



Model Curriculum

QP Name: Yoga Trainer- Sports

QP Code: SPF/Q1128

QP Version: 1.0

NSQF Level: 4

Model Curriculum Version: 1.0

Sports, Physical Education, Fitness and Leisure Sector Skill Council
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Table of Contents

Program Overview	4
Training Outcomes	4
Compulsory Modules	4
Module 1: Introduction to yoga training	6
<i>Bridge Module</i>	6
Module 2: Create yoga sessions plan for athletes/clients	7
Module 3: Conduct yoga sessions to improve athletic performance	8
Module 4: Review yoga training program	9
Module 5: Maintain safety, hygiene and sanitation at workplace	10
Module 6: Build an environmental friendly workplace	11
Module 7: Employability Skills	12
On-the-Job Training	13
Annexure	14
Trainer Requirements	14
Assessor Requirements	15
Assessment Strategy	16
Glossary	18
Acronyms and Abbreviations	19

Training Parameters

Sector	Sports
Sub-Sector	Sports Coaching and Fitness
Occupation	Sports Coaching
Country	India
NSQF Level	4
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3423.0204
Minimum Educational Qualification and Experience	12th Class with 1 Year of relevant experience OR 10th Class with 2 Years of relevant experience OR 10th grade pass with two years of any combination of NTC/NAC/CITS or equivalent OR Certificate-NSQF (Level 3- Sports Yoga Assistant with 3 years of relevant experience
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	450 Hours
Maximum Duration of the Course	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 should have acquired the listed knowledge and skills.

- Conduct yoga sessions to develop specific fitness requirements of the athletes/clients.
- Demonstrate correct forms, posture, and techniques to make sessions effective and injury free.
- Conduct evaluation of the athlete to identify improvements.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at workplace

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/N1183 – Develop basic yoga program for athletes/clients NOS Version No. 1.0 NSQF Level 4	15:00	45:00	00:00	00:00	60:00
Bridge Module Module 1: Introduction to yoga training	05:00	05:00	00:00	00:00	10:00
Module 2: Create yoga sessions plan for athletes/clients	10:00	40:00	00:00	00:00	50:00
SPF/N1184 –Develop a vareiety of yoga sessions NOS Version No. 1.0 NSQF Level 4	30:00	60:00	30:00	00:00	120:00
Module 3: Conduct yoga sessions to improve athletic performance	30:00	60:00	30:00	00:00	120:00
SPF/N1185 Monitor athletes/clients and evaluate yoga program NOS Version No. 1.0 NSQF Level 4	30:00	30:00	45:00	00:00	105:00
Module 4: Review yoga training program	30:00	30:00	45:00	00:00	105:00
SPF/N1186 – Maintain safety standards at yoga studio/centre NOS Version No. 1.0	05:00	55:00	15:00	00:00	75:00

NSQF Level 4					
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	10:00	20:00	00:00	00:00	30:00
Module 6: Build an environmental friendly workplace	10:00	20:00	00:00	00:00	30:00
DGT/VSQ/N0102: Employability skills (60 Hours) NOS Version No-1.0 NSQF Level 4	30:00	30:00	00:00	00:00	60:00
Module 7: Employability skills	30:00	30:00	00:00	00:00	60:00
Total Duration	120:00	240:00	90:00	00:00	450:00

Module Details

Module 1: Introduction to yoga training

Bridge Module

Mapped to SPF/N1183, v1.0

Terminal Outcomes:

- Describe the skills required to be a yoga trainer-sports
- Discuss the career opportunities of a yoga trainer-sports

Duration: 05:00	Duration: 05:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • State the role and responsibilities of a group yoga trainer-sports. • Discuss the difference between a yoga trainer-sports and a fitness trainer • List the career opportunities of a yoga trainer-sports 	<ul style="list-style-type: none"> • Create a career progression chart of a yoga trainer- sports • Role-play to highlight the important non-technical skills required to succeed as a yoga trainer- sports (communication, presentation, grooming, etiquette, etc.)
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
NA	

Module 2: Create yoga sessions plan for athletes/clients

Mapped to SPF/N1183, v1.0

Terminal Outcomes:

- Identify informations to be collected to design a yoga program for athletes/clients.
- Design a yoga program for athletes/clients

Duration: 10:00	Duration: 40:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the significance of planning the yoga program as per athlete's/client's ability. • Discuss the importance of maintaining the athlete's/client's information confidential. • Define the factors to be considered while designing yoga sessions for athletes/clients. 	<ul style="list-style-type: none"> • Create a sample physical activity readiness chart of athletes/clients. • Prepare a sample plan for yoga program. • Demonstrate the ways to categorize athletes/clients into different groups based on their goals and fitness levels.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit	

Module 3: Conduct yoga sessions to improve athletic performance

Mapped to SPF/N1184, v1.0

Terminal Outcomes:

- Identify different types of effective yoga sessions.
- Conduct yoga sessions to develop physical and emotional wellbeing of athletes/clients.

