



Model Curriculum

MCr Name: Fundamentals of yoga

MCr Code: SPF/MCr-0005

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
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 yoga training principles, including the associated job role
- Understand the basic human anatomy and physiology concepts relevant to yoga training
- Demonstrate essential yoga poses, ensuring correct form and alignment for a foundation in yoga practice
- Demonstrate foundational yogic breathing techniques, emphasizing breath awareness and control
- Understand the essentials of meditation, including mindfulness and concentration techniques

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 yoga training and the job-role	01:00	02:00	-	-	03:00
Module 2: Basic Concepts of Human Anatomy and Physiology in relation to yoga training	02:00	02:00	-	-	04:00
Module 3: Essential Yoga Poses: A Foundation for Practice	01:00	02:00	-	-	03:00
Module 4: Foundations of Yogic Breathing	0.5:00	02:00	-	-	2.5:00
Module 5: Essentials of Meditation	0.5:00	02:00	-	-	2.5:00
Total Duration	05:00	10:00	-	-	15:00

Module Details

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

Terminal Outcomes:

- Understand the fundamental principles and philosophy of yoga
- Describe the skills required to be a yoga training professional

Duration: 01:00	Duration: 02:00
Theory – Key Learning Outcomes <ul style="list-style-type: none"> • State the role and responsibilities of yoga training professionals • Discuss the difference between a yoga training professionals and fitness training professionals • Explain the history and philosophy of yoga, including its origins, key principles, and different styles • Explain ethical considerations and professionalism in yoga training • List the career opportunities in yoga 	Practical – Key Learning Outcomes <ul style="list-style-type: none"> • Create a career progression chart • Role-play to highlight the important non-technical skills required to succeed as a yoga expert (communication, presentation, grooming, etiquette, etc.) • 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	
NA	

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

Terminal Outcomes:

- Understand the foundational principles of human anatomy and physiology relevant to yoga practice
- Use anatomical knowledge to enhance the safety and effectiveness of yoga practice and teaching

Duration: 02:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Introduce the basics of human anatomy, emphasizing key systems and structures relevant to yoga, such as the musculoskeletal and respiratory systems • Explain the functional anatomy of major joints and muscles involved in common yoga poses • Discuss how proper alignment contributes to optimal biomechanics and injury prevention 	<ul style="list-style-type: none"> • Create a sample chart of yoga poses to analyze the engagement of specific muscles and joints • Role-play the use of anatomical knowledge in identifying potential risk factors for injuries • 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	
Power point presentation, flip charts	

Module 3: Essential Yoga Poses: A Foundation for Practice

Terminal Outcomes:

- Identify different types of effective essential yoga poses.
- Understand the alignment, benefits, and modifications for each essential pose.

Duration: 01:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the significance of essential yoga poses in gaining strength, flexibility, and balance. • Explain the basic yoga poses and their benefits. • Discuss the importance of warm up, stretching and cool down activities. • Discuss the factors affecting the motivation levels. 	<ul style="list-style-type: none"> • Demonstrate proper warm up and cool down exercises. • Demonstrate yoga asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.) • 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	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit	

Module 4: Foundations of Yogic Breathing

Terminal Outcomes:

- understanding of fundamental yogic breathing techniques.
- Implement breathwork to enhance physical, mental, and emotional well-being.

Duration: 0.5:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the philosophy and principles behind yogic breathing practices • Explain the connection between breath, energy, and overall vitality • Discuss the benefits of proper breathing techniques to enhance athletic performance and well being. 	<ul style="list-style-type: none"> • Demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity. • 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	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit	

Module 5: Essentials of Meditation

Terminal Outcomes:

- Develop a foundational understanding of various meditation techniques
- Cultivate a regular meditation practice for improved mental well-being

Duration: 0.5:00	Duration: 02:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the fundamental concepts of meditation, including mindfulness and concentration techniques • Discuss the historical and cultural aspects of meditation practices • Discuss the benefits of incorporating meditation into daily life for mental and emotional well-being 	<ul style="list-style-type: none"> • Demonstrate basic meditation postures and techniques • 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	
Alcohol-based sanitizer, surface disinfectant, first aid kit, stretcher, arm-sling, crutches	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 th pass	Yoga	Minimum of 1 year	Must have worked in a sports, fitness industry as a yoga instructor/trainer/coach.	Minimum of 1 year	Yoga	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 yoga”, SPF/MCr-0005, v1.0 Minimum accepted score is 80%	Recommended that the trainer is certified for the Job-Role “Trainer” mapped to the QP: Master Trainer (VET and skills) MEP/Q2601, v2.0” 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	yoga	Minimum of 2 year	Must have worked in a sports,fitness industry as a yoga instructor/trainer/coach.	Minimum of 2 year	yoga	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 yoga”, SPF/MCr-0005, v1.0 Minimum accepted score is 80%	Recommended that the assessor is certified for the Job-Role “Assessor” mapped to the QP: Assessor (VET and skills) MEP/Q2701, v2.0” 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