

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

1st Edition

Trainer Name	
Authors	Mr. Rafique Siddique (Founder: UFD Fitness Studio/MAF Club) Mr. Muhammad Fayyaz (Founder: NextGen Champs) Mr. Umair Qadeer (Founder: Optimum Fitness With UQ)
Course Title	Sports trainer / instructor
<u>Objectives and Expectations</u>	The objectives of this course is aiming 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. Strength and Conditioning: Acquire skills in designing strength and conditioning programs to enhance athletes' physical abilities, including strength, endurance, speed, and agility. 6. Effective Communication and Leadership: Learn effective communication strategies to work with athletes, coaches, and other professionals, and develop leadership skills necessary for managing teams and individuals. 7. Ethics and Professional Standards: Understand the ethical considerations, legal aspects, and professional standards associated with sports training and coaching.

	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.
<u>Entry-level of trainees</u>	For course of Sports Trainer / Instructor proposed entry level is minimum bachelors in relevant subject, so expectations from the trainees are: • Showing a genuine interest in sports or physical training through prior experience, hobbies, or extracurricular activities could be beneficial. • Having a foundational understanding of human anatomy and physiology can be advantageous. • Being able to effectively communicate with clients is crucial for a sports trainer. • Having a knowledge of basic Sports & exercises.
Learning Outcome	By the end of this course, students will be able to:

s of the course	• 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 Nutrition • Sports-Specific Nutrition Fundamentals
Course Execution Plan	The total duration of the course: 3 months (12 Weeks) Class hours: 4 hours per day Theory: 40% Practical: 60% Weekly hours: 20 hours per week Total contact hours: 260 hours
Companies offering jobs in the respective trade	In Pakistan and internationally, several companies and organizations hire sports trainers. Here are some examples: 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
Instructional Resources	1. Foods for gaining weight quickly and safely: https://youtu.be/re5U_bq5xjs This video provides knowledge of foods for gaining weight quickly and safely. 2. Role of Sports Trainer: https://www.youtube.com/watch?v=IExHU29QALo This video Provides What Athletic Trainers & Team Physicians Do and the Important Role They Play. 3. This video provides knowledge of foods for gaining weight quickly and safely Total Body Fitness: https://www.youtube.com/watch?v=Vpt3muAvv8o&list=PLcLyobzcYHBIWhDrQhJ4HssLuJ_1mRItx These videos provide an introduction of total body fitness, fitness components and cardiovascular activities and how to design safe cardiovascular activity. 4. What is LTAD: https://youtu.be/E_N0maSww00 This video provides an overview of Long-Term Athlete Development Program. 5. Growth and development in teenagers: https://www.youtube.com/watch?v=mj58UVuMC2Q This video provides an overview of growth and development of teenagers.

6. Sports Nutrition:

<https://www.youtube.com/playlist?list=PLcLyobzcYHBIA1kcIA2SnHCF6qDZhRo3N>

These videos provide Basics of Sports Nutrition, BMR of Athlete, pre-activity & post-activity nutrition and injury management.

7. Other Resources:

<https://www.youtube.com/playlist?list=PLcLyobzcYHBnGI05wnRjarutNtzBJUxeX>

These videos provide knowledge of overall/general fitness topics like types of body, visualization, fitness tips, how to increase metabolism, Importance of wearing gym dress, functional training, HIIT, BMI, Rice Therapy, Compound exercises, Mindful eating, Muscle Cramps, Plateau and much more.

8. Basic Rules of Athletics:

<https://www.youtube.com/watch?v=wNbA7zcnjGg>

This video provides basic information of basic rules of Athletics- running & rules of 100m,400m,800m,hurdles etc.

