



Maldives National Skills Development Authority



National Competency Standard for Fitness Instruction

Standard Code: SOC11S16V2

**Qualification Name: National Certificate III in Fitness Instruction
Qualification Code: SOC11SQ1L316**

PREFACE

Technical and Vocational Education and Training (TVET) Authority was established with the vision to develop a TVET system in the Maldives that is demand driven, accessible, beneficiary financed and quality assured, to meet the needs of society for stability and economic growth, the needs of Enterprise for a skilled and reliable workforce, the need of young people for decent jobs and the needs of workers for continuous mastery of new technology.

TVET system in the Maldives flourished with the Employment Skills Training Project (ESTP) funded by ADB with the objective of increasing the number of Maldivians, actively participating in the labor force, employed and self-employed. The Project supported expansion of demand driven employment-oriented skills training in priority occupations and to improve the capacity to develop and deliver Competency Based Skill Training (CBST). The project supported delivery of CBST programs to satisfy employer demand-driven needs. The National Competency Standards (NCS) provide the base for this training. Currently CBST is offered for five key sectors in the Maldives: Tourism, Fisheries and Agriculture, Transport, Construction and the Social sectors. These sectors are included as priority sectors that play a vital role in the continued economic growth of the country.

The NCS are developed in consultation with Employment Sector Councils representing employers. They are designed using a consensus format endorsed by the Maldives Qualifications Authority (MQA) to maintain uniformity of approach and the consistency of content amongst occupations. This single format also simplifies benchmarking the NCS against relevant regional and international standards. NCS specify the standards of performance of a competent worker and the various contexts in which the work may take place. NCS also describes the knowledge, skills and attitudes required in a particular occupation. They provide explicit advice to assessors and employers regarding the knowledge, skills and attitudes to be demonstrated by the candidates seeking formal recognition for the competency acquired following training or through work experience. By sharing this information, all participants in the training process have the same understanding of the training required and the standard to be reached for certification. Certification also becomes portable and can be recognized by other employers and in other countries with similar standards. NCS are the foundation for the implementation of the TVET system in Maldives. They ensure that all skills, regardless of where or how they were developed can be assessed and recognized. They also form the foundation for certifying skills in the Maldives National Qualification Framework (MNQF).

SOC16SQ1L317 is the first version of the NCS for Event Management, and has been developed and endorsed in the year 2017. This standard includes two Qualification at Level 3 and Level 4 of Maldivian National Qualifications Framework.

Key for coding Competency Standards and Related Materials

DESCRIPTION	REPRESENTED BY
Industry Sector as per ESC (Three letters)	Construction Sector (CON) Fisheries and Agriculture Sector (FNA) Transport sector (TRN) Tourism Sector (TOU) Social Sector (SOC) Foundation (FOU)
Competency Standard	S
Occupation with in a industry Sector	Two digits 01-99
Unit	U
Common Competency	1
Core Competency	2
Optional/ Elective Competency	3
Assessment Resources Materials	A
Learning Resources Materials	L
Curricula	C
Qualification	Q1, Q2 etc
MNQF level of Qualification	L1, L2 etc
Version Number	V1, V2 etc
Year of endorsement of standard, qualification	By two digits Example- 07

Endorsement Application for Qualification 01**NATIONAL CERTIFICATE III IN FITNESS INSTRUCTIONS****Qualification code:** SOC11SQ1L316**Total Number of Credits:** 75**Purpose of the qualification**

The holders of this qualification are expected to work as a Fitness Instructor.

