



Model Curriculum

QP Name: Sports Nutritionist

QP Code: SPF/Q2101

QP Version: 1.0

NSQF Level: 6

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 Medicine
Occupation	Diet & Nutrition Consulting
Country	India
NSQF Level	6
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2265.9901
Minimum Educational Qualification and Experience	<p>Pursuing first year of 2-year PG program after completing 3-year UG degree</p> <p>OR</p> <p>Pursuing 1-year PG diploma after 3-year UG degree</p> <p>OR</p> <p>Completed 4th year UG (in case of 4-year UG)</p> <p>OR</p> <p>Pursuing 4th year UG (in case of 4-year UG) and continuing education</p> <p>OR</p> <p>Completed 3-Year UG Degree with 1 year of relevant experience</p> <p>OR</p> <p>Certificate-NSQF (Level 5- Personal Fitness Trainer/Group Fitness Trainer) with 3 Years of relevant experience</p> <p>OR</p> <p>12th grade Pass with 4 Years of relevant experience</p> <p>OR</p> <p>12th Grade Pass with 2 years of any combination of NTC/NAC/CITS</p>
Pre-Requisite License or Training	NA
Minimum Job Entry Age	18 years
Last Reviewed On	31/08/2023
Next Review Date	31/08/2026
NSQC Approval Date	31/08/2023
QP Version	1.0
Model Curriculum Creation Date	31/08/2023
Model Curriculum Valid Up to Date	31/08/2026

Model Curriculum Version	1.0
Minimum Duration of the Course	660 Hours
Maximum Duration of the Course	660 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 diet analysis of athletes.
- Create an sports specific nutrition plan for athletes.
- Guide athletes on nutritional supplement.
- Conduct evaluation and analyse the adherence

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/N12101 – Conduct Sports-Specific Nutritional analysis NOS Version No. 1.0 NSQF Level 6	45:00	105:00	30:00	00:00	180:00
Bridge Module Module 1: Introduction to sports nutrition	15:00	15:00	00:00	00:00	30:00
Module 2: Assess nutritional needs of athletes	30:00	90:00	30:00	00:00	150:00
SPF/N2102 – Design a personalized sports-specific nutrition program NOS Version No. 1.0 NSQF Level 6	30:00	90:00	30:00	00:00	150:00
Module 3: Develop need-based sports specific nutrition program for athletes	15:00	45:00	15:00	00:00	75:00
Module 4: Guide athletes on alternative sources of nutritional requirement	15:00	45:00	15:00	00:00	75:00
SPF/N12103 – Design supplement program NOS Version No. 1.0 NSQF Level 6	30:00	45:00	30:00	00:00	105:00

Module 5: Develop need-based supplement program for athletes	30:00	45:00	30:00	00:00	105:00
SPF/N12104 – Review sports-nutrition program NOS Version No. 1.0 NSQF Level 6	30:00	45:00	30:00	00:00	105:00
Module 5: Evaluate sports nutrition program	30:00	45:00	30:00	00:00	28:00
SPF/N1169 – Improve workplace resource usage NOS Version No. 1.0 NSQF Level 3	15:00	15:00	00:00	00:00	30:00
Module 6: Build an environmental friendly 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 7: Employability skills	45:00	45:00	00:00	00:00	90:00
Total Duration	195:00	345:00	120:00	00:00	660:00

Module Details

Module 1: Introduction to sports nutrition

Bridge Module

Mapped to SPF/N2101, v1.0

Terminal Outcomes:

- Describe the job role of a sports nutritionist
- Discuss the career opportunities of an sports nutritionist

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • State the role and responsibilities of sports nutritionist • Discuss the difference between general nutritionist and a sports nutritionist • Discuss nutrition and nutrients • Classify Macro and micro nutrients • Discuss Diet and Balanced Diet • Discuss the importance of balance diet • List the career opportunities of a ports nutritionist 	<ul style="list-style-type: none"> • Create a career progression chart of a sports nutritionist • Identify the six groups of nutrients • Create a chart showing proportion of the various nutrients in a balanced diet • Calculate calorific values of food samples
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment, and Other Requirements	
NA	

Module 2: Assess nutritional needs of athletes

Mapped to SPF/N2101, v1.0

Terminal Outcomes:

- Conduct nutritional analysis tests.
- Understand the signs of dehydration and overhydration in athletes
- Understand the importance of nutrition in athletic performance
- Understand the importance of maintaining the athlete's information confidential

<i>Duration: 30:00</i>	<i>Duration: 90:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the types of nutritional analysis to be conducted before planning a sports specific nutritional program for athletes. • Discuss the importance of gathering medical and training history of the athletes. • Explain the importance of designing a nutritional program in conjunction with the sports coaching staff/ team manager • Discuss ways to analyze athlete's dietary intake and energy requirements • Explain energy expenditure • Explain the impact of dehydration of performance and health of an athlete. • Discuss the importance of maintaining the athlete's information confidential. 	<ul style="list-style-type: none"> • conduct a thorough analysis of the athlete's current dietary intake using food diaries, recall interviews. • Demonstrate how analyze the adequacy and balance of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) in their diet • Demonstrate how to identify any deficiencies or excesses in nutrient intake that may impact performance and recovery. • Calculate athlete's specific demands of their sport, training intensity, body composition goals, and any additional factors that may influence energy needs. • Prepare a sample PAR-Q (Physical Activity Readiness Questionnaire) • Conduct menu analysis in sports institutions (e.g., training centers, teams) •
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, height & weight chart.	
Too, Equipment and Other Requirements	
Food chart	