MODULES

Schedule d Weeks	Module Title	Day s	Hour s	Learning Units	Home Assignmen t
Week 1	Introduction to sports trainer/instruct or	<u>Day 1</u>	<u>Hour 1</u>	Course Introduction and Expectations	• Task 1 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour 2</u>	Intro to sports trainer	
			<u>Hour 3</u>	Job Market Overview	
			<u>Hour 4</u>	Work Ethics in Institutes	
		<u>Day 2</u>	<u>Hour 1</u>	Roles of a Trainer	
			<u>Hour 2</u>	Responsibilities of Trainer	
			<u>Hour 3</u>	Preparing to a Sports Trainer	
			<u>Hour 4</u>	Coaching Equipment	
		<u>Day 3</u>	<u>Hour 1</u>	Coaching theory (learning styles and learning skills)	
			<u>Hour 2</u>	Coaching styles (command, practice, reciprocal, self check, inclusion, guided discovery, problem solving, individual, learner initiated, self teach)	
			<u>Hour 3</u>	Communication	

			<u>Hour</u> <u>4</u>	Group Management	
		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Observation, Analysis and Correction	
			<u>Hour</u> <u>2</u>	Principles of Training (Specificity, Progression, Overload, Reversibility, Adaptation)	
			<u>Hour</u> <u>3</u>	Lifestyle (Continue to multiple sports and accept parental/guardian support)	
			<u>Hour</u> <u>4</u>	Basic Hygiene	
		<u>Day</u> <u>5</u>	<u>Hour</u> <u>1</u>	Fluid (Hydration is essential for everyone, but people who play sports and exercise regularly have a greater need to maintain proper hydration)	
			<u>Hour</u> <u>2</u>	Dehydration	
			<u>Hour</u> <u>3</u>	Best Drink during Sport	
			<u>Hour</u> <u>4</u>	Rehydration after sports	
Week 2	The Athlete, Sports and games	<u>Day</u> <u>1</u>	<u>Hour</u> <u>1</u>	Introduction to Athlete Development Factors	• Task 2 <i><u>Details may</u></i>
			<u>Hour</u>	Health Related Physical Fitness	

			<u>2</u>	Factors	<i>be seen at Annexure-I</i>
			<u>Hour</u> <u>3</u>	Skill Related Physical Fitness Factors	
			<u>Hour</u> <u>4</u>	Hands on Practice to Health and Skill Related Physical Factors	
		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	Preparation and Recovery	
			<u>Hour</u> <u>2</u>	Warm up	
			<u>Hour</u> <u>3</u>	Cool down	
			<u>Hour</u> <u>4</u>	Technical Skills (communication and observation)	
		<u>Day</u> <u>3</u>	<u>Hour</u> <u>1</u>	Physical Skills (agility, balance, coordination, power, strength, endurance and speed)	
			<u>Hour</u> <u>2</u>	Mental Skills (confidence, concentration, goal, relaxation, learn to deal with winning and losing	
			<u>Hour</u> <u>3</u>	Develop Social Skills through Interaction with others	
			<u>Hour</u> <u>4</u>	Difference Between Sports & Games	

		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Introduction to Track & Field Events	
			<u>Hour</u> <u>2</u>	Intro to Javelin Throw	
			<u>Hour</u> <u>3</u>	Show Some Videos of Javelin throw Event	
			<u>Hour</u> <u>4</u>	Hands on Practice with Javelin	
		<u>Day</u> <u>5</u>	<u>Hour</u> <u>1</u>	Intro to Shotput	
			<u>Hour</u> <u>2</u>	To Show Some videos of Shotput Event	
			<u>Hour</u> <u>3</u>	Hands on Practice with Shotput	
			<u>Hour</u> <u>4</u>	Hands on Practice with Shotput	
Week 3	The Sports and Games	<u>Day</u> <u>1</u>	<u>Hour</u> <u>1</u>	Intro to Hammer Throw	• Task 3 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour</u> <u>2</u>	Show Some Videos of Hammer throw event	
			<u>Hour</u> <u>3</u>	Hands on Practice with Hammer	
			<u>Hour</u> <u>4</u>	Hands-on Practice with Hammer	
		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	Intro to Discus throw	
			<u>Hour</u> <u>2</u>	Show Some videos of Discus Throw Event	
			<u>Hour</u> <u>3</u>	Hands on Practice with Discuss	
			<u>Hour</u>	Hands on Practice with	