Regulations for the qualificationNational Certificate III in Fitness Instructions will be awarded to those who are competent in units
1+2+3+4+5+6+7+8+9+10+11+12+13+14+15+16+17+18+19+20**Schedule of Units**

Unit	Unit Title	Code
1.	Observe personal and work place hygiene practices	SOC02S1U01V1
2.	Practice health, safety and security Practices	SOC02S1U02V1
3.	Provide effective customer care	SOC02S1U03V1
4.	Practice effective workplace communication	SOC02S1U04V1
5.	Provide first aid	SOC05S1U02V1
6.	Perform computer operations	SOC05S1U05V1
7.	Role of the Fitness Instructor	SOC11S1U01V1
8.	Code of Ethics of the Fitness Instructor	SOC11S1U02V1
9.	Functional Anatomy, Physiology and Biomechanics	SOC11S1U03V1
10.	Principles of Exercise	SOC11S1U04V1
11.	Exercise Prescription	SOC11S1U05V1
12.	Physical Fitness Components	SOC11S1U06V1
13.	Basic Training Methods	SOC11S1U07V1
14.	Basic Nutrition	SOC11S1U08V1
15.	Basic Health & Fitness Assessment	SOC11S1U09V1
16.	Proper use of Gym equipment (guided practicals)	SOC11S1U10V1
17.	Posture and Exercise Technique (guided practicals)	SOC11S1U11V1
18.	Advanced Training Methods (guided practicals)	SOC11S1U12V1
19.	Fitness facility, equipment & member management (supervised internship)	SOC11S1U13V1

20.	Fitness Instructor trainee (supervised internship)	SOC11S1U14V1
Accreditation requirements	The training provider should have the required training facility to provide the trainees the hands-on experience related to this qualification	
Recommended sequencing of units	As appearing under the section 06	

2. Endorsement Application for Qualification 03

2. NATIONAL CERTIFICATE IV IN FITNESS INSTRUCTIONS

3. Qualification code: SOC11SQ2L418	Total Number of Credits: 195	
4. The holders of this qualification are expected to work as a Fitness Instructor.		
5. Regulations for the qualification	<ul style="list-style-type: none"> National Certificate IV in Fitness Instructions will be awarded to those who are competent in units 1+2+3+4+5+6+7+8+9+10+11+12+13+14+15+16+17+18+19+20+21+22+23+24 	
6. Schedule of Units		
Unit No.	Unit Title	Unit Code
01	Observe personal and workplace hygiene practices	SOC02S1U01V1
02	Practice health, safety and security Practices	SOC02S1U02V1
03	Provide effective customer care	SOC02S1U03V1
04	Practice effective workplace communications	SOC02S1U04V1
05	Provide First Aid	SOC05S1U05V1
06	Perform computer operations	SOC05S1U06V1
07	Role of the Fitness Instructor	SOC11S1U07V1
08	Code of Ethics of the Fitness Instructor	SOC11S1U08V1
09	Functional Anatomy, Physiology and Biomechanics	SOC11S1U09V1
10	Principles of Exercise	SOC11S1U010V1
11	Exercise Prescription	SOC11S1U011V1
12	Physical Fitness Components	SOC11S1U012V1
13	Basic Training Methods	SOC11S1U013V1
14	Basic Nutrition	SOC11S1U014V1
15	Basic Health & Fitness Assessment	SOC11S1U015V1
16	Proper use of Gym equipment (guided practical's)	SOC11S1U016V1

17	Posture and Exercise Technique (guided practical's)	SOC11S1U17V1
18	Advanced Training Methods (guided practical's)	SOC11S1U18V1
19	Fitness facility, equipment & member management (supervised internship)	SOC11S1U19V1
20	Fitness Instructor trainee (supervised internship)	SOC11S1U20V1
21	Personal Trainer	SOC11S2U21V1
22	Principles to the Code of Conducts and Ethics	SOC11S2U22V1
23	Medical Conditions and Fitness Training	SOC11S2U23V1
24	Fitness Training for Different Age Groups	SOC11SU24V1
7. Accreditation requirements	The training provider should have access to a demonstration farm setup area and a training facility to provide the trainees the hands-on experience related to this qualification. In addition to this simulated, or actual organizational work environment should be provided, marketing, packaging practices, exposure to equipment and machineries should be provided.	
8. Recommended sequencing of units	As appearing under the section 06	

