



# Model Curriculum

**QP Name: General Fitness Trainer**

**QP Code: SPF/Q1107**

**QP Version: 3.0**

**NSQF Level: 4**

**Model Curriculum Version: 3.0**

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 fitness training .....	6
Module 2: Prepare workout area and gym equipment.....	7
Module 3: Guide and monitor clients during the workout.....	8
Module 4: Maintain hygiene and sanitation.....	9
Module 5: Identify potential risks and respond to medical emergencies .....	10
Module 6: Build an environmentally sustainable workplace.....	<b>Error! Bookmark not defined.</b>
Module 7: Employability Skills.....	12
On the Job training.....	12
Annexure.....	14
Trainer Requirements .....	14
Assessor Requirements.....	15
Assessment Strategy.....	16
References .....	18
Glossary.....	18
Acronyms and Abbreviations.....	19

## 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>	4
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/3423.0101
<b>Minimum Educational Qualification and Experience</b>	12th grade Pass with 1 Year of experience in fitness industry OR 10th grade pass with 3 Years of experience in fitness industry OR Previous relevant Qualification of NSQF Level (3) with 3 Years of experience relevant
<b>Pre-Requisite License or Training</b>	NA
<b>Minimum Job Entry Age</b>	18 years
<b>Last Reviewed On</b>	27/08/2024
<b>Next Review Date</b>	27/08/2027
<b>NSQC Approval Date</b>	27/08/2024
<b>QP Version</b>	3.0
<b>Model Curriculum Creation Date</b>	27/08/2024
<b>Model Curriculum Valid Up to Date</b>	27/08/2027
<b>Model Curriculum Version</b>	3.0
<b>Minimum Duration of the Course</b>	450 Hours
<b>Maximum Duration of the Course</b>	450 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 will be able to:

- Prepare and maintain workout stations.
- Perform routine inspections of all gym equipment to identify any malfunctions.
- Assist clients with equipment selection machines based on their specific workout goals and fitness levels
- Demonstrate correct forms, posture, and techniques to make exercise effective and injury free.
- Promote a co-operative environment amongst the gym user to avoid any conflicts.
- Follow safety protocols for injury prevention and offer first aid and manage medical emergencies
- Maintain hygiene and sanitation at the gym.

## 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
<b>SPF/N1120 - Prepare gym area for workout</b> NOS Version No. 3.0 NSQF Level 4	35:00	40:00	45:00	00:00	120:00
<b>(Bridge Module)</b> Module 1: Introduction to fitness training	05:00	10:00	15:00	00:00	30:00
Module 2: Prepare workout area and gym equipment	30:00	30:00	30:00	00:00	90:00
<b>SPF/N1121 - Guide and monitor clients</b> NOS Version No. 3.0 NSQF Level 4	30:00	90:00	60:00	00:00	180:00
Module 3: Guide and monitor clients during workout	30:00	90:00	60:00	00:00	180:00
<b>SPF/N1122 - Maintain health and safety standards</b> NOS Version No. 3.0 NSQF Level 4	15:00	30:00	15:00	00:00	60:00
Module 4: Maintain hygiene and sanitation	8:00	15:00	7:00	00:00	30:00
Module 5: Identify potential risks and respond to medical emergencies	07:00	15:00	8:00	00:00	30:00

<b>SPF/N1169 – Improve workplace resource usage NOS Version No. 1.0 NSQF Level 3</b>	<b>10:00</b>	<b>20:00</b>	<b>00:00</b>	<b>00:00</b>	<b>30:00</b>
Module 7: Build an environmental friendly workplace	10:00	20:00	00:00	00:00	30:00
<b>DGT/VSQ/N0102- Employability skills (60 Hours) NOS Version No-1.0 NSQF Level 4</b>	<b>30:00</b>	<b>30:00</b>	<b>00:00</b>	<b>00:00</b>	<b>60:00</b>
Module 7: Employability skills	30:00	30:00	00:00	00:00	60:00
<b>Total Duration</b>	<b>120:00</b>	<b>210:00</b>	<b>120:00</b>	<b>00:00</b>	<b>450:00</b>

# Module Details

## Module 1: Introduction to fitness training

### Bridge Module

Mapped to SPF/N1120, v3.0

#### Terminal Outcomes:

- Understand the components of physical fitness and their importance.
- Identify the skills and qualifications required to become a successful fitness trainer.

<b>Duration:</b> 05:00	<b>Duration:</b> 10:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain general and specific fitness.</li> <li>• State the role and responsibilities of a fitness trainer.</li> <li>• List the career opportunities of a fitness trainer.</li> <li>• Discuss the importance of maintaining professional ethics and client confidentiality in the fitness industry.</li> </ul>	<ul style="list-style-type: none"> <li>• Classify general fitness and specific fitness.</li> <li>• Create a career progression chart of a fitness trainer.</li> <li>• Role-play scenarios to practice effective communication and client interaction in a fitness setting.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
<b>Tools, Equipment and Other Requirements</b>	
NA	

## Module 2: Prepare workout area and gym equipment

*Mapped to SPF/N1120, v3.0*

### Terminal Outcomes:

- Inspect workout equipment and their readiness for use.
- Ensure the gym environment is conducive to effective training sessions.

