



# **CCEK – NSQF ALIGNED PROGRAM**

## **COURSE SYLLABUS**

**FOR**

**Group Fitness Trainer**

# CCEK - NATIONAL SKILL DEVELOPMENT TRAINING PROGRAM

## Group Fitness Trainer

CCEK – NSDC course package covers the following Qualification Packs and leads to the following NSDC certifications. The students who successfully completed the course programs are entitled to get NSDC certification after undergoing the assessment process of NSDC as per the rules and regulations stipulated by NSDC from time to time.

SL. NO.	QUALIFICATIONS PACK	QUALIFICATIONS PACK CODE	NSQF LEVEL
1	<p><b><u>Group Fitness Trainer</u></b></p> <p><b>Brief Job Description:</b></p> <p>A Group Fitness Trainer leads and instructs exercise sessions for groups in a variety of formats such as aerobics, strength training, yoga, cycling, or HIIT. They design safe, engaging, and effective group workouts tailored to various fitness levels, while motivating participants and ensuring proper technique to maximize results and minimize injury.</p>	<b>SPF/Q1110</b>	<b>5</b>

**COURSE DETAILS**

**Group Fitness Trainer**

**EXAMINATION DETAILS**

COURSE NAME	COURSE CODE	ELIGIBILITY	DURATION
Group Fitness Trainer	G35	SSLC	470

SL. NO.	EXAM	EXAM CODE	MAXIMUM MARK	INTERNAL	TOTAL MARK
<b>THEORY PAPERS</b>					
1	Foundations of Group Fitness and Wellness	T001	100	50	150
<b>PRACTICAL PAPERS</b>					
1	Group Exercise Leadership and Class Delivery	L001	100	50	150
<b>TOTAL MARKS</b>					
1	Total Examination Marks (Theory Online + Practical Examination)				200
2	Total Internal Marks				100
3	<b>Total Marks (Total Internal Marks + Total Examination Marks )</b>				<b>300</b>

**Group Fitness Trainer**

**INTERNAL MARK CRITERIA FOR EACH**

SL NO.	MODULE	MODULE CODE	MAXIMUM MARK	INTERNAL MARK	TOTAL MARK
1	Foundations of Group Fitness and Wellness	T001	100	50	150
2	Group Exercise Leadership and Class Delivery	L001	100	50	150
	TOTAL		200	100	300

ATTENDANCE	GENERAL PERFORMANCE	INTERNAL EXAMINATIONS/ PROJECTS/ ASSIGNMENTS	TOTAL MARKS
5	5	40	50

# **COURSE SYLLABUS**

**FOR**

**Group Fitness Trainer**

<b>COURSE</b>	Group Fitness Trainer	
<b>TOTAL MARKS</b>	Mark: 300	Internal Mark: 100
<b>TOTAL HOURS</b>	470 Hrs	

**DEFENITION OF CREDIT**

1 Credit	15Hrs Theory/ 30Hrs Practical
Skill Components	60 – 70 % of Total Credit

**MODULES INCLUDED IN THIS SUBJECT**

<b>SL NO</b>	<b>MODULE NAME</b>	<b>CREDIT BREAKUP</b>
1	Module 1: Introduction to group fitness training	<b>2</b>
2	Module 2: Plan group fitness training program	<b>3</b>
3	Module 3: Deliver a variety of group fitness sessions	<b>3</b>
4	Module 4: Review group fitness training program	<b>3</b>
5	Module 5: Identify potential risks and respond to medical emergencies	<b>1.5</b>
6	Module 6: Maintain hygiene and sanitation	<b>1.5</b>
7	Module 7: Create an environmentally sustainable workplace	<b>1.5</b>
	Total	<b>15.5</b>

## Training Outcomes

- Conduct health screening and fitness assessment of the client.
- Categorize groups based on their goals and abilities.
- Create a group fitness training plan for the clients.
- Conduct group workout sessions to develop specific fitness requirements of the client.
- Guide clients to choose the correct equipment and machines required for their specific workout.
- Demonstrate correct forms, posture, and techniques to make exercise effective and injury free.
- Conduct periodic fitness evaluation of the client to identify improvements.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at the fitness center.

