



QUALIFICATION FILE

Sports Nutritionist

☒ Short Term Training (STT) ☐ Long Term Training (LTT) ☐ Apprenticeship

☐ Upskilling ☐ Dual/Flexi Qualification ☐ For ToT ☐ For ToA

☐ General ☐ Multi-skill (MS) ☐ Cross Sectoral (CS) ☐ Future Skills ☐ OEM

NCrF/NSQF Level: 6

Submitted By:

Sports, Physical Education, Fitness and Leisure Sector Skill Council (SPEFL-SC)
207, DLF Galleria Mall, Mayur Vihar Extension, Delhi- 110091

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Section 1: Basic Details

1.	Qualification Name	Sports Nutritionist	
2.	Sector/s	Sports	
3.	Type of Qualification: <input checked="" type="checkbox"/> New <input type="checkbox"/> Revised <input type="checkbox"/> Has Electives/Options <input type="checkbox"/> OEM	NQR Code & version of existing/previous qualification: <i>(change to previous, once approved)</i>	Qualification Name of existing/previous version:
4.	a. OEM Name b. Qualification Name <i>(Wherever applicable)</i>	NA	
5.	National Qualification Register (NQR) Code &Version <i>(Will be issued after NSQC approval)</i>	QG-06-SP-00922-2023-V1-SPEFLSC	6. NCrf/NSQF Level: 6
7.	Award (Certificate/Diploma/Advance Diploma/ Any Other) <i>(Wherever applicable specify multiple entry/exits also & provide details in annexure)</i>	Certificate	
8.	Brief Description of the Qualification	A sports nutritionist is a specialized professional who works with athletes and fitness enthusiasts to help them optimize their diet and nutrition for peak physical performance. They also work with athletes to develop strategies for weight management and recovery after injury. They may collaborate with coaches, trainers to ensure a comprehensive approach to an athlete's overall health and performance.	
9.	Eligibility Criteria for Entry for Student/Trainee/Learner/Employee	a. Entry Qualification & Relevant Experience:	

		b. Age: 18										
		S. No.	Academic/Skill Qualification (with Specialization - if applicable)	Required Experience (with Specialization - if applicable)								
		1.	Pursuing first year of 2-year PG program after completing 3-year UG degree									
		2.	Pursuing 1-year PG diploma after 3-year UG degree									
		3.	Completed 4th year UG (in case of 4-year UG)									
			Pursuing 4th year UG (in case of 4-year UG) and continuing education									
		4.	Completed 3-Year UG Degree	1 year of relevant experience								
		5.	Certificate-NSQF (Level 5- Personal Fitness Trainer/Group Fitness Trainer)	3 Years of relevant experience								
		6.	12th grade Pass	4 Years of relevant experience								
		7.	12th Grade Pass with 2 years of any combination of NTC/NAC/CITS									
10.	Credits Assigned to this Qualification, Subject to Assessment (as per National Credit Framework (NCrF))	22			11. Common Cost Norm Category (I/II/III) (wherever applicable): NA							
12.	Any Licensing requirements for Undertaking Training on This Qualification (wherever applicable)											
13.	Training Duration by Modes of Training Delivery (Specify Total Duration as per selected training delivery modes and as per requirement of the qualification)	<input checked="" type="checkbox"/> Offline <input type="checkbox"/> Online <input type="checkbox"/> Blended (Refer Blended Learning Annexure for details)										
		Training Delivery Modes	Theory (Hours)	Practical (Hours)	OJT Man. (Hours)	OJT Rec. (Hours)	ES (Hours)	Total (Hours)				
		Classroom (offline)	150	300	120	-	90	660				
		Online										
14.	Aligned to NCO/ISCO Code/s (if no code is available mention the same)	NCO-2015/2265.9901										

15.	Progression path after attaining the qualification (Please show Professional and Academic progression)	Level-7 (Vertical)- Lifestyle Coach
16.	Other Indian languages in which the Qualification & Model Curriculum are being submitted	Hindi
17.	Is similar Qualification(s) available on NQR-if yes, justification for this qualification	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No URLs of similar Qualifications:
18.	Is the Job Role Amenable to Persons with Disability	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "Yes", specify applicable type of Disability:
19.	How Participation of Women will be Encouraged	<p>Encouraging the participation of women in the sports nutritionist job role can be achieved through several strategies aimed at creating an inclusive and welcoming environment. Here are some ways to promote and support the participation of women as sports nutritionist:</p> <ol style="list-style-type: none"> 1. Actively reach out to women's clubs, institutes, management colleges, it is to promote the sports nutritionist job role. Participate in career fairs, networking events to engage with the potential candidates. 2. Offer training and development programs specifically designed to enhance the skills and knowledge required for the sports nutritionist job-role. Provide equal opportunities for women to participate in these programs, ensuring they have the necessary expertise to excel in the position. 3. Establish mentorship programs that pair aspiring female sports nutritionist with experienced professionals who can provide guidance, support, and career advice. Highlight successful women who have excelled in the field as role models and showcase their achievements to inspire and motivate others. 4. Collaborate with organizations that promote women's empowerment and gender equality at work. Seek sponsorship and funding to support initiatives aimed at encouraging women's participation as sports nutritionist, such as scholarships or mentorship programs.
20.	Are Greening/ Environment Sustainability Aspects Covered (Specify the NOS/Module which covers it)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
21.	Is Qualification Suitable to be Offered in Schools/Colleges	Schools <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No Colleges <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
22.	Name and Contact Details of Submitting / Awarding Body SPOC	Name: Priya Dwivedi Email: Priya.dwivedi@sportsskills.in Contact No.: 011-47563351