<i>Duration: 30:00</i>	<i>Duration: 30:00</i>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Recall the factors to be considered while preparing the gym for a safe and effective workout.</li> <li>• Discuss the significance of regular equipment maintenance</li> <li>• Explain the labels on the weights and other fitness equipment.</li> <li>• Discuss the ways to maintain personal hygiene before the workout and its significance.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate setting up and organize a workout area for different types of training sessions.</li> <li>• Classify equipment as per their usage – cardio training, strength training, etc.</li> <li>• Prepare a gym facility readiness checklist.</li> <li>• Examine gym equipment, both mechanical and electrical, for any kind of malfunction.</li> <li>• Prepare a sample report on maintenance of gym equipment.</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>	
Gym mats, treadmill, stationary bikes, free weights, machine assisted weights, medicine ball, swiss ball, weights rack, first aid kit	

## Module 3: Guide and monitor clients during workout

*Mapped to SPF/N1121, v3.0*

### Terminal Outcomes:

- Guide clients on the correct technique to get better results from the workout session.
- Monitor workout sessions to ensure clients comply with the best practices of fitness training.
- Implement corrective measures for clients performing exercises incorrectly.
- Provide personalized feedback and motivation to clients during workout sessions.

<i>Duration: 30:00</i>	<i>Duration: 90:00</i>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain the types of workouts and their benefits</li> <li>• Identify common workout mistakes and how to correct them.</li> <li>• Identify machines and equipment for the workout to develop specific fitness need – endurance, strength, etc.</li> <li>• Recall the specifics such as, number of repetitions, intensity for different exercises (cardiovascular capacity, strength, etc.)</li> <li>• Discuss inappropriate behaviour and sexual harassment at workplace.</li> <li>• Discuss the psychological aspects of fitness training and how to motivate clients.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate workout to develop endurance, strength, and flexibility.</li> <li>• Demonstrate correct forms, posture, and techniques to make workout effective and injury free.</li> <li>• Conduct mock sessions to practice identifying and correcting common workout mistakes.</li> <li>• Demonstrate proper warm up and cool down exercises.</li> <li>• Apply gender-sensitive, non-discriminatory language.</li> <li>• Role-play scenarios to provide feedback and motivate clients.</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>	
Gym mats, treadmill, stationary bikes, free weights, machine assisted weights, medicine ball, swiss ball, weights rack, first aid kit	



## Module 4: Maintain hygiene and sanitation

*Mapped to SPF/N1122, v3.0*

### Terminal Outcomes:

- Create healthy and hygienic environment for clients.

<b>Duration:</b> 08:00	<b>Duration:</b> 15:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Recall the importance of hygiene and sanitation regulatory at workplace.</li> <li>• Discuss the ways to maintain personal hygiene before and after the workout.</li> <li>• Identify the sanitizing agents which are safe for both machinery and equipment.</li> <li>• Identify the sanitizing agents safe for the clients.</li> <li>• Discuss ways to promote a safe and interactive environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate hygiene and sanitation checks of work area and equipment.</li> <li>• Prepare a sample report on maintenance of hygiene and sanitation at workplace.</li> <li>• Demonstrate ways to sanitize equipment and machinery before and after the usage.</li> <li>• Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, copy of POCSO (Protection of Children against Sexual Offences) and POSH (Prevention of Sexual Harassment) Acts, IPC book	
<b>Tools, Equipment and Other Requirements</b>	
Alcohol-based sanitizer, surface disinfectant	

## Module 5: Identify potential risks and respond to medical emergencies

*Mapped to SPF/N1122, v3.0*

### Terminal Outcomes:

- Apply first aid to minor injuries.
- Identify medical emergencies.

<b>Duration: 7:00</b>	<b>Duration: 15:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the common types of injuries that might occur during a workout.</li> <li>• Explain the steps to be followed during medical emergencies.</li> <li>• Explain the factors that lead to injuries during the workout.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate ways to find if the injury is major or minor.</li> <li>• Demonstrate the process of administering first aid for common injuries.</li> <li>• Perform CPR (Cardio-Pulmonary Resuscitation)</li> <li>• Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, sample performance report	
<b>Tools, Equipment and Other Requirements</b>	
First aid kit, stretcher, arm-sling, crutches	

## Module 6: Build an environmental friendly workplace

### Mapped to SPF/N1169, v1.0

#### Terminal Outcomes:

- Identify effective waste management techniques in the workplace.
- Ways to make the workplace environmentally sustainable.

