



Model Curriculum

QP Name: Yoga Instructor-Sports

QP Code: SPF/Q1127

QP Version: 1.0

NSQF Level: 5

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 Coaching and Fitness
Occupation	Sports Coaching
Country	India
NSQF Level	5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3423.0205
Minimum Educational Qualification and Experience	<p>Completed 2nd year of 3-year/ 4-years UG OR Pursuing 2nd year of 3-year/ 4-years UG and continuing education OR Certificate-NSQF, Level 4- Yoga Trainer- Sports with 3 Years of relevant experience OR 12th grade Pass with 2 Years of relevant experience OR 12th pass with 2 year of any combination of NTC/NAC/CITS or equivalent. OR 10th grade pass with 4 Years of relevant experience</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	540 Hours

Maximum Duration of the Course

540 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 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.

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/N1187 – Plan an advanced yoga program NOS Version No. 1.0 NSQF Level 5	40:00	20:00	00:00	00:00	60:00
Bridge Module Module 1: Introduction to yoga instructor-sports job role	05:00	10:00	00:00	00:00	15:00
Module 2: Design a need based sports specific advance yoga program	35:00	10:00	00:00	00:00	45:00
SPF/N1188 – Implement an advanced yoga program NOS Version No. 1.0 NSQF Level 5	30:00	60:00	45:00	00:00	135:00
Module 3: Execute an advance yoga program	30:00	60:00	45:00	00:00	135:00
SPF/N1189 – Implement an advanced meditation program NOS Version No. 1.0 NSQF Level 5	30:00	90:00	30:00	00:00	150:00
Module 4: Execute an advance meditation program	30:00	90:00	30:00	00:00	150:00

SPF/N1186 – Maintain safety standards at yoga studio/centre NOS Version No. 1.0 NSQF Level 4	05:00	55:00	15:00	00:00	75:00
Module 5: Maintain safety, hygiene and sanitation at workplace	05:00	55:00	15:00	00:00	75:00
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	165:00	285:00	90:00	00:00	540:00

Module Details

Module 1: Introduction to yoga instructor-sports job role

Bridge Module

Mapped to SPF/N1188, v1.0

Terminal Outcomes:

- Describe the job role of an advance sports yoga instructor
- Discuss the career opportunities of an advance sports yoga instructor

Duration: 05:00	Duration: 10:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • State the role and responsibilities of an advance sports yoga instructor • Discuss how an advance sports yoga instructor is different from a sports coach, personal fitness trainer, sports doctor, etc. • List the career opportunities of an advance sports yoga instructor 	<ul style="list-style-type: none"> • Role-play to highlight the specific technical responsibilities of an advance sports yoga instructor in comparison to a fitness trainer. • Create a career progression chart of an advance sports yoga instructor
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment, and Other Requirements	
NA	

Module 2: Design a need based sports specific advance yoga program

Mapped to SPF/N1188, v1.0

Terminal Outcomes:

- Conduct performance analysis tests.
- Design an advance sports yoga program.

<i>Duration: 15:00</i>	<i>Duration: 15:00</i>
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the types of performance analysis to be conducted before planning an advance sports yoga program. • Discuss the importance of gathering medical and training history of the athletes. • Explain the importance of designing a yoga program in conjunction with the sports coaching staff/ team manager • Discuss ways to analyze athlete's emotional condition • Discuss the importance of maintaining the athlete's information confidential. 	<ul style="list-style-type: none"> • Demonstrate how to evaluate the requirements of a sport and assess the athlete to design an advance sports yoga program. • Prepare a sample PAR-Q (Physical Activity Readiness Questionnaire) • Prepare a questionnaire to gather information about athlete's dietary habits. • Demonstrate tests to assess mobility and range of motion. • Demonstrate Functional Performance Tests (FPT) • Demonstrate tests to assess the strength, power, hypertrophy, and muscular endurance.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, height & weight chart.	
Too, Equipment and Other Requirements	
Stopwatch, whistle, marking cones, training hurdles, plyometric boxes, agility ladder, flexi-poles, speed-chute, heart-rate monitor, skipping rope, gym mats, treadmill, stationary bikes, free weights, machine-assisted weights, wearable weights, medicine ball, swiss ball, clapper, bibs, first aid kit	

Module 3: Execute an advance yoga program

Mapped to SPF/N1188, v1.0

Terminal Outcomes:

- Conduct yoga sessions to develop different aspects of performance (stability, flexibility, range of motion, strength, endurance etc.).
- Monitor training sessions to ensure athletes comply with the best practices of a yoga program.