			<u>4</u>	Discuss	
		<u>Day 3</u>	<u>Hour 1</u>	Intro to High Jump Event	
			<u>Hour 2</u>	Show Some Videos of High Jump Event	
			<u>Hour 3</u>	Hands on Practice with Equipment	
			<u>Hour 4</u>	Hands on Practice with Equipment	
		<u>Day 4</u>	<u>Hour 1</u>	Intro to Long Jump Event	
			<u>Hour 2</u>	Show Some Videos of Long Jump Event	
			<u>Hour 3</u>	Hands on Practice in Field	
			<u>Hour 4</u>	Hands on Practice in Field	
		<u>Day 5</u>	<u>Hour 1</u>	Intro to Triple Jump Event	
			<u>Hour 2</u>	Show Some Videos of Triple Jump Event	
			<u>Hour 3</u>	Hands on Practice in Field	
			<u>Hour 4</u>	Hands on Practice in Field	
Week 4	The Sports and games	<u>Day 1</u>	<u>Hour 1</u>	Introduction to Short Distance Races 100m and 200m,	• Task 4 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour 2</u>	100m, 200m race (show videos)	

			<u>Hour</u> <u>3</u>	Perform 100m race	
			<u>Hour</u> <u>4</u>	Perform 200m race	
		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	Introduction to Middle Distance Races 400m and 800m	
			<u>Hour</u> <u>2</u>	Watch Videos of both Middle-Distance races 400m and 800m	
			<u>Hour</u> <u>3</u>	Perform 400m race	
			<u>Hour</u> <u>4</u>	Perform 800m race	
		<u>Day</u> <u>3</u>	<u>Hour</u> <u>1</u>	Introduction to Long Distance races 3000m, 5000m and 10,000m	
			<u>Hour</u> <u>2</u>	Watch Videos of these Long-Distance races	
			<u>Hour</u> <u>3</u>	Teach How to Perform and Make Stamina of Long-Distance Races	
			<u>Hour</u> <u>4</u>	Teach How to Perform and Make Stamina of Long Distance Races	
		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Introduction to Beginners Gymnastics	
			<u>Hour</u> <u>2</u>	Basics of Gymnastics Front roll, Back roll, cartwheel	
			<u>Hour</u>	Show Some Videos of	

			<u>3</u>	Front Roll, Back Roll and Cartwheel	
			<u>Hour 4</u>	Hands on Practice Using Mattress	
		<u>Day 5</u>	<u>Hour 1</u>	Bridge, Front Hand Spring and Basics of Hand Stands	
			<u>Hour 2</u>	Show Some Videos	
			<u>Hour 3</u>	Hands on Practice with Using Mattress	
			<u>Hour 4</u>	Hands on Practice with Using Mattress	
Week 5	The Sports and games	<u>Day 1</u>	<u>Hour 1</u>	Introduction to Table Tennis	• Task 5 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour 2</u>	Basic Training of Table Tennis (Racket grip, service types etc.)	
			<u>Hour 3</u>	Show Some Videos	
			<u>Hour 4</u>	Practice with Equipment	
		<u>Day 2</u>	<u>Hour 1</u>	Introduction to Badminton	
			<u>Hour 2</u>	Basics of Badminton Rackets, net height and court measurements	
			<u>Hour 3</u>	show Badminton Matches	
			<u>Hour</u>	Practice with	

			<u>4</u>	Equipment	
		<u>Day 3</u>	<u>Hour 1</u>	Introduction to Volleyball	
			<u>Hour 2</u>	Basics of Volleyball (net height, ball size and court measurements)	
			<u>Hour 3</u>	Show Videos of Different Matches	
			<u>Hour 4</u>	Practice with Proper Equipment	
		<u>Day 4</u>	<u>Hour 1</u>	Introduction to Basketball	
			<u>Hour 2</u>	Basics of Basketball (court measurements and pool size)	
			<u>Hour 3</u>	Show Some Videos of Different Matches	
			<u>Hour 4</u>	Practice with Equipment	
		<u>Day 5</u>	<u>Hour 1</u>	Introduction to Football	
			<u>Hour 2</u>	Basics of Football Training	
			<u>Hour 3</u>	Watch Videos	
			<u>Hour 4</u>	Practice with Ball at Field	
Week 6	Injury preventing and rehabilitation	<u>Day 1</u>	<u>Hour 1</u>	Introduction to Common Sports Injuries	• Task 6

