Government of Pakistan

National Vocational and Technical Training Commission

Prime Minister's Youth Skill Development Program

"Skills for All"

Course Contents / Lesson Plan

Course Title: Sports Trainer / Instructor

Duration: 3 Months

2nd Edition

Tutor Name	
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Course Title	**Sports Trainer / Instructor**
Introduction	In Pakistan, a nation brimming with passion for sports ranging from cricket to hockey, football to squash, there exists an undeniable thirst for knowledge and expertise in enhancing athletic performance. As the global sports landscape continues to evolve, there arises a pressing need for professionals equipped with the latest scientific insights and methodologies to nurture the potential of athletes and teams alike. Recognizing this demand, we are proud to present the Certification Course for Sports trainer. Tailored to meet the dynamic requirements of the sports industry both globally and within the Pakistani market, this comprehensive program is designed to equip participants with the knowledge, skills, and practical experience essential for success in the field of sports science and performance training. **Key Highlights of the Course:** **Global Perspective, Local Relevance:** Drawing upon insights from leading experts and research in the global sports arena, this course is meticulously crafted to address the unique needs and challenges faced by athletes and sports professionals in Pakistan. **Cutting-edge Curriculum:** Covering a wide array of topics ranging from foundational principles of sports science to advanced training methodologies and practical application, participants will gain a holistic understanding of the science behind athletic performance enhancement. **Hands-on Learning:** Through practical sessions, case studies, and workshops, participants will have the opportunity to translate theoretical knowledge into real-world applications, honing their skills in program design, assessment, and implementation. **Industry Insights:** Engage with industry professionals and guest speakers, gaining valuable insights into emerging trends, technologies, and best practices shaping the future of sports science and performance training globally and within Pakistan.

	Certification and Recognition: Upon successful completion of the course and assessments, participants will receive a prestigious certification, validating their expertise and readiness to excel in the dynamic field of sports science and performance training.
Objectives and Expectations	The objectives of this course are to equip individuals with a comprehensive skill set and knowledge base to excel in the field of sports training. Here are some typical objectives and expectations: **Objectives:** 1. **Understanding Anatomy & Physiology:** Comprehend the human body's mechanics, muscular systems, and physiological responses to exercise and sports activities. 2. **Injury Prevention and Management:** Learn to identify, prevent, and manage common sports-related injuries through proper training techniques, first aid, and rehabilitation strategies. 3. **Sport-Specific Training:** Develop expertise in designing and implementing training programs tailored to various sports, considering the specific demands and requirements of each discipline. 4. **Nutrition and Sports Performance:** Gain knowledge about nutrition, dietary needs, and supplementation for optimizing athletic performance and recovery. 5. **Applied Sports Psychology:** Acquire skills in Goal Setting, Motivation, Stress and anxiety Management, Relaxation Techniques, Imagery and Visualization, Team Dynamics, and Communication . 6. **Effective Communication, ethics & professional standards:** Learn effective communication strategies to work with athletes, coaches, and other professionals, and develop leadership skills necessary for managing teams and individuals. **Expectations:** 1. **Engagement and Participation:** Active involvement in theoretical learning sessions, practical demonstrations, and hands-on experiences to grasp the concepts effectively. 2. **Commitment to Learning:** Dedication to studying and understanding various aspects of sports science and applying that knowledge in practical settings. 3. **Collaboration and Teamwork:** Engaging in team activities, fostering a collaborative environment, and learning from peers and instructors through shared experiences.

	4. **Application of Knowledge:** Applying theoretical knowledge practically by designing training programs, conducting assessments, and analyzing real-life case studies. 5. **Adherence to Safety Protocols:** Strict adherence to safety protocols and ethical guidelines in training and working with athletes to ensure their well-being. 6. **Professional Development:** Seeking opportunities for continued learning, staying updated with the latest advancements in sports science, and continuously improving coaching techniques. 7. **Effective Communication:** Developing strong communication skills to effectively convey instructions, provide feedback, and build rapport with athletes and other stakeholders.
Entry-level of trainees	For the Sports Trainer / Instructor course, minimum entry requirement and pre-requisites are: • Be at least 18 years of age. • Have completed high school (Matriculation or the equivalent). • CPR (Cardio-Pulmonary Resuscitation) skills. • Present a current government-issued photo ID with signature. • Showing a genuine interest in fitness, sports, or physical training through prior experience, hobbies, or extracurricular activities. • Having a foundational understanding of human body and physical activity can be advantageous.
Learning Outcomes of the course	By the end of this course, students will be able to: • Athlete Dynamics and Sports Analysis • Injury Prevention and Rehabilitation Strategies • Periodization Concepts and Training Plans • Fundamentals of Human Anatomy • Basics of Human Physiology in Exercise • Designing Exercise Programs • Foundations of Sports Nutrition • Sports Psychology and its application in sports
Course Execution Plan	The total duration of the course: **3 months (12 Weeks)** Class hours: **5 hours per day** Theory: **40%** Practical: **60%** Weekly hours: **25 hours per week** Total contact hours: **300 hours**
Companies offering	In Pakistan and internationally, several companies and organizations hire sports trainers. Here are some examples:

