



Model Curriculum

QP Name: Group Fitness Trainer

QP Code: SPF/Q1110

QP Version: 2.0

NSQF Level: 5

Model Curriculum Version: 2.0

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Training Parameters

Sector	Sports
Sub-Sector	Sports Coaching and Fitness
Occupation	Sports Coaching
Country	India
NSQF Level	5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3423.0101
Minimum Educational Qualification and Experience	Completed 3-year diploma after 10th with 1 Year of experience in fitness industry OR 12th Class pass with 2 Years of experience in fitness industry OR 10th Class pass with 4 years of relevant experience OR Certificate-NSQF (Level 4 - Fitness Trainer) with 3 Years of experience in fitness industry
Pre-Requisite License or Training	NA
Minimum Job Entry Age	20 years
Last Reviewed On	16/12/2020
Next Review Date	27/05/2024
NSQC Approval Date	27/05/2021
QP Version	2.0
Model Curriculum Creation Date	16/12/2020
Model Curriculum Valid Up to Date	27/05/2024
Model Curriculum Version	2.0
Minimum Duration of the Course	570 Hours
Maximum Duration of the Course	570 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.

- Conduct health screening and fitness assessment of the client.
- Categorize groups based on their goals and abilities.
- Create a group fitness training plan for the clients.
- Conduct group workout sessions to develop specific fitness requirements of the client.
- Guide clients to choose the correct equipment and machines required for their specific workout.
- Demonstrate correct forms, posture, and techniques to make exercise effective and injury free.
- Conduct periodic fitness evaluation of the client to identify improvements.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at the fitness center.

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
SPF/N1129 – Develop a group fitness training program NOS Version No. 2.0 NSQF Level 5	45:00	45:00	00:00	00:00	90:00
(Bridge Module) Module 1: Introduction to group fitness training	15:00	00:00	00:00	00:00	15:00
Module 2: Plan group fitness program	30:00	45:00	00:00	00:00	75:00
SPF/N1130 – Conduct group fitness training sessions NOS Version No. 2.0 NSQF Level 5	30:00	60:00	60:00	00:00	150:00
Module 3: Deliver a variety of group fitness sessions	30:00	60:00	60:00	00:00	150:00
SPF/N1131 – Evaluate the group fitness training program NOS Version No. 2.0 NSQF Level 5	30:00	90:00	30:00	00:00	150:00

Module 4: Review group fitness training program	30:00	90:00	30:00	00:00	150:00
SPF/N1122 - Maintain health and safety NOS Version No. 2.0 NSQF Level 4	30:00	30:00	00:00	00:00	60:00
Module 5: Identify potential risks and respond to medical emergencies	15:00	15:00	00:00	00:00	30:00
Module 6: Maintain hygiene and sanitation	15:00	15:00	00:00	00:00	30:00
SGJ/Q1702 - Optimize resource utilization at workplace NOS Version No. 1.0 NSQF Level: 3	15:00	15:00	00:00	00:00	30:00
Module 7: Create an environmentally sustainable workplace	15:00	15:00	00:00	00:00	30:00
DGT/VSQ/N0103- Employability skills (90 Hours) NOS Version No-1.0 NSQF Level: 5	45:00	45:00	00:00	00:00	90:00
Module 8: Employability skills	45:00	45:00	00:00	00:00	90:00
Total Duration	195:00	285:00	90:00	00:00	570:00

Module Details

Module 1: Introduction to group fitness training

Bridge Module

Mapped to SPF/N1129, v2.0

Terminal Outcomes:

- Describe the skills required to be a group fitness trainer.
- Discuss the career opportunities of a group fitness trainer.

Duration: 15:00	Duration: 00:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • State the role and responsibilities of a group fitness trainer. • Discuss the difference between a personal and a group fitness trainer. • List the career opportunities of a group fitness trainer. 	<p>Practical – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Create a career progression chart of a group fitness trainer. • Role-play to highlight the important non-technical skills required to succeed as a group fitness trainer (communication, presentation, grooming, etiquette, etc.)
<p>Classroom Aids:</p> <p>Laptop, whiteboard, marker, projector, chart paper, clipboards</p>	
<p>Tools, Equipment and Other Requirements</p> <p>NA</p>	

Module 2: Plan group fitness training program

Mapped to SPF/N1129, v2.0

Terminal Outcomes:

- Identify types of health and fitness assessments.
- Design a group fitness program.

