lectures - Imparting theoretical and conceptual knowledge		
2	<input type="checkbox"/> Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners		
3	<input type="checkbox"/> Showing Practical Demonstrations to the learners		
4	<input type="checkbox"/> Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training		
5	<input type="checkbox"/> Tutorials/ Assignments/ Drill/ Practice		
6	<input type="checkbox"/> Proctored Monitoring/ Assessment/ Evaluation/ Examinations		
7	<input type="checkbox"/> On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training		

Annexure: Acronym and Glossary

Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
ISCO	International Standard Classification of Occupations
NCO	National Classification of Occupations
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework
OJT	On the Job Training

Glossary

Term	Description
Qualification	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards
Qualification File	A Qualification File is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
Sector	A grouping of professional activities based on their main economic function, product, service or technology.