jobs in the respective trade	**Pakistan:** 1. **Pakistan Sports Board (PSB):** The national governing body for sports in Pakistan often hires sports trainers for various programs and initiatives. 2. **National and Provincial Sports Associations:** Organizations like the Pakistan Cricket Board (PCB), Pakistan Football Federation (PFF), and others hire trainers for different sports disciplines. 3. **Sports Academies and Institutions:** Various sports academies, fitness centers, and educational institutions offer opportunities for sports trainers. For example, Lahore, Karachi, and Islamabad Sports Complexes often have training programs. **International Opportunities:** 1. **Sports Teams and Clubs:** Professional sports teams and clubs worldwide often seek qualified sports trainers. These include football clubs, basketball teams, cricket leagues, and more. 2. **Fitness and Training Companies:** Global fitness chains, such as Anytime Fitness, Gold's Gym, and others, might have openings for sports trainers in their facilities. 3. **International Sporting Events and Organizations:** Events like the Olympics, FIFA World Cup, and international sporting federations frequently hire sports trainers for various roles. 4. **International Schools and Academies:** Schools and academies abroad with a focus on sports education often require qualified sports trainers for their programs. 5. **Healthcare and Rehabilitation Centers:** Some hospitals, rehabilitation centers, and healthcare organizations hire sports trainers to aid in patient recovery or sports-specific rehabilitation.
Job Opportunities	• Sports Trainer in Schools • National or International Teams • Jobs in different community clubs • Online Consultancy
No of Students	25
Learning Place	Classroom / Lab / Sports Fields / Gyms
Instructional Resources	Books and Reference Materials: • "Essentials of Strength Training and Conditioning" by NSCA • "Sport and Exercise Physiology Testing Guidelines" by Andrew M. Jones and Thomas W. Fahey • "Biomechanics of Sport and Exercise" by Peter M. McGinnis • "Nutrition for Sport and Exercise" by Marie Dunford and J. Andrew Doyle

- "Foundations of Sport and Exercise Psychology" by Robert Weinberg and Daniel Gould
- "Practical Sports Nutrition" by Louise Burke and Vicki Deakin
- "Clinical Sports Nutrition" by Louise Burke, Vicki Deakin, and Ian Rollo

Journal Articles and Research Papers:

- Access to peer-reviewed journals such as the Journal of Sports Sciences, Medicine & Science in Sports & Exercise, and the International Journal of Sports Physiology and Performance.
- Utilize databases like PubMed, Google Scholar, and SportDiscus to find relevant research articles on various topics.

Practical Equipment and Tools:

- Strength training equipment (e.g., weights, resistance bands, stability balls)
- Speed and agility equipment (e.g., cones, agility ladder, speed hurdles)
- Flexibility and mobility tools (e.g., foam rollers, stretching straps)
- Sports technology devices (e.g., heart rate monitors, GPS trackers, accelerometers)

Software and Apps:

- Sports performance analysis software (e.g., Dartfish, Sportscode)
- Nutrition tracking apps (e.g., MyFitnessPal, Cronometer)
- Training program design software (e.g., TrainingPeaks, TeamBuildr)

Guest Speakers and Industry Experts:

- Invite professionals from the sports industry, including sports scientists, nutritionists, coaches, and athletes, to share their insights and experiences with the participants.