	<i>(In case of CS or MS, provide details of both Lead AB & Supporting ABs)</i>	Website: www.sportsskills.in	
23.	Final Approval Date by NSQC: 31/08/2023	24. Validity Duration: 3 Years	25. Next Review Date: 31/08/2026

Section 2: Module Summary

NOS/s of Qualifications

(In exceptional cases these could be described as components)

SPF/N2101: Conduct Sports-Specific Nutritional analysis

SPF/N2102: Design a personalized sports-specific nutrition program

SPF/N2103: Design a supplement program

SPF/N2104: Review sports-nutrition program

SPF/N1169: Improve workplace resource usage

DGT/VSQ/N0103: Employability Skills (90 Hours)

Mandatory NOS/s:

Specify the training duration and assessment criteria at NOS/ Module level. For further details refer curriculum document.

Th.-Theory **Pr.**-Practical **OJT**-On the Job **Man.**-Mandatory Training **Rec.**-Recommended **Proj.**-Project

S. No	NOS/Module Name	NOS/Module Code & Version (if applicable)	Core/ Non-Core	NCrF/NSQF Level	Credits as per NCrF	Training Duration (Hours)					Assessment Marks					
						Th.	Pr.	OJT-Man.	OJT-Rec.	Total	Th.	Pr.	Proj.	Viva	Total	Weightage (%) (if applicable)
1.	Conduct Sports-Specific Nutritional analysis	SPF/N2101, v1.0	Core	6	6	45	105	30	-	180	36	64			100	17
2.	Design a personalized sports-specific nutrition program	SPF/N2102, v1.0	Core	6	5	30	90	30	-	150	80	120			200	33
3.	Design a supplement program	SPF/N2103, v1.0	Core	6	3.5	30	45	30	-	105	40	60			100	17
4.	Review sports-nutrition program	SPF/N2104, v1.0	Core	6	3.5	30	45	30		105	34	66			100	17
5.	Improve workplace resource usage	SPF/N1169, v1.0	Non-core	3	1	15	15	-	-	30	20	30			50	8
6.	Employability Skills (90 Hours)	DGT/VSQ/N0103, v1.0	Non-core	5	3	45	45	-	-	90	20	30			50	8
Duration (in Hours) / Total Marks					22	195	345	120		660	230	370			600	100

Assessment - Minimum Qualifying PercentagePlease specify **any one** of the following:**Minimum Pass Percentage – Aggregate at qualification level: 70 %** (Every Trainee should score specified minimum aggregate passing percentage at qualification level to successfully clear the assessment.)**Minimum Pass Percentage – NOS/Module-wise: 70 %** (Every Trainee should score specified minimum passing percentage in each mandatory and selected elective NOS/Module to successfully clear the assessment.)**Section 3: Training Related**

1.	Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	12th Class with specialization in sports nutrition with 2 years of academic/industry experience and 2 years of training experience.
2.	Master Trainer's Qualification and experience in the relevant sector (in years) (as per NCVET guidelines)	12th Class with specialization in sports nutrition with 3 years of academic/industry experience and 3 years of training experience.
3.	Tools and Equipment Required for Training	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (If "Yes", details to be provided in Annexure)
4.	In Case of Revised Qualification, Details of Any Upskilling Required for Trainer	NA

Section 4: Assessment Related

1.	Assessor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	12th Class with specialization in sports nutrition with 2 years of academic/industry experience and 3 years of training experience.
2.	Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	
3.	Lead Assessor's/Proctor's Qualification and experience in relevant sector (in years) (as per NCVET guidelines)	
4.	Assessment Mode (Specify the assessment mode)	Theoretical and Practical Assessment

5.	Tools and Equipment Required for Assessment	<input checked="" type="checkbox"/> Same as for training <input type="checkbox"/> Yes <input type="checkbox"/> No <i>(details to be provided in Annexure-if it is different for Assessment)</i>
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Section 5: Evidence of the need for the Qualification

Provide Annexure/Supporting documents name.

1.	Latest Skill Gap Study (not older than 2 years) (Yes/No): Work in Progress
2.	Latest Market Research Reports or any other source (not older than 2 years) (Yes/No):
3.	Government /Industry initiatives/ requirement (Yes/No): Yes
4.	Number of Industry validation provided: 15
5.	Estimated nos. of persons to be trained and employed: 500 in three years
6.	Evidence of Concurrence/Consultation with Line Ministry/State Departments: If "No", why: SPEFL-SC submitted the qualification for the line ministry concurrence.