			<u>Hour</u> <u>2</u>	First Aid for Sports Injuries	<i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour</u> <u>3</u>	Rehabilitation Exercise and Protocols	
			<u>Hour</u> <u>4</u>	Hands on Practice with First Aid	
		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	Introduction to Sports Psychology	
			<u>Hour</u> <u>2</u>	Mental Preparation and Focus	
			<u>Hour</u> <u>3</u>	Goal Setting for Athletes	
			<u>Hour</u> <u>4</u>	How to Avoid Depression	
		<u>Day</u> <u>3</u>	<u>Hour</u> <u>1</u>	Fitness Assessment and Monitoring	
			<u>Hour</u> <u>2</u>	Physical Fitness Testing speed, agility, endurance test	
			<u>Hour</u> <u>3</u>	Monitoring Athlete Progress	
			<u>Hour</u> <u>4</u>	Hands on Practice of these Fitness Test	
		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Practical Coaching Sessions	
			<u>Hour</u> <u>2</u>	Hands on Training for Coaching Techniques	
			<u>Hour</u> <u>3</u>	Application of Theoretical Knowledge	
			<u>Hour</u>	Types of Coaching	

			<u>4</u>		
		<u>Day 5</u>	<u>Hour 1</u>	Sports Specific Training	
			<u>Hour 2</u>	Training Methods for Different Sports	
			<u>Hour 3</u>	Sports Specific Drills and Skills	
			<u>Hour 4</u>	Hands on Practice of Skills	
Week 7	Introduction Periodization and Planning	<u>Day 1</u>	<u>Hour 1</u>	Introduction to Periodization and Planning	• Task 7 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour 2</u>	Seasonal Planning	
			<u>Hour 3</u>	Training Cycles and Periods	
			<u>Hour 4</u>	Macro Cycle and Meso Cycle	
		<u>Day 2</u>	<u>Hour 1</u>	Introduction to Strength and Conditioning	
			<u>Hour 2</u>	Resistance Training Techniques	
			<u>Hour 3</u>	Introduction to Movements	
			<u>Hour 4</u>	Functional Movement Patterns	
		<u>Day 3</u>	<u>Hour 1</u>	Introduction to Recovery Strategies	
			<u>Hour 2</u>	Importance of Rest and Recovery	
			<u>Hour</u>	Techniques for Promoting Recovery in	

			<u>3</u>	Athletes	
			<u>Hour 4</u>	Assignment About Rest and Recovery	
		<u>Day 4</u>	<u>Hour 1</u>	Introduction Principles of Exercise Programming	
			<u>Hour 2</u>	Designing Effective and Engaging Workouts	
			<u>Hour 3</u>	Skill Development and Game Strategies	
			<u>Hour 4</u>	Assignment to Design Some Fun Games	
		<u>Day 5</u>	<u>Hour 1</u>	LTAD Model (long term athlete development program)	
			<u>Hour 2</u>	LTAD Model (long term athlete development program)	
			<u>Hour 3</u>	LTAD Model (long term athlete development program)	
			<u>Hour 4</u>	Presentation on LTAD	
Week 8	Introduction to human Anatomy	<u>Day 1</u>	<u>Hour 1</u>	The Skeletal System	• Task 8 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour 2</u>	Joints Types of Joints	
			<u>Hour 3</u>	Joints Movement	
			<u>Hour 4</u>	Hands on Practice With Joint Movements	

		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	The Muscles Muscle Types Functions of Muscles	
			<u>Hour</u> <u>2</u>	Types of Muscle Fibers	
			<u>Hour</u> <u>3</u>	Skeletal Muscle and Movements	
			<u>Hour</u> <u>4</u>	Hands on Practice with Skeletal Muscle and Movements	
		<u>Day</u> <u>3</u>	<u>Hour</u> <u>1</u>	Hands on Practice with Seven Basic Movements	
			<u>Hour</u> <u>2</u>	Effects of Training on Skeletal Muscles	
			<u>Hour</u> <u>3</u>	Assignment of Training on Skeletal Muscles	
			<u>Hour</u> <u>4</u>	Muscle Actions	
		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Hands on Practice With Muscle Actions	
			<u>Hour</u> <u>2</u>	Hands on Practice on Movement Analysis	
			<u>Hour</u> <u>3</u>	Hands on Practice on Anatomical Model Demonstration	
			<u>Hour</u> <u>4</u>	Presentation on Anatomical Model	
		<u>Day</u> <u>5</u>	<u>Hour</u> <u>1</u>	Introduction to Common Muscle Injuries	
			<u>Hour</u>	What is the Reason of	