Case Studies and Practical Assignments:

- Develop case studies based on real-world scenarios to encourage critical thinking and problem-solving skills.
- Assign practical tasks such as designing training programs, conducting fitness assessments, and analyzing athlete

	performance data. **Laboratory and Field Experiences:** • Arrange visits to sports science centres, fitness centers, and training facilities to provide hands-on experience with equipment and testing protocols. • Organize field trips to sporting events or competitions to observe practical applications of sports science principles. **Feedback and Evaluation Tools:** • Use assessment rubrics and grading criteria to provide clear expectations for assignments and projects. • Implement peer review and self-assessment activities to encourage reflection and continuous improvement. By leveraging these instructional resources, participants will have access to a diverse range of learning opportunities, enabling them to acquire and apply knowledge effectively throughout the course.

MODULES

Scheduled Weeks	Module Title	Days	Hours	Learning Units	Home Assignment
Week 1	**- Introduction to sports trainer/ instructor** **- Basic Human Anatomy & Physiology**	**Day 1**	**1**	Course Introduction and Expectations	• **Task 1** *Details may be seen at Annexure-I*
			1	Intro to sports trainer/ Roles of a Trainer	
			1	Job Market Overview	
			2	Work Ethics in Institutes/ Responsibilities of Trainer	
		Day 2	**1**	-Skeletal System -Bones	
			1	-Skeletal System -Joints	
			1	-Skeletal System -Kinesiology & Joints Movements	
			2	Hands-On Practice with Joints Movements	
		Day 3	**1**	-The Muscular System -Muscles -Structure of Muscles	
			1	-Types of Muscle Fibers -Functions of Muscles	
			1	-Muscular System -Muscle actions	
			2	Hands-On Practice with Skeletal Muscle actions	
		Day 4	**2**	Effects of Training on Skeletal System	

			1	Effects of Training on Muscles	
			2	Hands-On Practice with Effects of Training on Skeletal system & muscles	
			1	Hands-On Practice with Seven Basic Movements	
		Day 5	**1**	Hands-On Practice with Muscle Actions in various exercise	
			2	Hands-On Practice on Movement Analysis (identify movements and muscle groups engaged in each exercise)	
			1.5	Hands-On Practice on Anatomical Models Demonstration (Break Participants in different groups and ask them to identify and discuss muscle groups activated during specific exercise or movement)	
			0.5	Group Discussion / Presentation	
Week 2	**- Basic Human Anatomy & Physiology**	**Day 1**	**1**	-Cardiovascular System -Heart (Structure & function)	• **Task 2** *Details may be seen at Annexure-I*
			1	-Cardiovascular System -Blood Vessels (Arteries, Veins, Capillaries)	

			1	-Cardiovascular System -Blood (Components, volume & functions)	
			2	- Hands-on Practical -Heart Rate -Cardiac Output -Blood Pressure -Maximum Heart Rate -Resting Heart Rate -Recovery Heart Rate	
		Day 2	**1**	-Respiratory System -Lungs, Airways, Nasal cavity	
			0.5	-Brief Digestive System -Brief Nervous System	
			0.5	Effects of training on Respiratory & Nervous systems	
			3	- Hands-On Practical - Aerobic & Anaerobic exercises	
		Day 3	**1**	Introduction to Energy systems - ATP-CP system	
			1	- Glycolytic system	
			1	- Oxidative System	
			2	- Hands-On Practical - Exercises of Rectus Abdominis, Erector spinae muscles	
		Day	**2**	Fitness Components: Cardiovascular	

		4		endurance	
			1	- Fitness Components: Muscular strength and endurance	
			1	- Fitness Components: Flexibility, and body composition.	
			1	Hands-on Practical Exercises of Quadriceps, Hamstrings & Calf Muscles	
		Day 5	**1**	- Fitness Components: Agility & coordination	
			1	- Fitness Components: Speed & Power	
			1	- Fitness Components: Balance & Reaction time	
			2	Hands-on Practical Exercises of Biceps & Triceps & Deltoid muscles	
Week 3	**Performance Assessment & Exercise Prescription**	**Day 1**	**1**	Introduction to fitness assessments and client evaluation.	
			1	Fitness tests for assessing cardiovascular fitness (VO2 Max)	• **Task 3** *Details may be seen at Annexure-I*
			1.5	Hands-on Practical Conduct fitness tests for cardiovascular fitness (without equipment)	

			1.5	Hands-on Practical Conduct fitness tests for cardiovascular fitness (with equipment)	
		Day 2	**1**	Fitness tests for assessing muscular strength	
			1	Fitness tests for assessing muscular endurance	
			1.5	Hands-on Practical Fitness tests for strength (1RM testing)	
			1.5	Hands-on Practical Fitness tests for endurance	
		Day 3	**1**	Fitness tests for assessing flexibility	
			1	Tests for assessing body composition (BIA, DEXA, Under water weighing etc)	
			1.5	Hands-on Practical Fitness tests for flexibility	
			1.5	Hands-on Practical Fitness tests for body composition	
		Day 4	**1**	Client Evaluation: Understanding the importance of client history, goals, and lifestyle.	