Section 6: Annexure & Supporting Documents Check List

Specify Annexure Name / Supporting document file name

1.	Annexure: NCrf/NSQF level justification based on NCrf level/NSQF descriptors <i>(Mandatory)</i>	Yes
2.	Annexure: List of tools and equipment relevant for qualification <i>(Mandatory, except in case of online course)</i>	Yes
3.	Annexure: Detailed Assessment Criteria <i>(Mandatory)</i>	Yes
4.	Annexure: Assessment Strategy <i>(Mandatory)</i>	Yes
5.	Annexure: Blended Learning <i>(Mandatory, in case selected Mode of delivery is "Blended Learning")</i>	-
6.	Annexure: Multiple Entry-Exit Details <i>(Mandatory, in case qualification has multiple Entry-Exit)</i>	-
7.	Annexure: Acronym and Glossary <i>(Optional)</i>	Yes
8.	Supporting Document: Model Curriculum <i>(Mandatory – Public view)</i>	Yes
9.	Supporting Document: Career Progression <i>(Mandatory - Public view)</i>	Yes

10.	Supporting Document: Occupational Map <i>(Mandatory)</i>	Yes
11.	Supporting Document: Assessment SOP <i>(Mandatory)</i>	Yes
12.	Any other document you wish to submit:	

Annexure: Evidence of Level

NCrF/NSQF Level Descriptors	Key requirements of the job role/ outcome of the qualification	How the job role/ outcomes relate to the NCrF/NSQF level descriptor	NCrF/NSQF Level
Professional Theoretical Knowledge/Process	Sports Nutritionist carries out a nutritional analysis before planning a sports specific nutritional program for athletes. They also discuss the importance of maintaining the athlete's information confidential. They also explain the energy expenditure to the clients.	Work in familiar, predictable, routine, the situation of clear choice	6
Professional and Technical Skills/ Expertise/ Professional Knowledge	Sports Nutritionists should have a knowledge of carrying out a nutritional evaluation and prepare a program basis on the requirement of a client to reach the desired result. They should be able to share a plan with the clients for the compliance with the diet plan. They plan the thorough evaluation and adjust and re-plan the program accordingly.	Sports Nutritionists are responsible for completion of their own work and expected to learn and improve their performance on the job. They will require well developed practical and skills to complete their work.	6
Employment Readiness & Entrepreneurship Skills & Mind-set/Professional Skill	1. speak with others using some basic English phrases or sentences. 2. follow good manners while communicating with others 3. communicate and behave appropriately with all genders and PwD 4. calculate income, expenses, savings etc. use internet and social media platforms securely and safely	Recall and demonstrate practical skill, routine and repetitive in a narrow range of application, using appropriate tools.	6

	5.identify customer needs and address them appropriately		
Broad Learning Outcomes/Core Skill	Sports Nutritionists should be able to communicate in a clear and polite manner. They should maintain a professional demeanour all time and maintain a cordial relationship with the clients.	Desired mathematical skill; understanding of social, political; and some skill of collecting and organising information, communication.S/he must be able to communicate and demonstrate the previous knowledge and skills in the occupation, and know application of facts, principles, processes and general concepts in the occupation. They are expected to conduct themselves in ways which show an understanding of the social and political environment.	6
Responsibility	The key responsibility of the sports nutritionist is to design an accurate nutrition plan to help clients achieve their desired results. They have a responsibility to suggest a scientifically proven supplementation program to enhance the athletic performance of the clients. They shouldn't include any banned substances in their program.	Responsibility for own work and learning and some responsibility for others' works and learning.They are expected to understand the quality of the work that needs to be delivered.	6

Annexure: Tools and Equipment (Lab Set-Up)

List of Tools and Equipment
Batch Size: 30

S. No.	Tool / Equipment Name	Specification	Quantity for specified Batch size
1	Food Chart	Hardcopy & digital copy	10 hard copies
2	Recipe Book	Standard	10
3	Food Samples and ingredients	Standard	1 set
4	Cooking appliances	Standard	1 set
5	Trash can	Standard	1
6	Alcohol-based sanitizer	Hand sanitizer, disinfecting wipes	1 litre
7	Surface disinfectant	Standard	1 Litre
8	First aid kit	Basic essentials	1 box

Classroom Aids

The aids required to conduct sessions in the classroom are:

Sports Nutritionist

1. Laptop
2. Whiteboard
3. Marker
4. Projector
5. Chart paper
6. Clipboards
7. Height & Weight chart

Annexure: Industry Validations Summary

Provide the summary information of all the industry validations in table. This is not required for OEM qualifications.