			<u>2</u>	Muscle Injuries	
			<u>Hour</u> <u>3</u>	How to Recover From Muscle Injury	
			<u>Hour</u> <u>4</u>	Presentation on Muscle Injuries	
Week 9	-Basic Human Physiology -Planning Exercise Programs	<u>Day</u> <u>1</u>	<u>Hour</u> <u>1</u>	Cardiovascular Respiratory system Digestive system	• Task 9 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour</u> <u>2</u>	Internal organs Blood Circulation of blood	
			<u>Hour</u> <u>3</u>	Blood pressure Heart disease Other medical issues The training effect	
			<u>Hour</u> <u>4</u>	Hands on Practice with Manual Heart rate Monitoring (without equipment)	
		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	Principles of Training	
			<u>Hour</u> <u>2</u>	Strength Training	
			<u>Hour</u> <u>3</u>	Hands on Practice with Strength Training	
			<u>Hour</u> <u>4</u>	Heart rate Maximum heart rate Resting heart rate Recovery heart rate	

		<u>Day</u> <u>3</u>	<u>Hour</u> <u>1</u>	Target haert rate VO2 MAX	
			<u>Hour</u> <u>2</u>	Hands on Practice with Heart Rates and VO2 max	
			<u>Hour</u> <u>3</u>	Aerobic Exercise	
			<u>Hour</u> <u>4</u>	Practical with Aerobic Exercise	
		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Anaerobic Exercise	
			<u>Hour</u> <u>2</u>	Hands on Practice with Anaerobic Exercise	
			<u>Hour</u> <u>3</u>	Cardiovascular Training	
			<u>Hour</u> <u>4</u>	Hands on practice with cardiovascular training	
		<u>Day</u> <u>5</u>	<u>Hour</u> <u>1</u>	HIIT Training Hands on Practice with HIIT	
			<u>Hour</u> <u>2</u>	Different Muscle Group Exercise	
			<u>Hour</u> <u>3</u>	Hands on Practice with Different Muscle Group Exercise	
			<u>Hour</u> <u>4</u>	Presentation and Discussion	
Week 10	Nutrition	<u>Day</u> <u>1</u>	<u>Hour</u> <u>1</u>	Introduction to Nutrition	• Task 10 <i><u>Details may be seen at</u></i>
			<u>Hour</u> <u>2</u>	Macro Nutrients	

			<u>Hour</u> <u>3</u>	Micro Nutrients	<u>Annexure-I</u>
			<u>Hour</u> <u>4</u>	Hands on Practice with Macro and Micro Nutrients (Show videos and ask candidates to classify them)	
		<u>Day</u> <u>2</u>	<u>Hour</u> <u>1</u>	Malnutrition Energy Systems	
			<u>Hour</u> <u>2</u>	BMR	
			<u>Hour</u> <u>3</u>	Hands on Practice with BMR or Present at least 2 Model of BMR	
			<u>Hour</u> <u>4</u>	Types of Human Body Ectomorph, Endomorph and Mesomorph)	
		<u>Day</u> <u>3</u>	<u>Hour</u> <u>1</u>	Thermic Index of Different Foods Food for each body type	
			<u>Hour</u> <u>2</u>	Hands on Practice with Types of Body & Foods Requirements as per Body Type	
			<u>Hour</u> <u>3</u>	Activity Level	
			<u>Hour</u> <u>4</u>	Nutritional Requirements	
		<u>Day</u> <u>4</u>	<u>Hour</u> <u>1</u>	Hands on Practice with Nutritional	