			1	Conducting client evaluation (Anthropometric measurements, history, goals and lifestyle)	
			1	Creating & Maintaining personal assessment & training logbook	
			2	Hands-on Practical Completing Personal Training logbook	
		Day 5	**1**	Developing individualized exercise programs.	
			1	Program Design Principles: Application of FITT (Frequency, Intensity, Time, Type) principles in program development.	
			1	Adapting programs based on individual fitness levels, goals, and preferences.	
			2	Hands-on Practical Designing programs based on guidelines in gym settings	
Week 4	**Principles of Strength and Conditioning**	**Day 1**	**1**	Strength Training Principles Understanding resistance training techniques.	• **Task 4** *<u>Details may be seen at Annexure-I</u>*
			1	- Resistance Training Basics (Exercises)	

				- Introduction to free weights, machines, and bodyweight exercises.	
			1	Progressive Overload: Explanation of progressive overload as a fundamental principle for muscle adaptation.	
			2	Hands-on Practice with Resistance training exercises (Pectoralis, Lats, Deltoids, Biceps & Triceps Muscles)	
		Day 2	**1**	Introduction to periodization for optimizing training programs over time.	
			1	Macro, Meso & Micro Cycles	
			1.5	Hands-on Practice with Resistance training exercises (Quadriceps, Hamstrings & Calf muscles)	
			1.5	Hands-on Practice with Resistance training exercises (Core muscles)	
		Day 3	**1**	Cardiovascular exercise principles. Benefits and considerations for each type of cardiovascular exercise.	
			1	Target heart rate zones & exercise intensities.	

			1	Programming (Steady state, interval, fartlek, HIIT)	
			2	Hands-on Practice Calculating intensity: MHR formula Karvonen formula	
		Day 4	**1**	Flexibility Training Techniques: Static and dynamic stretching methods.	
			1	Joint Mobility Exercises	
			1	Stretching protocols and corrective exercises.	
			2	Hands-on Practical Stretching programs	
		Day 5	**1**	Hands-on Practice with Designing a Strength Training Exercise Plan	
			1	Hands-on Practice with Designing a Flexibility Training Exercise Plan	
			1	Hands-on Practice with Designing an Endurance Training Exercise Plan	
			2	Hands-on Practice with Designing a Cardio/HIIT Training Exercise Plan	
Week 5	**Sports Nutrition**	**Day 1**	**0.5**	Introduction to Nutrition	• **Task 5** *Details may be seen at Annexure-I*
			2.5	Macro Nutrients (Carbohydrate, Fats & Protein)	
			1	Micronutrients	

				(Vitamins & Minerals)	
			0.5	Hands-On Practice with Macro & Micronutrients (Show videos/ diagrams / printouts with different macro & micronutrients options and ask candidates to classify them)	
		Day 2	**1**	-Energy Systems	
			1.5	Basal Metabolic Rate (BMR)	
			1.5	Hands-On Practice with BMR (Ask students to calculate BMR of 3 different people)	
			0.5	Types of Human Body (Ectomorph, Endomorph, Mesomorph)	
		Day 3	**1**	-Thermic Index of different foods	
			1	Hands-On Practice with foods requirement as per body type	
			1	Hydration/ Dehydration	
			2	Hands-On Practice with Activity Levels & Nutritional Requirements	
		Day 4	**1**	Injury prevention / rehabilitation through food	

			1	-Introduction and uses of Supplements	
			1	Hands-On Practice with uses of supplements (Give data of Random BMR / Activity Level and ask them to suggest supplements if required)	
			2	Group discussion Dietary supplements	
		Day 5	**1**	Macronutrients for Athletes	
			1	Pre-Activity Nutrition	
			1	Hands-On Practice with Pre-Activity Nutrition (Show video / printouts or data to candidates regarding different athletes from different games and ask them to make a pre-activity nutrition plan accordingly)	
			2	Group Discussion / Presentation	
Week 6	**Sports Nutrition**	**Day 1**	**1**	Post-Activity Nutrition	
			2	Hands-On Practice with Post-Activity Nutrition (Show video / printouts or data to candidates regarding different athletes from different games and ask them to make a post-activity nutrition plan	• **Task 6** *Details may be seen at Annexure-I*