S. No	Organization Name	Representative Name	Designation	Contact Address	Contact Phone No	E-mail ID	LinkedIn Profile (if available)
1	Xtreme Fitness	Prakash Pujari	Managing partner	Karnataka	9886201037	xtremefitnesshubli.prakash@gmail.com	
2	Golds Gym	Dishant Dutt	Manager	Uttar Pradesh	9899430264	dishantdutt090@gmail.com	
3	ELITE FITNESS	Sandeep	Owner	Karnataka	98455-52624	sandeep_4543@yahoo.co.in	
4	Ian Fitness	Srinivas Priyanka	Manager	Karnataka	9739100962	Srinivas.priyanka@ianfitnessventure.com	
5	ZABT Fitness Club	Vikram	Manager	Karnataka	8762883999	infor@zabtfitness.com	
6	ZUESE Fitness Club	Adithya Pai	Manager	Karnataka	9164973777	info@zuesefitness.in	
7	Absolute Fitness	Hari Prakash	Manager	Tamil Nadu	9150418332	hariprakashdb@gmail.com	
8	Aesthetic Fitness	Ajilan H	Manager	Karnataka	7411847765	astheticfitness@gmail.com	
9	Anis Gym	Imran Daroji	Manager	Karnataka	8951714318	aneeschampion@gmail.com	
10	Anis Gym	Anis Ahmed	Manager	Karnataka	9986141522	aneeschampion@gmail.com	
11	Anytime Fitness	Mukesh Samal	Manager	Delhi	7838640414	malviyanagar.delhi@anytimefitness.in	
12	Fit Map	Satish	Manager	Telangana	081213 30777	regionalmanager@fitmap.in	
13	Fast Fitness	Amal Kumar roy	Owner	West Bengal	9831234454	sales@fastfitnessindia.com	
14	Fitness Zone	Yogbal Anima	Manager	Tamil Nadu	99523 23339	Yogbal88.fitnesszones@gmail.com	
15	GM Group of companies	Charles Raj	General Manager	Punjab	98761-01067	Charles@gurumann.com	
16	Grit Fitness	Pompy Rao	Owner	Kolkata	9831883716	gritfitnesskolkata@gmail.com	

17	Groundsport Fitness	Royster Dsouza	Manager	Karnataka	81054 22 007	info.groundsport@gmail.com
18	Health dot com	Saranraj N	Manager	Tamil Nadu	094424 37327	info@healthdotcom.in
19	IBIS Educational services	Sandheep R Menon	Executive Director Compliance	kerala	9656078888	sandheep.r.menon@gmail.com
20	Kahlian Technology PVT.ltd.	Kumari Manorma	HR head	Maharashtra	7715800004	help@skilladvisor.in
21	New Karisidheshwar gym	Maltesh Kurubar	Manager	Karnataka	9901129869	mddilshad9806@gmail.com
22	Mettle The Gym	Bharat Kumar	Manager	Telangana	9030555533	mettlethegym@gmail.com
23	My choice Gym-Fitness centre	Mohammed saleem gaur	Manager	Karnataka	9480073559	aneeschampion@gmail.com
24	Nuclear Fitness	Pawan Kumar	Manager	Karnataka	8212565786	nuclear.fitness@gmail.com
25	O2 Gym	Harsha	Manager	Telangana	7287020202	myo2gym@gmail.com
26	Physique Gym	Yunus Jamadar	Manager	Karnataka	9620057340	Gym-vijaykumersh1993@gmail.com
27	Politechno	Aniruddh tiwari	Director	Maharashtra	9819482231	aniruddh@politechno.in
28	Pulse 8 Elite	David	Functional Trainer	Hyderabad	7032936695	pulse8gym@gmail.com
29	New Siddheshwar Gym	Sadanand G	Manager	Karnataka	7975930627	Gym-vivansahil13@gmail.com
30	Shri Sai Gym	Vinod Jadhav	Manager	Karnataka	9611110899	sudip.79das2014@gmail.com
31	Steel Gym	Kunal	Trainer	Telangana	9542999999	info.steelgym@gmail.com
32	Fit Villa Center Pvt. Ltd.	Apurva Gaurav	Administrator	Uttar Pradesh	7503677206	fitvillafitness@gmail.com
33	Fitness Mandi	Shabishta Ansari	Fitness Center Head	Uttar Pradesh	8882686122	info@fitnessmandi.com

Annexure: Training & Employment Details
Training and Employment Projections:

Year	Total Candidates		Women		People with Disability	
	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities	Estimated Training #	Estimated Employment Opportunities
1	150	150	40	40	-	-
2	150	150	40	40	-	-
3	200	200	50	50	-	-

Sports Nutritionist

Data to be provided year-wise for next 3 years

Training, Assessment, Certification, and Placement Data for previous versions of qualifications:

Qualification Version	Year	Total Candidates				Women				People with Disability			
		Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed	Trained	Assessed	Certified	Placed

Applicable for revised qualifications only, data to be provided year-wise for past 3 years.

List Schemes in which the previous version of Qualification was implemented:

- 1.
- 2.

Content availability for previous versions of qualifications:

☐ Participant Handbook ☐ Facilitator Guide ☐ Digital Content ☐ Qualification Handbook ☐ Any Other:

Languages in which Content is available:

Annexure: Blended Learning

Blended Learning Estimated Ratio & Recommended Tools:

Refer NCVET “Guidelines for Blended Learning for Vocational Education, Training & Skilling” available on:

<https://ncvet.gov.in/sites/default/files/Guidelines%20for%20Blended%20Learning%20for%20Vocational%20Education.%20Training%20&%20Skilling.pdf>

