

# PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 418)

## CLASS – X (SESSION 2024-2025)

Total Marks: 100 (Theory-50 + Practical-50)

	UNITS	NO. OF HOURS for Theory and Practical		MAX. MARKS for Theory and Practical
<b>Part A</b>	<b>Employability Skills</b>			
	Unit 1: Communication Skills-II	13		2
	Unit 2: Self-management Skills-II	7		2
	Unit 3: Information and Communication Technology Skills-II	13		2
	Unit 4: Entrepreneurial Skills-II	10		2
	Unit 5: Green Skills-II	7		2
	<b>Total</b>		<b>50</b>	
<b>Part B</b>	<b>Subject Specific Skills</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	Unit 1: Roles and Responsibilities of Early Years Physical Activity Facilitator	16	16	10
	Unit 2: Assessment and Evaluation of Students	11	21	10
	Unit 3: Free-play	15	24	10
	Unit 4: Monitoring and Inventory Management	15	32	10
	<b>Total</b>	<b>57</b>	<b>93</b>	
<b>Part C</b>	<b>Practical Work</b>			
	Practical Examination			15
	Written Test			10
	Viva Voce			10
	<b>Total</b>			
<b>Part D</b>	<b>Project Work/Field Visit</b>			
	Practical File/ Student Portfolio			10
	Viva Voce			05
	<b>Total</b>			
	<b>Total</b>	<b>200</b>		<b>100</b>

## **DETAILED CURRICULUM/TOPICS FOR CLASS X**

### **Part-A: EMPLOYABILITY SKILLS**

<b>S. No.</b>	<b>Units</b>	<b>Duration in Hours</b>
1.	Unit 1: Communication Skills-II	13
2.	Unit 2: Self-management Skills-II	7
3.	Unit 3: Information and Communication Technology Skills-II	13
4.	Unit 4: Entrepreneurial Skills-II	10
5.	Unit 5: Green Skills-II	7
	<b>TOTAL DURATION</b>	<b>50</b>

**Note:** Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

### **Part-B – SUBJECT SPECIFIC SKILLS**

- Unit 1: Role and Functions of Early Years Physical Activity Facilitator
- Unit 2: Assessment and Evaluation of Students
- Unit 3: Free-play
- Unit 4: Monitoring and Inventory Management

### **UNIT 1: ROLES AND RESPONSIBILITIES OF EARLY YEARS PHYSICAL ACTIVITY FACILITATOR**

<b>LEARNING OUTCOME</b>	<b>THEORY</b>	<b>PRACTICAL</b>
1. Identify roles and responsibilities of a physical activity facilitator	1. Job description of an earlyyears physical activity facilitator 2. Qualities of a goodteacher	1. Discussion on the methods ofdiscipline inculcation in students 2. Group discussion on pros andcons of mass drill 3. Discussion on the importance of talent identification in sports.
2. Describe the various activities to be conducted by the physical activity facilitator	1. Conducting basketball and volleyball skill developmentsessions 2. Altering the programs to meet the participant turn out and skill level. 3. Arranging facilities and equipment for performing riskmanagement checks on the facility. 4. Dealing with customers and answering questions. 5. Established rules and regulations and etiquetteguidelines	

LEARNING OUTCOME	THEORY	PRACTICAL
	6. Ensuring the completion of all administrative paperwork activity plans, and participant feedback. 7. Responding to situations requiring conflict resolution and emergency incidents, including first aid or CPR.	

## UNIT 2: ASSESSMENT AND EVALUATION OF STUDENTS

LEARNING OUTCOME	THEORY	PRACTICAL
1. Describe the various types and tools of assessment	1. Meaning of assessment and evaluation 2. Diagnostic assessment 3. Skill assessment 4. Assessment tools and processes	1. Prepare a chart on difference between assessment and evaluation 2. Classroom discussion on which of the assessment is better formative or summative
2. Prepare assessment report and provide feedback	1. Preparation of report <ul style="list-style-type: none"> <li>• Information identification</li> <li>• Analysis of report</li> <li>• Conclusion and recommendation</li> <li>• Revise your report</li> <li>• Providing feedback</li> </ul> 2. Steps of documenting feedback <ul style="list-style-type: none"> <li>• Objectives of feedback</li> </ul>	1. Slide presentation on steps of report preparation and feedback

## UNIT 3: FREE-PLAY

LEARNING OUTCOME	THEORY	PRACTICAL
1. Describe the importance and purpose of free-play	1. Free play 2. Components of free play 3. Importance of free play in student's life 4. Factors influencing recreational activities	1. Write a paragraph on importance of free play in students' life 2. Make a chart of factors influencing free play