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • List the most effective advance yoga practices for athletes and their specific training outcomes. • Explain the importance of warm-up, cool-down, usage of proper equipment, and clothing to minimize injuries during the yoga sessions. • Explain the significance of core stability in athletes. • Explain benefits of Setu Bandhasana, Uttanasana, Adho Mukha Svanasana, Utthita Trikonasana, Parighasana, Paschimottanasana, Parivrtta Trikonasana, Supta Matsyendrasana, Vrksasana, Virabhadrasana, Utthita Hasta Padangusthasana, Garudasana. • Discuss ways to identify if the athlete is uncomfortable to perform the physical activities. • Discuss inappropriate behaviour and sexual harassment in the workplace. 	<ul style="list-style-type: none"> • Demonstrate advance warm-up, cool-down exercises with dynamic and static stretching • Calculate VO2 max (maximum rate of oxygen consumption). • Demonstrate yoga asanas to develop core stability • Demonstrate yoga asanas to develop flexibility and range of motion • Demonstrate yoga asanas to develop balance and coordination • Demonstrate yoga asanas to develop strength and endurance • Apply gender-sensitive, non-discriminatory language. • Demonstrate athlete interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, resistance band, first aid kit	

Module 4: Execute an advance meditation program

Mapped to SPF/N1189, v1.0

Terminal Outcomes:

- Conduct meditation sessions to develop emotional wellbeing of athletes/clients.

Duration: 30:00	Duration: 90:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> Recall the attire required to conduct meditation session for athletes. Explain the types of meditation Discuss the factors affecting an effective meditation sessions for the athletes. Explain pre-meditation routine Discuss the things to avoid during meditation session. Explain the benefits of meditation to athletes. Explain the co-relation between breathing techniques, posture and concentration in meditation. Explain mindfulness. Explain Mindfulness-Based Stress Reduction (MBSR) or Mindfulness-Based Performance Enhancement (MBPE), that can complement the meditation program for athletes 	<ul style="list-style-type: none"> List pre-meditation requirements Demonstrate common meditation postures Demonstrate pre-meditation routines Demonstrate how to overcome distraction during a meditation session Demonstrate guided visualizations meditation technique to help athletes create positive mental imagery related to their sport Conduct open awareness meditation routine to develop a broad, open awareness Conduct meditation techniques to calm nerves, enhance focus, and visualize success Conduct meditation techniques to bring mindfulness and presence into their training sessions and daily activities conduct lead chakra meditation and instruct athletes to focus on the energy centers in their body, visualizing each chakra and promoting balance and alignment within the energy system Demonstrate techniques to improve concentration and focus during meditation Create a sample remedial training plan for athletes who need improvement.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, writing pads	
Tools, Equipment and Other Requirements	
Yoga mat, incense sticks, essential oil, natural aromatic aids, candle, lamp, water, music player, prayer beads	

Module 5: Maintain safety, hygiene and sanitation at workplace

Mapped to SPF/N1186, v1.0

Terminal Outcomes:

- Create safe and hygienic environment for athletes.
- 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"> • Recall the factors to be considered while preparing for a safe and effective yoga sessions. • Explain the labels on the yoga props and equipment. • Discuss the ways to maintain personal hygiene before the yoga sessions and its significance. • 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 athletes. • Discuss ways to promote a safe and interactive environment. • Discuss the common types of injuries that might occur during the yoga sessions. • 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"> • Classify equipment as per their usage. • Prepare a yoga facility readiness checklist. • Prepare a sample report on maintenance of yoga equipment. • Demonstrate hygiene and sanitation checks of work area and equipment. • Prepare a sample report on maintenance of hygiene and sanitation at 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. • 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	
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: 10:00	Duration: 20:00
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 Yoga Instructor- Sports

Mandatory Duration: 90:00	Recommended Duration: 00:00
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	yoga	Minimum of 1 year	Must have worked in a sports,fitness industry as a yoga instructor/trainer/coach.	Minimum of 2 years	yoga	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 “Yoga Instructor- Sports” “SPF/Q1127, 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	
Class 12 th pass	yoga	Minimum of 2 years	Must have worked in a sports,fitness industry as a yoga instructor/trainer/coach.	Minimum of 2 years	yoga	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 “Yoga Instructor- Sports” “SPF/Q1127, 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