S. No.	Select the Components of the Qualification	List Recommended Tools – for all Selected Components	Offline : Online Ratio
1	<input type="checkbox"/> Theory/ Lectures - Imparting theoretical and conceptual knowledge		
2	<input type="checkbox"/> Imparting Soft Skills, Life Skills, and Employability Skills /Mentorship to Learners		
3	<input type="checkbox"/> Showing Practical Demonstrations to the learners		
4	<input type="checkbox"/> Imparting Practical Hands-on Skills/ Lab Work/ workshop/ shop floor training		
5	<input type="checkbox"/> Tutorials/ Assignments/ Drill/ Practice		
6	<input type="checkbox"/> Proctored Monitoring/ Assessment/ Evaluation/ Examinations		
7	<input type="checkbox"/> On the Job Training (OJT)/ Project Work Internship/ Apprenticeship Training		

Annexure: Detailed Assessment Criteria

Detailed assessment criteria for each NOS/Module are as follows:

SPF/N2101: Conduct Sports-Specific Nutritional analysis

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Conduct general assessment of athletes</i>	10	15	-	-
PC1. gather detailed information about the athlete's medical history, including any allergies, intolerances, or medical conditions that may affect their nutritional needs	2	3	-	-
PC2. gather data on the athlete's training schedule, intensity, and duration, as well as their specific sports goals and performance objectives	2	3	-	-
PC3. carry out anthropometric measurements such as height, weight, body composition, and any relevant sport-specific measurements	2	3	-	-
PC4. ensure to utilize techniques like skinfold measurements, bioelectrical impedance analysis (BIA)	2	3	-	-
PC5. ensure privacy and confidentiality of athletes' personal information and health-related data	2	3	-	-
<i>Ensure privacy and confidentiality of athletes' personal information and health-related data</i>	6	9	-	-
PC6. conduct a thorough analysis of the athlete's current dietary intake using food diaries, recall interviews	2	3	-	-
PC7. analyze the adequacy and balance of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) in their diet	2	3	-	-
PC8. identify any deficiencies or excesses in nutrient intake that may impact performance and recovery	2	3	-	-
<i>Analyze energy requirements</i>	6	12	-	-
PC9. identify the estimation of athlete's energy expenditure using appropriate formulas or validated methods	2	4	-	-

PC10. analyze the specific demands of their sport, training intensity, body composition goals, and any additional factors that may influence energy needs	2	4	-	-
PC11. compare estimated energy expenditure to actual energy intake to assess for potential energy deficits or surpluses	2	4	-	-
<i>Analyze hydration status</i>	6	12	-	-
PC12. assess the athlete's hydration practices and fluid intake patterns during training and competition	2	4	-	-
PC13. evaluate indicators of hydration status such as urine color, body weight changes, and thirst perception.	2	4	-	-
PC14. identify any signs of dehydration or overhydration that may impact performance and health	2	4	-	-
<i>Address Individual Needs and Challenges</i>	8	16	-	-
PC15. consider the athlete's food preferences, cultural background, and any dietary restrictions or intolerances	2	4	-	-
PC16. identify any barriers to adherence to optimal nutrition, such as time constraints or lack of cooking skills	2	4	-	-
PC17. address psychological factors related to food choices, body image concerns, and disordered eating patterns, if applicable	2	4	-	-
PC18. carry out menu analysis in sports institutions (e.g., training centers, teams)	2	4	-	-
NOS Total	36	64	-	-

SPF/N2102: Design a personalized sports-specific nutrition program

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks

<i>Develop goal-oriented sports nutrition program</i>	20	30	-	-
PC1. design personalized meal plans that align with athletes' energy requirements, training schedules, and performance goals	2	3	-	-
PC2. set clear and measurable performance goals with athletes to guide the nutrition planning process	2	3	-	-
PC3. establish realistic timelines and milestones to track progress towards achieving the nutrition goals	2	3	-	-
PC4. develop strategies to support weight loss or weight gain while maintaining optimal performance and health	2	3	-	-
PC5. ensure to incorporate periodization principles into nutrition planning to align with training cycles and competition phases	2	3	-	-
PC6. design nutrition plans that promote muscle hypertrophy for athletes focusing on strength and power	2	3	-	-
PC7. create nutrition strategies that prioritize endurance and energy availability for endurance athletes	2	3	-	-
PC8. ensure to align nutrition plans with specific performance factors such as speed, agility, or accuracy for sports that require precise movements	2	3	-	-
PC9. ensure to incorporate plan to support cognitive function and mental focus for sports that require concentration and decision-making	2	3	-	-
PC10. ensure to incorporate nutritional strategies to support injury prevention and recovery	2	3	-	-
<i>Prepare macronutrient distribution plan</i>	14	21	-	-
PC11. determine the total daily caloric intake required to support the athlete's goals, whether it is weight maintenance, weight loss, or weight gain	2	3	-	-