				Requirements & Activity Level	
			<u>Hour</u> <u>2</u>	Introduction of Supplements & Vitamins Uses of Supplements and Vitamins	
			<u>Hour</u> <u>3</u>	Hands on Practice with uses of Supplements	
			<u>Hour</u> <u>4</u>	Injury Prevention\Rehabilitation through Food	
		<u>Day</u> <u>5</u>	<u>Hour</u> <u>1</u>	Introduction uses of Steroids and Types of Steroids	
			<u>Hour</u> <u>2</u>	Side effects of Steroids	
			<u>Hour</u> <u>3</u>	Hands on Practice with Steroids Side Effects	
			<u>Hour</u> <u>4</u>	Presentation on Steroids	
Week 11	Sports Nutrition	<u>Day</u> <u>1</u>	<u>Hour</u> <u>1</u>	Introduction of Sports Nutrition Role of Nutrition in Sports	• Task 11 <i><u>Details may be seen at Annexure-I</u></i>
			<u>Hour</u> <u>2</u>	Macronutrients for Athlete	
			<u>Hour</u> <u>3</u>	Pre activity Nutrition	
			<u>Hour</u> <u>4</u>	Hands on Practice with Pre Activity Nutrition	
		<u>Day</u>	<u>Hour</u>	Post Activity Nutrition	

		<u>2</u>	<u>1</u>		
			<u>Hour 2</u>	Hands on Practice with Post Activity Nutrition	
			<u>Hour 3</u>	Nutrition and Injuries	
			<u>Hour 4</u>	Is Nutrition Helpful in injuries ? Presentation	
		<u>Day 3</u>	<u>Hour 1</u>	Gut Health and Performance	
			<u>Hour 2</u>	Weight Management and Body Composition	
			<u>Hour 3</u>	Hands on Practice with Weight Management & Body Composition	
			<u>Hour 4</u>	Hydration Strategies Eating for Endurance vs. Strength	
		<u>Day 4</u>	<u>Hour 1</u>	Sports Specific Nutrition	
			<u>Hour 2</u>	Give Assignment to Make Diet Plan for Different Athlete for Different Games	
			<u>Hour 3</u>	Supplements & and Sports Drinks for Performance	
			<u>Hour 4</u>	Hands on Practice with uses of Supplements	
		<u>Day 5</u>	<u>Hour 1</u>	Eating Disorder in Athlete	

			<u>Hour</u> <u>2</u>	Monitoring & Evaluation of Athlete	
			<u>Hour</u> <u>3</u>	Education & Counselling	
			<u>Hour</u> <u>4</u>	Group discussion &\ Presentation	
Week 12	Exams week	<u>Day</u> <u>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)		
		<u>Day</u> <u>2</u>	Introduction to Human Anatomy, Basic Human Physiology, Planning Exercise Programs, Nutrition, Sports Nutrition (Situation Base Case Studies/ Oral Quiz)		
		<u>Day</u> <u>3</u>	Final Exam / Assessment / Quiz		
		<u>Day</u> <u>4</u>	Final Exam / Assessment / Quiz		

		<u>Day</u> <u>5</u>	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 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 2
•	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 3
•	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 4
•	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 4
•	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 5
•	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 5
•	Design an injury	Develop a structured plan outlining warm-up	Week 6

	prevention program for a specific sport	routines, strengthening exercises, and techniques to prevent common injuries related to the chosen sport.	
•	Design a basic training plan for a chosen sport	Develop a 12-week training schedule using periodization principles, outlining phases (e.g., preparatory, competition) with specific goals for each phase.	Week 7
•	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 8
•	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 9
•	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	Week10
•	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.	Week11

**Motivational Lectures
Sports Trainer / Instructor**

How to become successful in Life:

<https://www.youtube.com/watch?v=tBAhP7W7shU>

If you want to become successful in your life then you need to follow Allama Iqbal's philosophy in your life and this video explains complete process of becoming successful.

How to make your body fit and active: <https://www.youtube.com/watch?v=9-8UN0cPCmQ>

This video provides motivation about life fitness by Sandeep Maheshwari. He explains in detail about mind and body connection for a health work life balance.

Benefits of exercise: <https://www.youtube.com/watch?v=AVY7PZu-klk>

This video provides an overview of the potential benefits and risks of machine learning, and how it will impact the future of society.

Dream Jobs: Athletic Trainer: https://www.youtube.com/watch?v=wSqx_Dr7Cbk

This video provides information about sports trainer job.

Annexure-IV:

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.