



QUALIFICATION FILE- Micro Credential

Fundamentals of Sports Injury Prevention & First Aid

- 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: 3

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-03-SP-02537-2024-V1-SPEFLSC

Section 1: Basic Details

| | | | | |
|-----|--|---|---|--|
| 1. | Qualification Name | Fundamentals of Sports injury prevention & first aid | | |
| 2. | Sector/s | Sports | | |
| 3. | National Qualification Register (NQR) Code &Version (Will be issued after NSQC approval) | NM-03-SP-02537-2024-V1-SPEFLSC, v1.0 | 4. NCrf/NSQF Level: 3 | |
| 5. | Brief Description of the Micro Credential | The "Fundamentals of Sports Injury Prevention & First Aid" micro-credential outlines essential principles and practices vital for promoting safety and well-being in sports and physical activities. This micro-credential equips learners with an overview of injury prevention strategies, first aid techniques, and emergency response protocols specific to sports-related injuries. It provides foundational knowledge on recognizing and mitigating potential risks, administering immediate care in the event of an injury, and understanding key aspects of effective sports injury prevention and first aid. | | |
| 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. | 10 th grade pass | |
| | | 2. | 9th grade with continuous education | |
| 7. | Credits Assigned to this Qualification, Subject to Assessment (as per National Credit Framework (NCrF)) | 1 | 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"> • 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 | | |

| 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="1016 204 2036 379"> <thead> <tr> <th>Training Delivery Modes</th> <th>Theory (Hours)</th> <th>Practical (Hours)</th> <th>Total (Hours)</th> </tr> </thead> <tbody> <tr> <td>Classroom (offline)</td> <td>15</td> <td>15</td> <td>30</td> </tr> <tr> <td>Online</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> | Training Delivery Modes | Theory (Hours) | Practical (Hours) | Total (Hours) | Classroom (offline) | 15 | 15 | 30 | Online | | | |
|--|--|-------------------------|-------------------|-------------------|---------------|---------------------|--------------|----|-----|--------|--|-----|----|
| Training Delivery Modes | Theory (Hours) | Practical (Hours) | Total (Hours) | | | | | | | | | | |
| Classroom (offline) | 15 | 15 | 30 | | | | | | | | | | |
| Online | | | | | | | | | | | | | |
| 12. Assessment Criteria | <table border="1" data-bbox="1016 410 2036 512"> <thead> <tr> <th>Theory (Marks)</th> <th>Practical (Marks)</th> <th>Project (Marks)</th> <th>Viva (Marks)</th> <th>Total (Marks)</th> <th>Passing %age</th> </tr> </thead> <tbody> <tr> <td>50</td> <td>100</td> <td></td> <td></td> <td>150</td> <td>70</td> </tr> </tbody> </table> | Theory (Marks) | Practical (Marks) | Project (Marks) | Viva (Marks) | Total (Marks) | Passing %age | 50 | 100 | | | 150 | 70 |
| Theory (Marks) | Practical (Marks) | Project (Marks) | Viva (Marks) | Total (Marks) | Passing %age | | | | | | | | |
| 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"> Partner with women’s organizations, fitness clubs, and community centers to spread awareness. Use platforms to highlight the benefits of fitness training for women, featuring testimonials from female fitness professionals and participants. Employ experienced female instructors and mentors to create a relatable learning environment. Offer classes at various times to accommodate different schedules, including evenings and weekends. Provide access to fitness resources, reading materials, and equipment that cater to women’s needs. 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 |
|------------|---------------------------------------|---------------------------------------|---|

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-03-SP-02537-2024-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 | Demonstrate advanced knowledge of sports injury prevention strategies and first aid techniques. | This requirement aligns with Level 3 as it involves in-depth theoretical understanding and application of advanced concepts in sports injury prevention and first aid, demonstrating proficiency in professional theoretical knowledge/process. | 3 |
| Professional and Technical Skills/ Expertise/ Professional Knowledge | Apply specialized first aid procedures and emergency response protocols in sports and physical activity settings. | The ability to apply specialized first aid procedures reflects expertise and proficiency in professional and technical skills, meeting the criteria for Level 3 in professional and technical skills/expertise/professional knowledge. | 3 |
| Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill | Analyze and assess potential risks and hazards in sports environments, implementing preventive measures and safety protocols. | This requirement demonstrates a high level of readiness and entrepreneurship skills, as individuals must proactively identify and mitigate risks in sports settings, aligning with Level 3 for employment readiness & entrepreneurship skills & mind-set/professional skill. | 3 |
| Broad Learning Outcomes/Core Skill | Evaluate and recommend strategies for optimizing safety and injury prevention in sports and physical activities. | Achieving this outcome requires a broad understanding of core principles and skills related to sports injury prevention and first aid, which corresponds to Level 3 for broad learning outcomes/core skill. | 3 |
| Responsibility | Demonstrate accountability and leadership in managing sports-related injuries and providing first aid assistance. | Responsibility is a key aspect of this role, as individuals must ensure the safety and well-being of participants in sports activities, meeting the criteria for Level 3 in responsibility. | 3 |

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 thorough assessments to identify potential risks to sports-related injuries. | 10 | 15 | | |
| 2. | Demonstrate proficiency in basic first aid techniques applicable to sports injuries | 10 | 15 | | |
| 3. | Implement preventive measures to minimize the occurrence of sports-related injuries during training and competition. | 10 | 15 | | |
| 4. | Recognize common sports injuries, their causes, symptoms, and appropriate initial management. | 10 | 15 | | |
| 5. | Develop and implement emergency action plans specific to sports environments | 10 | 15 | | |
| 6. | Collaborate with coaches, athletes, and medical professionals to ensure timely response to sports-related injuries. | 10 | 15 | | |
| 7. | Evaluate and provide feedback on injury prevention protocols and first aid procedures | 10 | 15 | | |
| 8. | Demonstrate cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) usage in sports-related emergency situations. | 10 | 15 | | |
| Total Marks | | 80 | 120 | | |

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. | First aid kit | 1 | Nos | Yes |
| 2. | Alcohol-based sanitizer | 1 | Each | Yes |
| 3. | Surface disinfectant | 1 | Each | Yes |
| 4. | CPR manikin with feedback features | 2 | Each | Yes |
| 5. | AED (Automated External Defibrillator) | 1 | Each | Yes |
| 6. | Spine board | 1 | Each | No |
| 7. | Emergency medical bags with supplies | 2 | Each | Yes |
| 8. | Trauma shears | 2 | Each | Yes |
| 9. | Cold packs | 10 | Each | Yes |
| 10. | Heat packs | 10 | Each | Yes |
| 11. | Emergency blankets | 10 | Each | Yes |
| 12. | Disposable gloves | 30 pairs | Each | Yes |
| 13. | Adhesive bandages (various sizes) | 5 boxes | Each | Yes |
| 14. | Sterile gauze pads (various sizes) | 5 boxes | Each | Yes |
| 15. | Triangular bandages | 10 | Each | 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-03-SP-02537-2024-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. |