PC12. allocate the appropriate percentage of calories to each macronutrient based on the athlete's specific needs and performance goals	2	3	-	-
PC13. calculate the recommended protein intake based on the athlete's body weight, training volume, and goals	2	3	-	-
PC14. determine the carbohydrate intake based on the athlete's training volume, intensity, and carbohydrate requirements for optimal performance	2	3	-	-
PC15. ensure that fat intake is moderate, accounting for approximately 20-35% of the total caloric intake	2	3	-	-
PC16. ensure to incorporate healthy fats from sources such as avocados, nuts, seeds, fatty fish, and plant-based oils	2	3	-	-
PC17. adjust macronutrient distribution accordingly, such as higher protein intake for muscle gain or adjusted calorie distribution for weight loss	2	3	-	-
<i>Prepare micronutrient distribution plan</i>	8	12	-	-
PC18. ensure to consider the specific micronutrients that are particularly important for athletic performance, such as iron, calcium, vitamin D, B-vitamins, and antioxidants	2	3	-	-
PC19. include foods rich in magnesium and potassium for proper muscle function and electrolyte balance	2	3	-	-
PC20. calculate the recommended daily intake of each micronutrient based on established dietary reference intakes (DRIs) or recommended dietary allowances (RDAs)	2	3	-	-
PC21. consider any specific micronutrient requirements or considerations based on the athlete's sport or training demands	2	3	-	-
<i>Develop pre-competition sports nutrition program</i>	10	15	-	-
PC22. prepare a detailed timeline leading up to the competition, outlining specific nutrition strategies to implement at different stages	2	3	-	-

PC23. determine the optimal timing and composition of pre-competition meals to ensure proper fueling and digestion	2	3	-	-
PC24. recommend appropriate hydration strategies to ensure adequate fluid balance before the competition	2	3	-	-
PC25. ensure to recommend consuming sports drink and carbohydrate gels, 30-60 minutes before the competition to top up glycogen stores and provide readily available energy	2	3	-	-
PC26. pre-competition meals that minimize digestive discomfort	2	3	-	-
<i>Develop competition-day sports nutrition program</i>	10	15	-	-
PC27. prepare a comprehensive nutrition plan specifically tailored for the competition day	2	3	-	-
PC28. ensure that the nutrition plan aligns with the athlete's goals, the duration and intensity of the competition, and any specific dietary restrictions or preferences	2	3	-	-
PC29. determine the optimal timing and composition of meals and snacks to support performance and sustain energy levels during the competition	2	3	-	-
PC30. recommend easily digestible and portable snacks or fueling options that can be consumed on the go during breaks or intervals	2	3	-	-
PC31. incorporate carbohydrates to maintain glycogen stores and provide readily available energy for high-intensity efforts	2	3	-	-
<i>Develop post competition sports nutrition program</i>	12	18	-	-
PC32. develop a post-competition nutrition plan to support recovery, replenish glycogen stores, and promote muscle repair and growth	2	3	-	-
PC33. include antioxidant-rich foods to aid in reducing inflammation and oxidative stress incurred during the competition	2	3	-	-

PC34. incorporate quality protein sources to support muscle protein synthesis and repair	2	3	-	-
PC35. include healthy fats in post-competition nutrition, including their contribution to hormone regulation and nutrient absorption	2	3	-	-
PC36. consider the potential impact of post- competition celebrations or social events on the athlete's nutrition	2	3	-	-
PC37. choices and provide strategies to make balanced choices	2	3	-	-
<i>Work effectively with others</i>	6	9	-	-
PC38. interact (verbal, non-verbal and written) in a gender, disability, and culturally sensitive manner	2	3	-	-
PC39. promote a safe and interactive environment	2	3	-	-
PC40. identify and report inappropriate behavior (e.g. sexual harassment) to appropriate authority	2	3	-	-
NOS Total	80	120	-	-

SPF/N2103: Design a supplement program

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Guide athletes for supplement selection</i>	32	48	-	-
PC1. evaluate the athlete's specific nutritional requirements, training goals, and performance demands to determine the need for supplements	4	6	-	-
PC2. tailor supplement recommendation to the individual's specific nutritional requirements, health status, training goals	4	6	-	-

PC3. prioritize recommending supplements from reputable manufacturers that adhere to good manufacturing practices (GMP) and undergo third- party testing for purity, potency, and quality assurance	4	6	-	-
PC4. verify that the supplements' claims are supported by scientific evidence and avoid recommending products with exaggerated or unsupported marketing claims	4	6	-	-
PC5. identify key nutrients that are commonly deficient in athletes, such as iron, vitamin D, omega-3 fatty acids, and electrolytes, and recommend supplements to address these deficiencies when necessary	4	6	-	-
PC6. identify any nutritional deficiencies or areas where the athlete may benefit from targeted	4	6	-	-
PC7. supplementation to bridge performance gaps and optimize their training adaptations and competitive edge	4	6	-	-
PC8. emphasize the importance of a well-rounded diet composed of whole, nutrient-dense foods as the foundation of athletic nutrition with supplements serving as targeted additions when necessary	4	6	-	-
<i>Provide guidance on supplement consumption timing</i>	8	12	-	-
PC9. determine the appropriate dosage of supplements based on factors such as age, sex, body weight, and specific nutritional requirements	4	6	-	-
PC10. advise on the optimal timing and frequency of supplement consumption for maximum effectiveness	2	3	-	-
PC11. ensure compliance with recommended dosage instructions and monitor for any signs of overconsumption	2	3	-	-
NOS Total	40	60	-	-