				accordingly)	
			1	Nutrition and Injuries	
			1	Nutrition in Rehabilitation of Sports Injuries	
		Day 2	**1**	Gut Health and Performance	
			2	Weight Management and Body Composition	
			1	Hands-On Practice with Weight Management & Body Composition (Provide data of different athletes from different games to candidates and ask them to identify ideal body composition/Weight Management)	
			1	-Hydration Strategies -Eating for Endurance vs. Strength	
		Day 3	**1**	Sports-Specific Nutrition	
			1	Hands-On Practice with Sports Nutrition (Making diet plan for different Athletes from different games)	
			1	Supplements & Sports Drinks for performance	
			2	Hands-On Practice with uses of supplements (Give data of different Athletes from different	

				games and ask them to suggest supplements if required)	
		Day 4	**1**	Eating disorder (anorexia nervosa and bulimia nervosa)	
			1	Monitoring & Evaluation	
			1	Education & Counselling	
			2	Group Discussion / Presentation	
		Day 5	**1**	Weight Management Strategies: Caloric balance and energy expenditure	
			1	Calculating Daily Caloric requirements for Overweight individuals	
			1	Calculating Daily Caloric requirements for Underweight individuals	
			2	Recommending Macro Nutrients intake for different goals (Weight loss, Weight gain, Sports performance)	
Week 7	**Injury prevention and rehabilitation**	**<u>Day 1</u>**	**<u>1</u>**	Introduction to Common Sports Injuries	• **Task 7** *<u>Details may be seen at Annexure-I</u>*
			<u>1</u>	First Aid for Sports Injuries	
			<u>1</u>	Rehabilitation Exercise and Protocols	
			<u>2</u>	Hands on Practice with First Aid	

		Day 2	**1**	Common Sports Injuries	
			1	- Types and causes of sports injuries	
			1	- Injury prevention strategies	
			2	- Phases of rehabilitation	
		Day 3	**1**	- Return to play criteria	
			1	- Benefits of sports massage	
			1	- Recovery strategies	
			2	Hands on Practice of recovery techniques	
		Day 4	**1**	Introduction to Kinesio Taping & Bracing	
			1	- Types of Kinesio taping techniques and bracing	
			2	- Application of Kinesio taping for injury prevention	
			1	- Role of sports medicine professionals	
		Day 5	**1**	- Injury management protocols	
			2	Hands on Practice of injury management protocols	
			1	Hands on Practice of rehab exercises	
			1	Hands on Practice of injury prevention	

Week 8	**Introduction Periodization and Planning**	**Day 1**	**1**	Introduction to Periodization and Planning	• **Task 8** *Details may be seen at Annexure-I*
			1	Seasonal Planning	
			1.5	Training Cycles and Periods	
			1.5	Macro Cycle and Meso Cycle	
		Day 2	**1**	Introduction to Strength and Conditioning	
			1	Resistance Training Techniques	
			1	Introduction to Movements	
			2	Functional Movement Patterns	
		Day 3	**1**	Introduction to Recovery Strategies	
			1	Importance of Rest and Recovery	
			1	Techniques for Promoting Recovery in Athletes	
			2	Assignment About Rest and Recovery	
		Day 4	**1**	Introduction Principles of Exercise Programming	
			1	Designing Effective and Engaging Workouts	
			1	Skill Development and Game Strategies	

			2	Assignment to Design Some Fun Games	
		Day 5	**1**	LTAD Model (long term athlete development program)	
			1	LTAD Model (long term athlete development program)	
			1	LTAD Model (long term athlete development program)	
			2	Presentation on LTAD	
Week 9	**The Athlete, Sports and games**	**Day 1**	**1**	Introduction to Athlete Development Factors	• **Task 9** *Details may be seen at Annexure-I*
			1	Health Related Physical Fitness Factors	
			1	Skill Related Physical Fitness Factors	
			2	Hands on Practice to Health and Skill Related Physical Factors	
		Day 2	**1**	Preparation and Recovery	
			1	Warm up	
			1	Cool down	
			2	Technical Skills (communication and observation) Physical Skills (agility, balance, coordination, power,	

				strength, endurance and speed)	
		Day 3	**1**	Mental Skills (confidence, concentration, goal, relaxation, learn to deal with winning and losing	
			1	Mental Skills (confidence, concentration, goal, relaxation, learn to deal with winning and losing	
			1	Develop Social Skills through Interaction with others	
			2	Introduction to Track & Field Events (Throwing events)	
		Day 4	**1**	Show Videos of Javelin throw, Shotput and hammer and discus throw)	
			1	Hands on Practice with Javelin and discus	
			1	Hands on Practice with Shotput	
			2	Hands on Practice with Hammer throw	
		Day 5	**1**	Intro to Jump Events (High Jump, Long Jump and Triple Jump)	
			1	Show Videos of High Jump, long jump and triple jump Events	