## **MODULES**

### **Module 1: Introduction to group fitness training**

#### **THEORY**

- State the role and responsibilities of a group fitness trainer.
- Discuss the difference between a personal and a group fitness trainer.
- List the career opportunities of a group fitness trainer.

#### **PRACTICAL**

- Create a career progression chart of a group fitness trainer.
- Role-play to highlight the important non- technical skills required to succeed as a group fitness trainer (communication, presentation, grooming, etiquette, etc.)

### **Module 2: Plan group fitness training program**

#### **THEORY**

- Explain the types of health and fitness screenings required before planning for a group fitness program.
- Explain the significance of categorizing group members based on their goals and abilities.
- Discuss the importance of creating different types of group workout sessions to retain clients interest.
- Discuss the importance of maintaining the client's information confidential.

#### **PRACTICAL**

- Demonstrate tests to assess health and fitness levels of the clients (cardiovascular endurance, muscle strength, flexibility, co-ordination, etc.)
- Create a sample physical activity readiness chart.
- Prepare a sample plan for the group fitness program.
- Demonstrate the ways to categorize clients into different groups based on their goals and fitness levels.

### **Module 3: Deliver a variety of group fitness sessions**

#### **THEORY**

- Explain the types of group workout and their benefits.
- Identify rhythmic and synchronized (freehand) workouts to develop specific fitness need – endurance, strength, etc.
- Discuss the ways to make an exercise session effective and injury free.
- Discuss the factors affecting the motivation levels of the client.
- Explain the effective ways of communicating with the group during the exercise session.
- Identify the various body language used by the clients to exhibit discomfort.
- Discuss inappropriate behaviour, sexual harassment at workplace and their implications.

#### **PRACTICAL**

- Demonstrate music based rhythmic and synchronized (freehand) workouts for fat loss, endurance, co-ordination and strength development.
- Demonstrate dance sequence and choreography of four and eight counts.
- Demonstrate machines and equipment assisted group workouts to develop different components of fitness (endurance, strength, flexibility, etc.)
- Demonstrate correct patterns, movements, posture, and techniques to make workout effective and injury free.
- Demonstrate proper warm up and cool down exercises.
- Role play ways to address the entire group using effective volume, pitch and voice projection.
- Role play trainer and client interaction– usage of motivational techniques such as positive phrases, feedback on areas of improvement, etc. to help clients retain interest in training.
- Apply gender-sensitive, non-discriminatory language.

### **Module 4: Review group fitness training program**

#### **THEORY**

- Explain the types of health and fitness assessments conducted to re-evaluate the fitness progress of the clients.
- Evaluate a client's performance based on the health and fitness assessment outcome.
- Identify the factors affecting the fitness progress of the clients.
- Explain how feedback on the methods of training can help improve the program.

**PRACTICAL**

- Demonstrate group based and individual assessment drills to re-assess different components of fitness (endurance, strength, co- ordination, etc.)
- Create a sample comparative (pre-post) fitness assessment report of the clients.
- Create samples of self-evaluation form for the clients.
- Analyze the fitness report against the goal and recommend the next steps.
- Design a sample feedback form to collect feedback from clients on methods of training delivery.
- Prepare sample development plans based on the analysis of strengths & weaknesses of a client.

**Module 5: Identify potential risks and respond to medical emergencies**

**THEORY**

- Discuss the common types of injuries that might occur during a group workout session.
- Explain the steps to be followed during medical emergencies.
- Explain the factors that lead to injuries during the workout sessions.

**PRACTICAL**

- 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.

**Module 6: Maintain hygiene and sanitation**

**THEORY**

- 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 clients.
- Discuss ways to promote a safe and interactive environment.

**PRACTICAL**

- Demonstrate hygiene and sanitation checks of work area and equipment.
- Prepare a sample report on maintenance of hygiene and sanitation at the 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.

## **Module 7: Create an environmentally sustainable workplace**

### **THEORY**

- Recognize the environment-friendly materials available to replace conventional materials.
- Discuss ways of disposing non-recyclable waste appropriately.
- Explain common sources of pollution and ways to minimize it.

### **PRACTICAL**

- Prepare statutory documents relevant to safety and hygiene.
- Demonstrate the methods of disposing of non-recyclable waste.
- Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.