Module 3: Develop need-based sports specific nutrition program for athletes

Mapped to SPF/N2102, v1.0

Terminal Outcomes:

- Design need-based sports specific nutrition programs for athletes
- Understand and include the principles of sports nutrition to enhance athletes' performance, recovery, and overall health
- Promote need-based dietary habits
- Monitor nutrition programs to improve athletes' sport performance

Duration: 15:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the need to establish realistic timelines and milestones to track progress towards achieving the nutrition goals • Explain periodization principles into nutrition planning to align with training cycles and competition phases • Discuss nutritional strategies to support injury prevention and recovery • Calculate to determine the total daily caloric intake required to support the athlete's goals, whether it is weight maintenance, weight loss, or weight gain 	<ul style="list-style-type: none"> • Design personalized meal plans that align with athletes' energy requirements, training schedules, and performance goals • set clear and measurable performance goals with athletes to guide the nutrition planning process • Develop strategies to support weight loss or weight gain while maintaining optimal performance and health • Design nutrition plans that promote muscle hypertrophy for athletes focusing on strength and power • Ceate nutrition strategies that prioritize endurance and energy availability for endurance athletes
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	

Module 4: Guide athletes on alternative sources of nutritional requirement

Mapped to SPF/N2102, v1.0

Terminal Outcomes:

- Guide athletes on the new nutritious food choices that suit their dietary needs.
- Equip athletes with the knowledge to make healthier dietary decisions for improved performance, recovery, and well-being
- Motivate athletes to include a variety of sustainable and wholesome foods in their diets

Duration: 15:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the alternative sources of nutrition in athlete diets • Identify different sources of macro and micro nutrients • Discuss the sustainable recipes and meal plans • Discuss common concerns and challenges related to dietary changes • Discuss ways to develop adherence by promoting diversity in foods 	<ul style="list-style-type: none"> • Demonstrate how to prepare balanced and nutritious meals using alternative ingredients • Demonstrate how to prepare a simple protein-rich dish using alternative ingredients • Showcase alternative carbohydrate sources (e.g., sweet potatoes, whole grains, legumes) and healthy fats (e.g., avocados, nuts, seeds) • Create a list of seasonal and locally sourced ingredients • Create a list of recipes for sustainable cooking
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, writing pads	
Tools, Equipment and Other Requirements	
Recipe Book, Food sample and ingredients, cooking appliances, Trash Can	

Module 5: Develop need-based supplement program for athletes

Mapped to SPF/N2103, v1.0

Terminal Outcomes:

- Create need based supplement program for athletes
- Monitor and Adjust Supplement Programs
- Identify challenges and concerns related to adherence

Duration: 30:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the role of supplements in athletic performance and recovery • Analyse the nutritional needs and goals of athletes. • Describe the potential risks and benefits associated with supplement use • Recall the importance of evidence-based and safe supplement choices • Explain the principles of supplement timing and dosage 	<ul style="list-style-type: none"> • Conduct individual assessments to determine athletes' supplement needs. • Create personalized supplement plans based on athletes' goals and dietary intake. • Educate athletes on proper supplement usage, including dosage and timing. • Monitor and adjust supplement programs to optimize performance and health. • Address common questions and concerns related to supplement use
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	

Module 6: Evaluate Sports Nutrition Program

Mapped to SPF/N2104, v1.0

Terminal Outcomes:

- Conduct comparative assessment to evaluate the progress of the athlete/client
- Identify athletes' areas of improvement, if any, and re-plan the nutritional program
- Improve athletes' adherence related to nutritional program

Duration: 30:00	Duration: 45:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Discuss the importance of conducting an assessment • Discuss ways to collect and analyze relevant data to evaluate nutritional programs. • Discuss ways to identify slow progress of athletes and ways to realign goals • Discuss the importance of collecting feedback 	<ul style="list-style-type: none"> • Demonstrate data collection tools and techniques to gather information • Role-Play to interview athletes individually to understand their experiences, challenges • Demonstrate how to maintain dietary log • Engage in role-play as a sports nutritionist to provide athletes with feedback and adjustments • Prepare detailed reports summarizing the evaluation results
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	

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.

Duration: 15:00	Duration: 15:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Identify the environment-friendly materials available to replace conventional materials. • Explain ways of disposing non-recyclable waste appropriately. • Discuss common sources of pollution and ways to minimize them. 	<ul style="list-style-type: none"> • Prepare statutory documents relevant to safety and hygiene. • Exhibit the methods of disposing 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 7: 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	Practical – 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 	<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 Sports Nutritionist

Mandatory Duration: 90:00	Recommended Duration: 90:00
Location: On-Site	
Terminal Outcomes <ul style="list-style-type: none"> • Conduct training sessions as per the different stages of periodization. • Conduct performance analysis of athletes. • Create an advance sports specific yoga program for athletes. • Guide athletes with correct intensity, frequency, and techniques to make yoga program effective and injury-free. • Create advance meditation program for athletes to enhance performance. • Follow safety protocols for injury prevention and medical emergency. 	

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 12 th pass	Sports Nutrition	Minimum of 2 year	Must have worked in a sports,fitness industry as An sports nutritionist	Minimum of 3 year	Sports Nutrition	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 job role “Sports Nutritionist” “SPF/Q2101, v1.0” 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	
Graduate	Sports Nutrition	Minimum of 2 year	Must have worked in a sports,fitness industry as a yoga instructor/trainer/coach.	Minimum of 2 years	Sports Nutrition	All empaneled Trainers 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 “Sports Nutritionist” “SPF/Q2101, v1.0” Minimum accepted score is 80%	Recommended that the assessor is certified for the Job-Role “Assessor (VET and skills)”, mapped to 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