			1.5	Hands on Practice with High Jump	
			1.5	Hands on Practice with Long & Triple Jump	
Week 10	**The Sports and games**	**Day 1**	**1**	Introduction to Racing events	• **Task 10** *Details may be seen at Annexure-I*
			1	Show Videos of short, middle and long distance races	
			1.5	Hands on Practice with Short and middle distance races	
			1.5	Hands on Practice with long distance races	
		Day 2	**1**	Introduction to Gymnastics	
			1	Basics of Gymnastics Front roll, Back roll, cartwheel	
			1	Show Some Videos of Front Roll, Back Roll and Cartwheel, Bridge, Front Hand Spring and Basics of Hand Stands	
			2	Hands on Practice Using Mattress	
		Day 3	**1**	Introduction to Table Tennis and Badminton	
			1	Basic Training of Table Tennis (Racket grip, service types etc.)	

			1	Show Some Videos	
			2	Practice with Equipment	
		Day 4	**1**	Introduction to Volleyball & Basketball	
			1	Basics of Volleyball & Basketball (ball size and court measurements, playing rules etc.)	
			1	Show Videos of Different Matches	
			2	Practice with Proper Equipment	
		Day 5	**1**	Introduction to Football	
			1	Basics of Football Training	
			1	Watch Videos	
			2	Practice with Ball at Field	
Week 11	**Introduction to Sports Psychology**	**Day 1**	**1**	Introduction to Sports Psychology	• **Task 11** *Details may be seen at Annexure-I*
			1	- Psychological factors influencing performance	
			1	- Introduction to Goal Setting and Motivation	
			2	- Setting SMART goals	
		Day 2	**1**	Professional Conduct: Ethics and professionalism in the fitness industry.	

			1.5	Communication Skills and Team dynamics	
			1	Establishing trust and positive relationships with clients.	
			1.5	- Stress Management and Relaxation Techniques	
		Day 3	**1**	- Coping with stress in sports	
			1	- Relaxation methods	
			1	- Motivational strategies for athletes	
			2	- Mental skills training	
		Day 4	**1**	- Role of imagery in sports performance	
			1.5	- Imagery and Visualization	
			1.5	- Visualization techniques	
			1	How to obtain feedback	
		Day 5	**1**	How to manage conflict	
			1	- Building effective teams	
			1	- Communication strategies	
			2	Group Discussion / Presentation	
Week 12	**Revision & Exams week**	**<u>Day 1</u>**	Introduction to sports trainer / instructor, The Athlete, Sports and Games, Injury preventing and rehabilitation, Introduction		

			Periodization and Planning (Situation Base Case Studies/ Oral Quiz)	
		Day 2	Introduction to Human Anatomy, Basic Human Physiology, Planning Exercise Programs, Nutrition, Sports Nutrition (Situation Base Case Studies/ Oral Quiz)	
		Day 3	Final Exam / Assessment / Quiz	
		Day 4	Final Exam / Assessment / Quiz (Practical Assessment)	
		Day 5	Course Certificate & Prize Distribution Ceremony	

Annexure-I:

Tasks for Certificate in Sports Trainer / Instructor

Task No.	Task	Description	Week
•	**Analyze a specific sport or game comprehensively**	Create a presentation or a written analysis detailing the rules, techniques, strategies, and physical demands of the chosen sport/game.	**Week 1**
•	**Create a visual presentation of major muscle groups**	Develop a visual aid (diagram, poster, or digital presentation) highlighting major muscle groups, their locations, and functions in relation to sports movements.	**Week 2**
•	**Conduct a physiological response analysis during exercise**	Perform a simple exercise routine while monitoring heart rate, breathing rate, and perceived exertion. Record and analyze changes during different stages of exercise.	**Week 3**
•	**Conduct performance assessments for athletes in a chosen game**	Design and administer a set of performance tests or evaluations focusing on specific skills or physical attributes required for the game. Analyze and interpret the results to provide feedback for improvement.	**Week 4**
•	**Design a basic training plan for a chosen sport**	Develop a 12-week training schedule using strength & conditioning principles, with specific goals.	**Week 5**
•	**Analyze a day's nutritional intake for an athlete.**	Create a mock daily diet plan for an athlete, detailing meals, snacks, and hydration, ensuring it meets caloric and nutritional needs for optimal performance	**Week 6**
•	**Design a pre-competition nutrition guide**	Develop a comprehensive guide outlining pre-event meal suggestions, hydration strategies, and timing of intake to optimize performance for a specific sport.	**Week 7**
•	**Develop a game-specific fitness training program**	Design a training regimen that targets the physical demands of the game. Include exercises and drills that enhance agility, speed, strength, and endurance relevant to the athletic game.	**Week 8**

•	**Plan and organize a mini tournament for the athletic game**	Arrange a small-scale tournament, including scheduling matches, managing teams, officiating, and ensuring logistical aspects such as venue, equipment, and safety measures.	**Week 9**
•	**Modify the game to be inclusive for differently abled individuals**	Adapt rules, equipment, or playing techniques to enable participation for individuals with varying abilities. Conduct a session to demonstrate and validate the adapted game's effectiveness.	**Week 10**
•	**Organize a sportsmanship and ethics workshop related to the game**	Facilitate discussions and activities emphasizing fair play, teamwork, respect, and ethical behavior in the context of the athletic game. Encourage reflection on sportsmanship values.	**Week 10**
•	**Design an injury prevention program for a specific sport**	Develop a structured plan outlining warm-up routine, strengthening exercises, and techniques to prevent common injuries related to the chosen sport.	**Week 11**
•	**Create a modified version of an athletic game**	Modify rules or equipment to make the game more inclusive, challenging, or suitable for different age groups. Organize a gameplay session to test and refine the modified rules.	**Week 11**

Annexure-II:

Workplace/Institute Ethics Guide

Work ethic is a standard of conduct and values for job performance. The modern definition of what constitutes good work ethics often varies. Different businesses have different expectations. Work ethic is a belief that hard work and diligence have a moral benefit and an inherent ability, virtue, or value to strengthen character and individual abilities. It is a set of values-centered on the importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for student success:

- **Attendance:**

  Be at work every day possible, plan your absences don't abuse leave time. Be punctual every day.

- **Character:**

  Honesty is the single most important factor having a direct bearing on the final success of an individual, corporation, or product. Complete assigned tasks correctly and promptly. Look to improve your skills.

- **Team Work:**

  The ability to get along with others including those you don't necessarily like. The ability to carry your weight and help others who are struggling. Recognize when to speak up with an idea and when to compromise by blend ideas together.

- **Appearance:**

  Dress for success set your best foot forward, personal hygiene, good manner, remember that the first impression of who you are can last a lifetime

- **Attitude:**

  Listen to suggestions and be positive, accept responsibility. If you make a mistake, admit it. Values workplace safety rules and precautions for personal and co-worker safety. Avoids unnecessary risks. Willing to learn new processes, systems, and procedures in light of changing responsibilities.

- **Productivity:**

  Do the work correctly, quality and timelines are prized. Get along with fellows,

cooperation is the key to productivity. Help out whenever asked, do extra without being asked. Take pride in your work, do things the best you know-how. Eagerly focuses energy on accomplishing tasks, also referred to as demonstrating ownership. Takes pride in work.

- **Organizational Skills:**

  Make an effort to improve, learn ways to better yourself. Time management; utilize time and resources to get the most out of both. Take an appropriate approach to social interactions at work. Maintains focus on work responsibilities.

- **Communication:**

  Written communication, being able to correctly write reports and memos. Verbal communications, being able to communicate one on one or to a group.

- **Cooperation:**

  Follow institute rules and regulations, learn and follow expectations. Get along with fellows, cooperation is the key to productivity. Able to welcome and adapt to changing work situations and the application of new or different skills.

- **Respect:**

  Work hard, work to the best of your ability. Carry out orders, do what's asked the first time. Show respect, accept, and acknowledge an individual's talents and knowledge. Respects diversity in the workplace, including showing due respect for different perspectives, opinions, and suggestions.

Annexure-III:

Attached as separate document. Training and nutrition logbook.