<b>LEARNING OUTCOME</b>	<b>THEORY</b>	<b>PRACTICAL</b>
2. Organize Free-play activities	<ol style="list-style-type: none"> <li>Objective of activity</li> <li>Selection of suitable free play activity</li> <li>Categorization and deviation of groups</li> <li>Area selection</li> <li>Equipment selection</li> <li>Organization of free play activities</li> </ol>	<ol style="list-style-type: none"> <li>Group discussion on importance of categorization and grouping in recreational activities</li> <li>Prepare a speech on equipment selection in free play activity</li> </ol>
3. Demonstrate the knowledge of rehabilitation through free-play	<ol style="list-style-type: none"> <li>Role of free-play in rehabilitation</li> <li>Heterogeneous to homogeneous group</li> <li>Selection of suitable free play activity</li> <li>Session timing and time table</li> <li>Recording data of each session</li> </ol>	<ol style="list-style-type: none"> <li>Prepare a pie chart on rehabilitation through free play</li> </ol>

#### **UNIT 4: MONITORING AND INVENTORY MANAGEMENT**

<b>LEARNING OUTCOME</b>	<b>THEORY</b>	<b>PRACTICAL</b>
1. Describe the process of inventory management	<ol style="list-style-type: none"> <li>Importance of periodic inventory check</li> <li>Process of maintaining inventory</li> </ol>	<ol style="list-style-type: none"> <li>Write a paragraph about importance of listing the equipment</li> <li>Prepare a flowchart on the steps of Listing the equipment</li> </ol>
2. Manage props and equipment	<ol style="list-style-type: none"> <li>Report of listed equipment</li> <li>Estimation of fund for new equipment</li> <li>Estimation of money for repairing of equipment</li> <li>Monetary report of equipment purchased and repaired</li> </ol>	<ol style="list-style-type: none"> <li>Prepare a report of equipment in schoolsports store room</li> <li>Prepare a report of sports equipment</li> </ol>

#### **LIST OF EQUIPMENT AND SUPPORT MATERIAL:**

The tools, equipment and materials required for training are quite expensive, therefore only basic tools, equipment and accessories should be procured by the Institution so that the routine tasks can be performed by the students regularly for practice and acquiring adequate practical experience. A set of weight plates, bars and other weights with one cable machine may be procured for training and regular field visits should be organized to provide opportunities to the students/trainees for observation and hands-on practice.

## TEACHER'S/TRAINER'S QUALIFICATION AND GUIDELINES:

Qualification and other requirements for appointment of vocational teachers/trainers on contractual basis should be decided by the State/UT. The suggestive qualifications and minimum competencies for the vocational teacher should be as follows:

QUALIFICATION	MINIMUM COMPETENCIES	AGE LIMIT
Post-graduation in Physical Education from a recognized Institute /University, with at least 1 year work/ teaching experience	Effective communication skills (oral and written) Basic computing skills.	18-37 years (as on Jan. 01 (year)). Age relaxation to be provided as per Govt. rules.

Vocational Teachers/Trainers form the backbone of Vocational Education being imparted as an integral part of *Samagra Shiksha*. They are directly involved in teaching of vocational subjects and also serve as a link between the industry and the schools for arranging industry visits, On-the-Job Training (OJT) and placement. These guidelines have been prepared with an aim to help and guide the States in engaging quality Vocational Teachers/Trainers in the schools. Various parameters that need to be looked into while engaging the Vocational Teachers/Trainers are mode and procedure of selection of Vocational Teachers/Trainers, Educational Qualifications, Industry Experience, and Certification/Accreditation. The State may engage Vocational Teachers/Trainers in schools approved under the component of Vocationalisation of Secondary and Higher Secondary Education under RMSA in the following ways:

(i) directly as per the prescribed qualifications and industry experience suggested by the PSS Central Institute of Vocational Education (PSSCIVE), NCERT or the respective Sector Skill Council (SSC)

OR

(ii) through accredited Vocational Training Providers accredited under the National Quality Assurance Framework (NQAF\*) approved by the National Skill Qualification Committee on 21.07.2016. If the State is engaging Vocational Teachers/Trainers through the Vocational Training Provider (VTP), it should ensure that VTP should have been accredited at NQAF Level 2 or higher.