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Explain the types of yoga and their benefits. • Discuss the importance of warm up, stretching and cool down activities. • Identify types of yoga to develop specific need of the athletes/clients (endurance, strength, concentration etc). • Discuss the types of yoga asanas (pose) and their benefits to the athletes/clients. • Discuss the benefits of proper breathing techniques to enhance athletic performance and well being. • Explain the benefits of meditation for athletes/clients. • Discuss the ways to make an yoga session effective and injury free. • Discuss the factors affecting the motivation levels of the athlete/client. • Explain the effective ways of communicating with the group during the yoga sessions. • Discuss inappropriate behaviour, sexual harassment at workplace and their implications. 	<ul style="list-style-type: none"> • Demonstrate proper warm up and cool down exercises. • Demonstrate yoga asanas (pose) to develop different components of fitness (endurance, strength, flexibility, etc.) • Demonstrate diaphragmatic breathing technique to deepen breath and increase lung capacity. • Demonstrate specific breathing requirements and techniques. • Demonstrate meditation techniques to enhance focus, mental clarity, and emotional well-being for optimal sports performance • Demonstrate correct patterns, movements, posture, and techniques to make sessions effective and injury free. • Role play ways to address the entire group using effective volume, pitch and voice projection. • 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	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit	

Module 4: Review yoga training program

Mapped to SPF/N1185, v1.0

Terminal Outcomes:

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

Duration: 30:00	Duration: 30:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> • Monitor sessions to ensure athletes/clients comply to the best practices. • Recall the safety measures to be taken while athletes/clients' perform yoga asanas. • Identify incorrect execution of yoga techniques. • Identify the various body language used by the athletes/clients to exhibit discomfort. • Discuss ways to compare athlete's pre and post yoga training performance evaluation • Identify the factors affecting the progress of the athletes/clients. • Explain how feedback on the methods of yoga training can help improve the program. 	<ul style="list-style-type: none"> • Role-Play trainer and athlete/client interaction– usage of motivational techniques such as positive phrases, feedbacks on areas of improvement, etc. to help athletes/clients retain interest in yoga training. • Create samples of self-evaluation form for the athletes/clients. • Analyze the athletes'/clients' progress against the goal and recommend the next steps. • Design a sample feedback form to collect feedback from athletes/clients on methods of yoga training delivery. • Prepare sample development plans based on the analysis of strengths & weaknesses of a athletes/clients.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
Tools, Equipment and Other Requirements	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit	

Module 5: Maintain safety, hygiene and sanitation at workplace

Mapped to SPF/N1186, v1.0

Terminal Outcomes:

- Create safe and hygienic environment for athletes/clients.
- Maintain standards of hygiene and sanitation.
- Identify medical emergencies.

Duration: 05:00	Duration: 55:00
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/clients. • 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 at 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/N0102, 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: 30:00	Duration: 30:00
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 • Understanding different types of customers and their needs • Explain skills required to become a 21st century professional • Understand to read and write basic English • Understand how to create a career plan • Explain effective communication skills • Understand 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 trainer-Sports

Mandatory Duration: 90:00	Recommended Duration: 00:00
Location: On Site	
Terminal Outcomes <ul style="list-style-type: none"> • Plan a sports yoga training program. • Conduct yoga sessions to develop specific fitness requirements of the athletes/clients. • Demonstrate correct forms, posture, and techniques to make sessions effective and injury free. • Conduct evaluation of the athlete to identify improvements. • Follow safety protocols for injury prevention and medical emergency. • Maintain hygiene and sanitation at workplace 	

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 1 year	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 Trainer- Sports” “SPF/Q1128, 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 year	Must have worked in a sports,fitness industry as a yoga instructor/trainer/coach.	Minimum of 2 year	yoga	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 “Yoga Instructor- Sports” “SPF/Q1128, 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.

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