SPF/N2104: Review sports-nutrition program

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Evaluate program effectiveness</i>	8	16	-	-
PC1. analyse athlete performance metrics, body composition data, and dietary intake records	2	4	-	-
PC2. assess the impact of the nutrition program on performance outcomes and overall health	2	4	-	-
PC3. identify strengths and areas for improvement	2	4	-	-
PC4. compare the athletes' performance and progress before and after implementing the nutrition program	2	4	-	-
<i>Assess nutritional status</i>	6	12	-	-
PC5. conduct periodic nutritional assessments to analyze dietary intake and identify deficiencies	2	4	-	-
PC6. evaluate individual athletes' unique nutritional needs and physiological considerations	2	4	-	-
PC7. adjust the program to optimize nutrient intake and balance	2	4	-	-
<i>Adapt and modify strategies</i>	6	12	-	-
PC8. continuously review the program's efficacy and relevance	2	4	-	-
PC9. adapt and modify nutrition strategies to accommodate changes in athletes' needs and goals	2	4	-	-
PC10. adjust the program to align with changes in training demands and competition schedules	2	4	-	-

<i>Provide compliance and adherence support</i>	8	16	-	-
PC11. support athletes in establishing and maintaining a consistent nutrition program	2	4	-	-
PC12. help athletes to overcome barriers to enhance adherence, such as taste preferences or forgetfulness	2	4	-	-
PC13. assist athletes in implementing reminder systems to prompt them to take their meals/supplements at the designated times	2	4	-	-
PC14. identify any challenges or concerns the athlete may have regarding compliance and adherence	2	4	-	-
<i>Collaboration and referral</i>	6	10	-	-
PC15. collaborate with coaches, trainers, and sports medicine professionals	2	4	-	-
PC16. refer individuals to registered dietitians or experts for specific nutrition/supplement needs which are beyond the scope of practice	2	3	-	-
PC17. maintain open and professional communication with the individual's healthcare team to ensure coordinated care and avoid potential conflicts or contraindications	2	3	-	-
NOS Total	34	66	-	-

SPF/N1169: Improve workplace resource usage

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>conservation procedures for materials</i>	4	1 2	-	-
PC1. determine ways to optimize usage of material including water in various tasks/activities/processes	1	3	-	-
PC2. examine various tasks/activities/processes for spills/leaks	1	3	-	-

PC3. eliminate spills/leaks and escalate to appropriate authorities if they cannot be corrected	1	3	-	-
PC4. conduct routine cleaning of tools, machines, and equipment	1	3	-	-
power conservation practices	8	10	-	-
PC5. determine ways to optimize usage of electricity/energy in various tasks/activities/processes	2	3	-	-
PC6. ensure if the equipment/machine is functioning normally before commencing work and rectify wherever required	2	2	-	-
PC7. report equipment malfunctions (fumes/sparks/emission/vibration/noise) and lapses in maintenance	2	2	-	-
PC8. ensure that all electrical equipment and appliances are correctly connected and turned off when not in use	2	2	-	-
waste management/recycling procedures	8	8	-	-
PC9. determine recyclable and non-recyclable, and hazardous waste generated	2	2	-	-
PC10. separate waste into different categories	2	2	-	-
PC11. discard non-recyclable waste appropriately	2	2	-	-
PC12. store recyclable and reusable materials in a designated spot	2	2	-	-
NOS Total	20	30	-	-

DGT/VSQ/N0103: Employability Skills (90 Hours)

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
Introduction to Employability Skills	1	1		
PC1. understand the significance of employability skills in meeting the job requirements	-	-	-	-
PC2. identify and explore learning and employability portals	-	-	-	-
PC3. research about the different industries, job market trends, latest skills required and the available opportunities	-	-	-	-
Constitutional values – Citizenship	1	1	-	-

PC4. identify constitutional values, civic rights, duties, personal values and ethics and environmentally sustainable practices	-	-	-	-
PC5. follow environmentally sustainable practices				
<i>Becoming a Professional in the 21st Century</i>	1	3	-	-
PC6. recognize the significance of 21st Century Skills for employment	-	-	-	-
PC7. practice the 21st Century Skills such as Self Awareness, Behavior Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life	-	-	-	-
PC8. adopt a continuous learning mindset for personal and professional development				
<i>Basic English Skills</i>	3	4	-	-
PC9. use basic English for everyday conversation in different contexts, in person and over the telephone	-	-	-	-
PC10. read and understand routine information, notes, instructions, mails, letters etc. written in English	-	-	-	-
PC11. write short messages, notes, letters, e-mails etc. in English	-	-	-	-
<i>Career Development & Goal Setting</i>	1	2	-	-
PC12. identify career goals based on the skills, interests, knowledge, and personal attributes	-	-	-	-
PC13. prepare a career development plan with short- and long-term goals	-	-	-	-
<i>Communication Skills</i>	2	2	-	-
PC14. follow verbal and non-verbal communication etiquette and active listening techniques in various settings	-	-	-	-
PC15. use active listening techniques for effective communication	-	-	-	-
PC16. communicate in writing using appropriate style and format based on formal or informal requirements	-	-	-	-
PC17. work collaboratively with others in a team	-	-	-	-
<i>Diversity & Inclusion</i>	3	5	-	-
PC18. communicate and behave appropriately with all genders and PwD	-	-	-	-
PC19. escalate any issues related to sexual harassment at workplace according to POSH Act	-	-	-	-
<i>Financial and Legal Literacy</i>	2	3		
PC20. identify and select reliable institutions for various financial products and services such as bank account, de	-	-	-	-