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*\* The National Quality Assurance Framework (NQAF) provides the benchmarks or quality criteria which the different organizations involved in education and training must meet in order to be accredited by competent bodies to provide government-funded education and training/skills activities. This is applicable to all organizations offering NSQF-compliant qualifications.*

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The educational qualifications required for being a Vocational Teacher/Trainer for a particular job role are clearly mentioned in the curriculum for the particular NSQF compliant job role. The State should ensure that teachers / trainers deployed in the schools have relevant technical competencies for the NSQF qualification being delivered. The Vocational Teachers/Trainers preferably should be certified by the concerned Sector Skill Council for the particular Qualification Pack/Job role which he will be teaching. Copies of relevant certificates and/or record of experience of the teacher/trainer in the industry should be kept as record.

To ensure the quality of the Vocational Teachers/Trainers, the State should ensure that a standardized procedure for selection of Vocational Teachers/Trainers is followed. The selection procedure should consist of the following:

- (i) Written test for the technical/domain specific knowledge related to the sector;
- (ii) Interview for assessing the knowledge, interests and aptitude of trainer through a panel of experts from the field and state representatives; and
- (iii) Practical test/mock test in classroom/workshop/laboratory. In case of appointment through VTPs, the selection may be done based on the above procedure by a committee having representatives of both the State Government and the VTP. The State should ensure that the Vocational Teachers/Trainers who are recruited should undergo induction training of 20 days for understanding the scheme, NSQF framework and Vocational Pedagogy before being deployed in the schools. The State should ensure that the existing trainers undergo in-service training of 5 days every year to make them aware of the relevant and new techniques/approaches in their sector and understand the latest trends and policy reforms in vocational education. The Head Master/Principal of the school where the scheme is being implemented should facilitate and ensure that the Vocational Teachers/Trainers:

- a) Prepare session plans and deliver sessions which have a clear and relevant purpose and which engage the students;
- b) Deliver education and training activities to students, based on the curriculum to achieve the learning outcomes;
- c) Make effective use of learning aids and ICT tools during the classroom sessions;
- d) Engage students in learning activities, which include a mix of different methodologies, such as project based work, team work, practical and simulation based learning experiences;
- e) Work with the institution's management to organize skill demonstrations, site visits, on- job trainings, and presentations for students in cooperation with industry, enterprises and other workplaces;
- f) Identify the weaknesses of students and assist them in upgradation of competency;
- g) Cater to different learning styles and level of ability of students;
- h) Assess the learning needs and abilities, when working with students with different abilities
- i) Identify any additional support the student may need and help to make special arrangements for that support;
- j) Provide placement assistance

Assessment and evaluation of Vocational Teachers/Trainers is very critical for making them aware of their performance and for suggesting corrective actions. The States/UTs should ensure that the performance of the Vocational Teachers/Trainers is appraised annually. Performance based appraisal in relation to certain pre-established criteria and objectives should be done periodically to ensure the quality of the Vocational Teachers/Trainers. Following parameters may be considered during the appraisal process:

1. Participation in guidance and counselling activities conducted at Institutional, District and State level;
2. Adoption of innovative teaching and training methods;
3. Improvement in result of vocational students of Class X or Class XII;
4. Continuous up gradation of knowledge and skills related to the vocational pedagogy, communication skills and vocational subject;
5. Membership of professional society at District, State, Regional, National and International level;
6. Development of teaching-learning materials in the subject area;
7. Efforts made in developing linkages with the Industry/Establishments;
8. Efforts made towards involving the local community in Vocational Education;
9. Publication of papers in National and International Journals;
10. Organization of activities for promotion of vocational subjects;
11. Involvement in placement of students /student support services.

## **CAREER OPPORTUNITIES**

Students who successfully complete their Vocational Training in Physical Education and Sports would be skilled to work as:

- Assistant to a Physical Education Teacher teaching age-appropriate physical activity in school
- Assistant to any coach teaching children age appropriate sports in a sports academy
- Member of a sports management team
- Assistant to venue operation manager in stadiums – groundmen, equipment manager, etc.
- As a referee, umpire at the district level tournaments
- Yoga Instructor, Fitness trainer in gyms by doing a short additional certification course

## CAREER PROGRESSION AND HIGHER EDUCATION VERTICAL INTEGRATION OF THE COURSE:

### SKILL COURSE

- (Early Years) Physical Activity Trainer (Instructor)
- NSQF Level 2 (CLASS IX - X)

### SKILL COURSE

- (Primary Years) Physical Activity Trainer (Instructor)
- NSQF Level 4 (CLASS XI - XII)

BPED, MPED offered by UGC

- PGT/TGT - School
- HOD Sports - School

MPED with NET

- Lecturer / Reader in college

MPED/MPHIL, PHD with NET

- Professor / Associate professor

PHD, SPORTS SCIENCE

- Exercise Scientist