Duration: 30:00	Duration: 45:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Explain the types of health and fitness screenings required before planning for a group fitness program. • Explain the significance of categorizing group members based on their goals and abilities. • Discuss the importance of creating different types of group workout sessions to retain clients interest. • Discuss the importance of maintaining the client’s information confidential. 	<p>Practical – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Demonstrate tests to assess health and fitness levels of the clients (cardiovascular endurance, muscle strength, flexibility, co-ordination, etc.) • Create a sample physical activity readiness chart. • Prepare a sample plan for the group fitness program. • Demonstrate the ways to categorize clients into different groups based on their goals and fitness levels.
<p>Classroom Aids:</p> <p>Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system</p>	
<p>Tools, Equipment and Other Requirements</p> <p>Music player, PA system, gym mats, treadmill, stationary bikes, free weights, machine assisted weights, medicine ball, swiss ball, weights rack, first aid kit, height & weight chart</p>	

Module 3: Deliver a variety of group fitness sessions

Mapped to SPF/N1130, v2.0

Terminal Outcomes:

- Identify different types of effective group workout sessions.
- Conduct workout sessions to develop different components of fitness (endurance, co-ordination, strength, etc.)
- Identify correct forms and techniques to get better results from the group workout sessions.
- Monitor sessions to ensure clients comply with the best practices.

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the types of group workout and their benefits. • Identify rhythmic and synchronized (freehand) workouts to develop specific fitness need – endurance, strength, etc. • Discuss the ways to make an exercise session effective and injury free. • Discuss the factors affecting the motivation levels of the client. • Explain the effective ways of communicating with the group during the exercise session. • Identify the various body language used by the clients to exhibit discomfort. • Discuss inappropriate behaviour, sexual harassment at workplace and their implications. 	<ul style="list-style-type: none"> • Demonstrate music based rhythmic and synchronized (freehand) workouts for fat loss, endurance, co-ordination and strength development. • Demonstrate dance sequence and choreography of four and eight counts. • Demonstrate machines and equipment assisted group workouts to develop different components of fitness (endurance, strength, flexibility, etc.) • Demonstrate correct patterns, movements, posture, and techniques to make workout effective and injury free. • Demonstrate proper warm up and cool down exercises. • Role play ways to address the entire group using effective volume, pitch and voice projection. • Role play trainer and client interaction– usage of motivational techniques such as positive phrases, feedback on areas of improvement, etc. to help clients retain interest in training. • Apply gender-sensitive, non-discriminatory language.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements	
Music player, gym mats, treadmill, stationary bikes, free weights, machine assisted weights, medicine ball, swiss ball, weights rack, first aid kit	

Module 4: Review group fitness training program

Mapped to SPF/N1131, v2.0

Terminal Outcomes:

- Conduct comparative assessment to evaluate the fitness progress of the client.
- Identify client's areas of improvement, if any, and re-plan the fitness program.
- Identify areas of strength and improvement as a group fitness trainer.

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the types of health and fitness assessments conducted to re-evaluate the fitness progress of the clients. • Evaluate a client's performance based on the health and fitness assessment outcome. • Identify the factors affecting the fitness progress of the clients. • Explain how feedback on the methods of training can help improve the program. 	<ul style="list-style-type: none"> • Demonstrate group based and individual assessment drills to re-assess different components of fitness (endurance, strength, co-ordination, etc.) • Create a sample comparative (pre-post) fitness assessment report of the clients. • Create samples of self-evaluation form for the clients. • Analyze the fitness report against the goal and recommend the next steps. • Design a sample feedback form to collect feedback from clients on methods of training delivery. • Prepare sample development plans based on the analysis of strengths & weaknesses of a client.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements	
Gym mats, treadmill, stationary bikes, free weights, machine assisted weights, medicine ball, Swiss ball, weights rack, first aid kit	

Module 5: Identify potential risks and respond to medical emergencies

Mapped to SPF/N1122, v2.0

Terminal Outcomes:

- Maintain standards of hygiene and sanitation.
- Identify medical emergencies.