UNIT DETAILS

	Unit	Unit Title	Code	Level	CR
FITNESS MANAGEMENT	01	Observe personal and workplace hygiene practices	SOC02S1U01V1	3	3
	02	Practice health, safety and security Practices	SOC02S1U02V1	3	3
	03	Provide effective customer care	SOC02S1U03V1	3	3
	04	Practice effective workplace communications	SOC02S1U04V1	3	3
	05	Provide First Aid	SOC05S1U05V1	3	3
	06	Perform computer operations	SOC05S1U06V1	3	3
	07	Role of the Fitness Instructor	SOC11S1U07V1	3	3
	08	Code of Ethics of the Fitness Instructor	SOC11S1U08V1	3	3
SPORT SCIENCE	09	Functional Anatomy, Physiology and Biomechanics	SOC11S1U09V1	3	3
	10	Principles of Exercise	SOC11S1U010V1	3	3
	11	Exercise Prescription	SOC11S1U11V1	3	3
	12	Physical Fitness Components	SOC11S1U12V1	3	3
	13	Basic Training Methods	SOC11S1U13V1	3	3
	14	Basic Nutrition	SOC11S1U14V1	3	3
	15	Basic Health & Fitness Assessment	SOC11S1U15V1	3	3
	16	Proper use of Gym equipment (guided practical's)	SOC11S1U16V1	3	6
	17	Posture and Exercise Technique (guided practical's)	SOC11S1U17V1	3	6
	18	Advanced Training Methods (guided practical's)	SOC11S1U18V1	3	6
SUPERVISED INTERNSHIP	19	Fitness facility, equipment & member management (supervised internship)	SOC11S1U19V1	3	6
	20	Fitness Instructor trainee (supervised internship)	SOC11S1U20V1	3	6
	21	Personal Trainer	SOC11S2U21V1	4	30
	22	Principles to the Code of Conducts and Ethics	SOC11S2U22V1	4	30
	23	Medical Conditions and Fitness Training	SOC11S2U23V1	4	30
	24	Fitness Training for Different Age Groups	SOC11SU24V1	4	30

Packaging of National Qualifications:

National Certificate III in Fitness Instructions will be awarded to those who are competent in units
1+2+3+4+5+6+7+8+9+10+11+12+13+14+15+16+17+18+19+20

Qualification Code: SOC11SQ1L316

National Certificate IV in Fitness Instructions will be awarded to those who are competent in
units 1+2+3+4+5+6+7+8+9+10+11+12+13+14+15+16+17+18+19+20+21+22+23+24

Qualification Code: SOC11SQ2L418

FITNESS INSTRUCTOR

Unit No	Unit Title
1.	Observe personal and work place hygiene practices
2.	Practice health, safety and security Practices
3.	Provide effective customer care
4.	Practice effective workplace communication
5.	Provide first aid
6.	Perform computer operations
7.	Role of the Fitness Instructor
8.	Code of Ethics of the Fitness Instructor
9.	Functional Anatomy, Physiology and Biomechanics
10.	Principles of Exercise
11.	Exercise Prescription
12.	Physical Fitness Components
13.	Basic Training Methods
14.	Basic Nutrition
15.	Basic Health & Fitness Assessment
16.	Proper use of Gym equipment (guided practical's)
17.	Posture and Exercise Technique (guided practical's)
18.	Advanced Training Methods (guided practical's)
19.	Fitness facility, equipment & member management (supervised internship)
20.	Fitness Instructor trainee (supervised internship)
21.	Personal Trainer
22.	Principles to the Code of Conducts and Ethics
23.	Medical Conditions and Fitness
24.	Fitness Training for Different Age Groups

Description of Fitness Instructor

A fitness instructor welcomes, introduces and adheres members to fitness by providing inductions to new members and ongoing programmes to existing members. These inductions and following programmes need to be planned, instructed and evaluated. A fitness instructor coaches members through these programmes and is responsible for the resulting member fitness experience, which should be positive and meet the member's wants and needs. The role also includes actively promoting and encouraging to join and adhere to regular exercise.

Competency Standard Development Process

The competencies were determined based on the analysis of the tasks required for the operation of fitness instructor in the Maldives. The task analysis was based on the existing documents prepared among the experts in the industry and on the advice of the experts in the field of fitness training in Maldives. Competency standards used for similar type of training in other countries were also examined.