PC21. carry out offline and online financial transactions, safely and securely, using various methods and check the entries in the passbook	-	-	-	-
PC22. identify common components of salary and compute income, expenses, taxes, investments etc	-	-	-	-
PC23. identify relevant rights and laws and use legal aids to fight against legal exploitation			-	-
Essential Digital Skills	3	5	-	-
PC24. operate digital devices and use their features and applications securely and safely	-	-	-	-
PC25. carry out basic internet operations by connecting to the internet safely and securely, using the mobile data or other available networks through Bluetooth, Wi-Fi, etc.	-	-	-	-
PC26. display responsible online behaviour while using various social media platforms	-	-	-	-
PC27. create a personal email account, send and process received messages as per requirement	-	-	-	-
PC28. carry out basic procedures in documents, spreadsheets and presentations using respective and appropriate applications	-	-	-	-
PC29. utilize virtual collaboration tools to work effectively	-	-	-	-
Entrepreneurship	2	3	-	-
PC30. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	-	-	-	-
PC31. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	-	-	-	-
PC32. identify sources of funding, anticipate, and mitigate any financial/ legal hurdles for the potential business opportunity	-	-	-	-
Customer Service	1	2	-	-
PC33. identify different types of customers and ways to communicate with them	-	-	-	-
PC34. identify and respond to customer requests and needs in a professional manner	-	-	-	-
PC35. use appropriate tools to collect customer feedback	-	-	-	-
PC36. follow appropriate hygiene and grooming standards	-	-	-	-
Getting ready for apprenticeship & Jobs	2	3	-	-
PC37. create a professional Curriculum vitae (Résumé)	-	-	-	-
PC38. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	-	-	-	-
PC39. apply to identified job openings using offline /online methods as per requirement	-	-	-	-
PC40. answer questions politely, with clarity and confidence, during recruitment and selection	-	-	-	-
PC41. identify apprenticeship opportunities and register for it as per guidelines and requirements	-	-	-	-
NOS TOTAL	20	30	-	-

Annexure: Assessment Strategy

This section includes the processes involved in identifying, gathering, and interpreting information to evaluate the Candidate on the required competencies of the program.

Mention the detailed assessment strategy in the provided template.

<1. Assessment System Overview:

- Batches assigned to the assessment agencies for conducting the assessment on SIP or email
- Assessment agencies send the assessment confirmation to VTP/TC looping SSC
- Assessment agency deploys the ToA certified Assessor for executing the assessment
- SSC monitors the assessment process & records

2. Testing Environment:

- Check the Assessment location, date and time
- If the batch size is more than 30, then there should be 2 Assessors.
- Check that the allotted time to the candidates to complete Theory & Practical Assessment is correct.

3. Assessment Quality Assurance levels/Framework:

- Question bank is created by the Subject Matter Experts (SME) are verified by the other SME
- Questions are mapped to the specified assessment criteria
- Assessor must be ToA certified & trainer must be ToT Certified

4. Types of evidence or evidence-gathering protocol:

- Time-stamped & geotagged reporting of the assessor from assessment location
- Centre photographs with signboards and scheme specific branding

5. Method of verification or validation:

- Surprise visit to the assessment location

6. Method for assessment documentation, archiving, and access

- Hard copies of the documents are stored

On the Job:

1. Each module (which covers the job profile of Automotive Service Assistant Technician) will be assessed separately.
2. The candidate must score 60% in each module to successfully complete the OJT.
3. Tools of Assessment that will be used for assessing whether the candidate is having desired skills and etiquette of dealing with customers, understanding needs & requirements, assessing the customer and perform Soft Skills effectively:
 - Videos of Trainees during OJT
 -
4. Assessment of each Module will ensure that the candidate is able to:

- Effective engagement with the customers
- Understand the working of various tools and equipment

Annexure: Acronym and Glossary

Acronym

Acronym	Description
AA	Assessment Agency
AB	Awarding Body
ISCO	International Standard Classification of Occupations
NCO	National Classification of Occupations
NCrF	National Credit Framework
NOS	National Occupational Standard(s)
NQR	National Qualification Register
NSQF	National Skills Qualifications Framework
OJT	On the Job Training

Glossary

Term	Description
National Occupational Standards (NOS)	NOS define the measurable performance outcomes required from an individual engaged in a particular task. They list down what an individual performing that task should know and also do.
Qualification	A formal outcome of an assessment and validation process which is obtained when a competent body determines that an individual has achieved learning outcomes to given standards
Qualification File	A Qualification File is a template designed to capture necessary information of a Qualification from the perspective of NSQF compliance. The Qualification File will be normally submitted by the awarding body for the qualification.
Sector	A grouping of professional activities on the basis of their main economic function, product, service or technology.
Long Term Training	Long-term skilling means any vocational training program undertaken for a year and above. https://ncvet.gov.in/sites/default/files/NCVET.pdf