Duration: 15:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the common types of injuries that might occur during a group workout session. • Explain the steps to be followed during medical emergencies. • Explain the factors that lead to injuries during the workout sessions. 	<ul style="list-style-type: none"> • Demonstrate ways to find if the injury is major or minor. • Demonstrate the process of administering first aid for common injuries. • Perform CPR (Cardio-Pulmonary Resuscitation) • Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, sample performance report	
Tools, Equipment and Other Requirements	
First aid kit, stretcher, arm-sling, crutches	

Module 6: Maintain hygiene and sanitation

Mapped to SPF/N1122, v2.0

Terminal Outcomes:

- Create a healthy and hygienic environment for gym users.

Duration: 15:00	Duration: 30:00
<p>Theory – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Recall the importance of hygiene and sanitation regulatory at workplace. • Discuss the ways to maintain personal hygiene before and after the workout. • Identify the sanitizing agents which are safe for both machinery and equipment. • Identify the sanitizing agents safe for the clients. • Discuss ways to promote a safe and interactive environment. 	<p>Practical – Key Learning Outcomes</p> <ul style="list-style-type: none"> • Demonstrate hygiene and sanitation checks of work area and equipment. • Prepare a sample report on maintenance of hygiene and sanitation at the workplace. • Demonstrate ways to sanitize equipment and machinery before and after the usage. • Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.
<p>Classroom Aids:</p> <p>Laptop, whiteboard, marker, projector, chart paper, clipboards</p>	
<p>Tools, Equipment and Other Requirements</p> <p>Alcohol-based sanitizer, surface disinfectant</p>	

Module 7: Create an environmentally sustainable workplace

Mapped to SGJ/N1702, v1.0

Terminal Outcomes:

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

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

Module 8: Employability Skills

Mapped to DGT/VSQ/N0103, v1.0

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

Duration: 45:00	Duration: 45:00
Theory – Key Learning Outcomes <ul style="list-style-type: none"> • Discuss the Employability Skills required for jobs in various industries. • 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 • Describe the role of digital technology in today’s life • Explain entrepreneurship and opportunities available • Identify different types of customers and their needs • Explain skills required to become a 21st century professional • Teach to read and write basic English • Explain effective communication skills • Teach basic financial and legal knowledge 	Practical – Key Learning Outcomes <ul style="list-style-type: none"> • Create a career plan • Implement Self-awareness, time management, critical thinking, problem solving • Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary • Implement communication skills while handling different customers • Use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers. • Create a biodata. • Use various sources to search and apply for jobs.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
computer (PC) with latest configurations, Computer Tables, Computer Chairs, UPS, Scanner cum Printer	

On-the-Job Training

Mapped to Group fitness trainer

Mandatory Duration: 90:00	Recommended Duration: 00:00
Location: On Site	
Terminal Outcomes <ul style="list-style-type: none">• Plan a group fitness training program.• Conduct health and fitness assessments.• Identify equipment, training area and other resources required for group fitness training.• Identify types of gym equipment for group fitness training.• Conduct workouts to develop specific fitness.• 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 12 th pass	Fitness and conditioning	Minimum of 1 year	Must have worked in a fitness industry as a fitness instructor/trainer.	Minimum of 1 year	Course instructor of personal/group fitness training program	The group 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 job role "Group Fitness Trainer" mapped to QP "SPF/Q1110, v2.0" Minimum accepted score is 80%	Recommended that the trainer is certified for the Job-Role "Trainer" (VET and skills), mapped to Qualification Pack: 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	Fitness and conditioning	Minimum of 2 years	Must have worked in a fitness industry as fitness instructor/trainer	Minimum of 1 years	Course instructor of personal/group fitness training program	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 job role “Group Fitness Trainer” mapped to QP “SPF/Q1110, v2.0” 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” 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 centre as per assessment criteria below.
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training centre 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 behavioural 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
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
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards