

Model Curriculum

Fitness Trainer

SECTOR : SPORTS

SUBSECTOR : SPORTS, FITNESS AND LEISURE

OCCUPATION : FITNESS TRAINER

REF. ID : SPF/Q1102, V1.0

NSQF LEVEL : 4



Certificate

COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

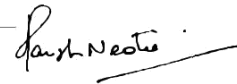
SPORTS, PHYSICAL EDUCATION, FITNESS AND LEISURE SECTOR SKILLS COUNCIL

for

SKILLING CONTENT : PARTICIPANT HANDBOOK

Complying to National Occupational Standards of

Job Role/Qualification Pack: '**Fitness Trainer**' QP No. '**SPF/Q1102 NSQF Level 4**'



Date of Issuance: July 14th, 2016
Valid up to*: July 13th, 2018

*Valid up to the next review date of the Qualification Pack or the
'Valid up to' date mentioned above (whichever is earlier)

Authorised Signatory
(Sports, Physical Education, Fitness
and Leisure Skills Development Council)

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Fitness Trainer

Curriculum/Syllabus

This program is aimed at training candidates for the job of a “Fitness Trainer”, in the “Sports, Physical Education, Fitness and Leisure” Sector/Industry and aims at building the following key competencies:

Programme Name	Fitness Trainer		
Qualification Pack Name & Reference ID	SPF/Q1102, v1.0		
Version No.	1	Version Update Date	
Prerequisites for Training	10th Standard passed		
Training Outcomes	<p>After completing this program, participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe the roles and responsibilities of all individuals/teams involved in physical exercise and fitness 2. Describe the code of conduct as a fitness trainer, rules and guidelines for guests and maintenance and upkeep of equipment and gym 3. Describe the basic anatomy and physiology and the impact of exercise on the human body 4. Describe and perform different types of exercises 5. Demonstrate the correct way to use the equipment in a fitness center 6. Create a customized training plan for a trainee 7. Explain the training plan and various exercises to a trainee and the right techniques to perform each exercise 8. Assess the fitness and health of trainees as per their goals and training progress and modify training plan accordingly 9. Assess physical injuries and provide emergency relief 10. Identify various types of emergencies/ accidents/security breaches and ensure availability and proper administration of safety/emergency/medical equipment 		

This course encompasses 4 out of 4 National Occupational Standards (NOS) of “Fitness Trainer” Qualification Pack issued by “Sports Sector Skill Council of India”.

S. No	Key Learning Outcomes	Equipment Required	Equipment Required
1	<p>Introduction</p> <p>Theory Duration (hh:mm) 10:00</p> <p>Practical Duration (hh:mm) 00:00</p> <p>Corresponding NOS Code Bridge Module</p>	<ol style="list-style-type: none"> 1. General discipline in the class room 2. Overview of fitness industry 3. Importance of male and female fitness trainers for business and customer acquisition 4. Roles and responsibilities of all individuals/teams involved in physical exercise and fitness 5. Industrial and business policies 5. Business, professional and ethical code of conduct 6. Rules and guidelines for guest for usage of exercise facility/gym and maintaining the privacy of clients (male and females) 7. Guidelines for managing guests 8. Maintenance and upkeep of equipment and gym 	<p>Laptop, White Board, Marker, Projector, Treadmill, Cross Trainer, Bicycle, Ergometer, Arc Trainer, Elliptical, Chest Press, Long Pull Row, Lat-Pull Down</p>
2	<p>Understanding the Human Body and Exercising</p> <p>Theory Duration (hh:mm) 15:00</p> <p>Practical Duration (hh:mm) 80:00</p> <p>Corresponding NOS Code SPF/N1105</p>	<ol style="list-style-type: none"> 1. Understanding the male and female human anatomy and physiology. 2. Understand the differentiating factors in male and female anatomy and physiology 3. Understanding the nutrition and nutritional guidelines 4. Identification of muscles responsible for various movements and biomechanics of joints 5. Impact of exercise on body 6. Understanding the effect of various exercises per physical characteristics on male and female body 7. Understand the hormonal impact on designing exercise protocols for females 8. Exercise limitations based on physical and mental limitations 9. Different types of exercises 10. Common exercises of each type 11. Common types of exercise equipment 	<p>laptop, White Board, Marker, Projector, First Aid Kit, Fitness Aid Kit, Fitness Centre Equipment, Push-up Bar, Chin - up, Glut Ham, Shoulder Press, Dumb-bells, Shoulder Barbells, Shoulder, Biceps Curl, Wrist Curl</p>

3	<p>Creating a Training Plan Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 36:00 Corresponding NOS Code SPF/N1105</p>	<ol style="list-style-type: none"> 1. Accepted best practice principles of exercise 2. Physical examination of a candidate and keep in track about body changes in males and females 3. Capturing current medical state of candidates and keep a note about female related concerns 4. Capturing the training goals of the candidates 5. Determination of any tests, frequency of tests and controls to be used to monitor the tests 6. Nutrition and dietary requirements based on the person's habit, lifestyle, sex etc. 7. Preparing a training plan for trainee, with respect to their goals and current condition 8. Training combinations for athlete, regular and occasional users 	<p>Laptop, White Board, Marker, Projector, First Aid Kit, Fitness Centre Equipment, Cross Trainer, Lat-Pull Down, lateral Raises, Bicep Curl, Fishar Curl, Wrist Curl, Leg Extension</p>
4	<p>Imparting the Training Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 40:00 Corresponding NOS Code SPF/N1106</p>	<ol style="list-style-type: none"> 1. Explaining the exercise schedule, sessions and their frequency and discuss issues 2. Imparting the right techniques to do each exercise and common issues and mistakes 3. take into consideration about the biomechanics, muscle functioning of male and female clients separately 4. Demonstrating the correct use of each equipment and appropriate training instructions/schedule; common issues and mistakes 5. Common types of injuries that might occur during training 6. Education trainee on preventive means like using appropriate sports gear and props to avoid sports injury 7. Control and regulations in the training process and required modifications based on intensity, incorrect techniques, symptoms of over training and safety 8. Safety measures for female trainees, toilet facilities and safe changing rooms 	<p>laptop, white board, Marker, Projector, First-Aid, Chin-up, Smith Machine, Leg Curl, Seated Calf, Twister, Gym Ball, TRX, Kettlebell, Battle rope</p>

5	<p>Monitoring progress and Dealing with Injuries Theory Duration (hh:mm) 10:00 Practical Duration (hh:mm) 30:00 Corresponding NOS Code SPF/N1107</p>	<ol style="list-style-type: none"> 1. Periodically assess the fitness and health of trainees as per their goals and training progress 2. Modify training plan and diet recommendations as required (in consultation with experts) 3. Motivational and adherence strategies and methods 4. Administration of basic first aid 5. Emergency response procedures – how to assess physical injuries and provide emergency relief; assess and if required, refer to medical practitioner or physical therapist 	<p>Laptop, White Board, Marker, Projector, First Aid Kit, Fitness Centre Equipment, First Aid Kit</p>
6	<p>Health and Safety Theory Duration (hh:mm) 5:00 Practical Duration (hh:mm) 4:00 Corresponding NOS Code SPF/N1113</p>	<ol style="list-style-type: none"> 1. Identify various types of emergencies/accidents /security breaches and ensure the maximum safety/security to females 2. Ensure exercise equipment is safe and in working condition 3. Availability and proper administration of safety/emergency/medical equipment 4. Occupational health and safety guidelines for providing personal training 5. Organizational procedure for accidents, safety 6. Emergency response teams aligned to organization 7. Emergency evacuation procedure/ protocol followed by organization 8. In case of emergencies, follow organizational procedure /protocol, escalation matrix for reporting problems 	<p>Laptop, White Board, Marker, Projector, First Aid Kit, Fitness Centre Equipment, First Aid Kit</p>
	<p>Total Duration: 250 Hours Classroom and Practical Training: 250 Hours Theory: 60 Hours Practical: 190 Hours OJT (Compulsory): 50 Hours</p>	<p>Unique Equipment Required: Laptop, White Board, Marker, Projector, First Aid Kit, Fitness Centre Equipment, Treadmill, Cross Trainer, Bicycle Ergo Meter, Arc Trainer, Elliptical, Flat-bench Olympic Free Weight, Inclined bench Olympic Free Weight, Decline-bench Olympic Free Weight, Push-up Bar, Chest Press, Long Pull Row, Lat- Pull Down, Chin-up, T-bar, Glut Ham, Hyper Extension, Smith Machine, Shoulder Press, Lateral Raise, Dumbbells-shoulders, Barbells-shoulders, Bicep Curl, Fishar Curl, Wrist Curl, Cable Cross-over Adjustable, Squat-rack, Leg Press/half Squat, Leg Curl, Leg Extension, Seated Calf, Abs Board, Hyper Extension –abdominal, Back Extension –abdominal, Abs King Pro, Twister, Gym Ball, Lifecare Ab ,Rocket, 2 Kg To 25 Kg Dumbbells, Bar 4 Ft. Curl Bar, Zick-zack Bar, Olympic Bar, Olympic Weight Lifting Plates 1.25 Kgs, 2.5 Kgs, 5 Kgs, 10 Kgs, 15 Kgs, 20 Kgs, 25 Kgs, Collars For Olympic Bar, TRX, Kettlebell, Bosu Trainer, Kick & Punching Pads, Battle Rope, Sand Bags (5 Kgs, 10 Kgs, 15 Kgs)</p>	

Trainer Prerequisites for Job role: “Fitness Trainer” mapped to Qualification Pack: “SPF/Q1102, v1.0”

Sr. No	Area	Details
1	Description	Fitness Trainer is also known as Gym Trainer, Trainer or Gym Coach or Fitness coach. Individuals in this role are involved in the physical training of others through various fitness activities. The responsibilities of a Fitness Trainer include helping trainees of all ages, shape and sizes to get healthier and achieving desired fitness levels through focused exercises and activities.
2	Personal Attributes	Individuals should possess the passion for fitness and be physically fit themselves. They should be self-motivated, energetic individuals interested in learning about training methods, use of exercise equipment and demonstrate approachability and compatibility towards their trainees.
3	Minimum Educational	Class X or Level 3
4a	Domain Certification	Not applicable
4b	Platform	Not applicable
5	Experience	No experience necessary

Annexure: Assessment Criteria

Assessment Criteria	
Job Role	Fitness Trainer
Qualification Pack	SPF/Q1102, v1.0
Sector Skill Council	Sports

Sr. No.	Guidelines for Assessment
1	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC
2	The assessment for the theory part will be based on knowledge bank of questions created by the SSC
3	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria)
4	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training center based on this criterion
5	To pass the Qualification Pack, every trainee should score a minimum of 70% in aggregate and 40% in each NOS
6	The marks are allocated PC wise; however, every NOS will carry a weightage in the total marks allocated to the specific QP

Assessable Outcome	Assessment Criteria	Total Marks (400)	Out of	Marks Allocation	
				Theory	Skills Practical
1. SPF/N1105 (Prepare for Physical Training of Trainee)	PC1. Carry out physical examination of the candidate	100	10	3	7
	PC2. Capture and study past and current medical as well as the physical state of trainee		10	3	7
	PC3. Understand and note down the trainee's goals and sub goals		10	3	7
	PC4. Based on this information, prepare a training plan for the trainee		10	3	7
	PC5. Determine any tests, frequency of tests and controls to be used to monitor the tests		10	3	7
	PC6. Visually inspect the activity area and equipment for appropriate and safe condition		10	3	7
	PC7. Test any equipment which requires additional inspection.		10	3	7
	PC8. Report any issues related to training equipment and activity area to the concerned personnel or management		10	3	7
	PC9. Ensure that the issues have been resolved and that equipment are fit for use		10	3	7
	PC10. Check to ensure that clearly designed station cards and standard instructions are available near each machine		10	3	7
		Total	100	30	70

2. SPF/N1106 (Perform Physical Training of the Trainee)	PC1. Create and chart out the individual training plan based on the trainee's physical condition and goals	100	20	5	15
	PC2. Discuss the aim of the session, fundamentals and benefits of the plan with the trainee		20	5	15
	PC3. Develop the skills of trainees by imparting the right techniques to do each exercise.		20	5	15
	PC4. Demonstrate and teach the correct use of each equipment per policies and procedures and appropriate training instructions.		20	5	15
	PC5. Highlight the common types of injuries that might affect the trainees in a session and ensure that trainees can safely participate in the session		20	5	15
		Total	100	25	75

3. SPF/N1107 (Monitor Progress of Trainees and	PC1. Walk around the activity area and visually check to ensure that trainees are carrying out their exercises in a correct and safe manner	100	5	2	3
	PC2. Analyze trainees' behavior and develop effective motivational strategy to maintain interest and positive attitude towards training		10	3	7
	PC3. Develop infield and off-field strategies to recognize positive participation and achievement		10	3	7
	PC4. Provide first-aid to injured trainees and handle the immediate need of the trainees		10	3	7
	PC5. Assess the situation and if required refer to medical practitioner or physical therapist		10	3	7
	PC6. Periodically assess the fitness and health of trainees as per their goals and training progress		10	3	7
	PC7. Determine their areas of improvement and help them in setting new goals		10	3	7
	PC8. Recommend adoption of a balanced diet and lifestyle modification if required in consultation with experts		10	3	7
	PC9. Provide constructive and positive feedback to the trainees on their progress		10	3	7
	PC10. Communicate trainees about new goals and training sessions		10	3	7
	PC11. Periodically assess the fitness and health of trainees as per their goals and training progress		5	2	3
	Total		100	30	70

4. SPF/N1113 (Maintain Health and Safety Measures)	PC1. In case of signs of any emergency situation or accident or breach of safety, immediately follow organizational protocol to deploy action	100	10	3	7
	PC2. Identify reasons for occurrence of incident		10	3	7
	PC3. Capture reasons and response/action taken into incident report/note to manager		10	3	7
	PC4. Report any deviations from standard protocol along with reasons (if any)		10	3	7
	PC5. Visually inspect the activity area and equipment for appropriate and safe condition		10	3	7
	PC6. Report any issues related to equipment and activity area to the concerned personnel or management		10	3	7
	PC7. Ensure all safety/emergency/medical equipment are readily accessible in case of any incident		10	3	7
	PC8. Ensure one's own physical fitness is in good condition		10	3	7
	PC9. Follow all health and safety guidelines as per organizational procedures		10	3	7
	PC10. Ensure appropriate protocol is followed in case of any incident by all relevant staff		10	3	7
	Total		100	30	70