<b>Duration:</b> 15:00	<b>Duration:</b> 15:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Identify the environment-friendly materials available to replace conventional materials.</li> <li>• Explain ways of disposing of non-recyclable waste appropriately.</li> <li>• Discuss common sources of pollution and ways to minimize them.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare statutory documents relevant to safety and hygiene.</li> <li>• Exhibit the methods of disposing of non-recyclable waste.</li> <li>• Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
<b>Tools, Equipment and Other Requirements</b>	
Gloves, safety goggles, ladder	

## Module 7: Employability Skills

### Mapped to DGT/VSQ/N0102

#### Terminal Outcomes:

- Understand Employability skills along with communication skills and constitutional values
- Able to set a goal and create a career plan, along with knowledge financial and legal knowledge

<b>Duration: 30:00</b>	<b>Duration: 30:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the Employability Skills required for jobs in various industries.</li> <li>• Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen</li> <li>• Describe the role of digital technology in today's life</li> <li>• Explain entrepreneurship and opportunities available</li> <li>• Understanding different types of customers and their needs</li> <li>• Explain skills required to become a 21st century professional</li> <li>• Understand to read and write basic English</li> <li>• Understand how to create a career plan</li> <li>• Explain effective communication skills</li> <li>• Understand basic financial and legal knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Create a career plan</li> <li>• Implement Self-awareness, time management, critical thinking, problem solving</li> <li>• Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary</li> <li>• Implement communication skills while handling different customers</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Computer (PC) with latest configurations, Computer Tables, Computer Chairs, UPS, Scanner cum Printer	

## Module 8: On-the-Job Training

### Mapped to General Fitness Trainer

**Mandatory Duration: 120:00**

**Recommended Duration: 00:00**

**Location: On Site**

#### Terminal Outcomes

- Identify equipment, training area and other resources required for fitness training.
- Identify types of gym equipment.
- Conduct workouts to develop specific fitness.
- Prepare a plan for equipment inspection.
- Prepare a sample gym facility audit report.
- Demonstrate ways of communicating with participants using gender-sensitive, non-discriminatory language.
- Practice effective waste management techniques at the workplace.

# 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 and conditioning	Minimum of 1 year	Must have worked in a fitness industry	Minimum of 1 year	Fitness trainer in a fitness center and/or gym	The fitness trainer must be physically fit with good communication skills. The individual must be detail-oriented and attentive.

Trainer Certification	
Domain Certification	Platform Certification
“Certified ToT for the job-role mapped to “General Fitness Trainer, SPF/Q1107, v3.0” 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 <sup>th</sup> pass	Fitness and conditioning	Minimum of 2 years	Must have worked in a fitness industry	Minimum of 1 years	Fitness trainer in a fitness center, gym and or have worked independently as a personal/group fitness trainer fitness	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 the job-role mapped to “General Fitness Trainer, SPF/Q1107, v3.0” 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

1. Criteria for assessment for each Qualification Pack will be created by the SPEFL - Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down the proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on the knowledge bank of questions created by the SSC.
3. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4. Individual assessment agencies will create unique question papers for the theory part for each candidate at each examination/training center as per assessment criteria below.
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
6. To pass the Qualification Pack assessment, every trainee should score a minimum of 70% of aggregate marks to successfully clear the assessment.
7. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

### Recommended Pass % aggregate for QP: 70

Each NOS in the Qualification Pack (QP) will be assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Performance Criteria in the NOS will be assigned marks for or practical based on relative importance, criticality of function and training infrastructure.

The following tools are proposed to be used for final assessment:

1. **Practical Assessment:** This will comprise of a creation of mock environment in the skill lab which is equipped with all equipment's required for the qualification pack. Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. will be ascertained by observation and will be marked in observation checklist. The product will be measured against the specified dimensions and standards to gauge the level of his skill achievements.
2. **Viva/Structured Interview:** This tool will be used to assess the conceptual understanding and the behavioral aspects as regards the job role and the specific task at hand. It will also include questions on safety, quality, environment, and equipment, etc.
3. **Written Test:** Under this test few key items which cannot be assessed practically will be assessed. The written assessment will comprise of:
  - i. True / False Statements
  - ii Multiple Choice Questions
  - iii Matching Type Questions.
  - iv Fill in the blanks



## Accreditation of Assessing Body:

The SPEFL SC's Accreditation process is divided into two steps:

### 1. **Pre-accreditation process:**

- **Apply for Accreditation:** Application form with desired documents in prescribed format to be sent.
- **Document Compliance:** to be done for ensuring the compliance and adherence of applied assessing body according to criteria laid down by SPEFL SC.
- **Presentation on Quality Assurance:** to be given by Assessing body highlighting the quality assurance process laid down by Assessing body at the process points.
- Once the assessing body clears the due diligence process, the accreditation is given along with terms and conditions.

### 2. **Post-accreditation process:** Post accreditation, the accredited assessing bodies needs to fulfil following minimum eligibility criteria or requisites for implementation:

- All Empanelled Assessors would have to undergo **“Train the Assessor”** Program conducted by SPEFL SC for each job role time to time.
- Accredited Assessing Body would have to abide with requisite timelines, policies and regulations declared by SPEFL sector skill council.
- Accredited Assessing Body with times would have to contribute to expansion of the questionnaire.

## References

## 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
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards