



**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).

## **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.

## Key for coding Competency Standards and Related Materials

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

Endorsement Application for Qualification 01		
NATIONAL CERTIFICATE III IN FITNESS INSTRUCTIONS		
Qualification code: SOC11SQ1L316		Total Number of Credits: 75
<b>Purpose of the qualification</b> The holders of this qualification are expected to work as a Fitness Instructor.		
<b>Regulations for the qualification</b>		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
Schedule of Units		
Unit	Unit Title	Code
<b>Common Competencies</b>		
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
<b>Core Competencies</b>		
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
<b>Accreditation requirements</b>		The training provider should have the required training facility to provide the trainees the hands-on experience related to this qualification
<b>Recommended sequencing of units</b>		As appearing under the section 06

## UNIT DETAILS

	Unit	Unit Title	Code	Level	No. of Credits	Credit hours	Contact hour
FITNESS MANAGEMENT	01	Observe personal and workplace hygiene practices	SOC02S1U01V1	III	3	30	15
	02	Practice health, safety and security Practices	SOC02S1U02V1	III	3	30	15
	03	Provide effective customer care	SOC02S1U03V1	III	3	30	15
	04	Practice effective workplace communications	SOC02S1U04V1	III	3	30	15
	05	Provide First Aid	SOC05S1U05V1	III	3	30	15
	06	Perform computer operations	SOC05S1U06V1	III	3	30	15
	07	Role of the Fitness Instructor	SOC11S1U07V1	III	3	30	15
	08	Code of Ethics of the Fitness Instructor	SOC11S1U08V1	III	3	30	15
SPORT SCIENCE	09	Functional Anatomy, Physiology and Biomechanics	SOC11S1U09V1	III	3	30	15
	10	Principles of Exercise	SOC11S1U010V1	III	3	30	15
	11	Exercise Prescription	SOC11S1U11V1	III	3	30	15
	12	Physical Fitness Components	SOC11S1U12V1	III	3	30	15
	13	Basic Training Methods	SOC11S1U13V1	III	3	30	15
	14	Basic Nutrition	SOC11S1U14V1	III	3	30	15
	15	Basic Health & Fitness Assessment	SOC11S1U15V1	III	3	30	15
	16	Proper use of Gym equipment (guided practical's)	SOC11S1U16V1	III	6	60	30
	17	Posture and Exercise Technique (guided practical's)	SOC11S1U17V1	III	6	60	30
	18	Advanced Training Methods (guided practical's)	SOC11S1U18V1	III	6	60	30
SUPERVISED INTERNSHIP	19	Fitness facility, equipment & member management (supervised internship)	SOC11S1U19V1	III	6	60	30
	20	Fitness Instructor trainee (supervised internship)	SOC11S1U20V1	III	6	60	30
Total					75	750	375

**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



## COMPETENCY BASED ASSESSMENT

The final assessment of the National Competency-Based Programmes conducted by the Maldives National Skills Development Authority (MNSDA) is a competency-based assessment.

The Competency-Based Assessment ensures that the students' performance meets the requirements specified in the National Competency Standards (NCS). This assessment approach is designed to verify that graduates are job-ready and meet established occupational competency requirements within their respective fields.

### Eligibility for Final Assessment

To be eligible for the final Competency-Based Assessment, students must fulfil the following conditions:

- achieve a **minimum of 80%** attendance
- deemed competent in each of the units of the programme in the pre-assessment

### Competency-Based Assessment Process

Upon submission of the Pre-assessment report by the training provider, MNSDA will check for all the necessary supporting documents and conduct Competency-Based Assessment through a National Assessor registered with MNSDA. It is important to note that any trainer involved in the training process is **not permitted** to conduct the assessment to maintain impartiality and integrity of the process.

The final Competency-Based Assessment conducted by MNSDA includes both:

- **Theory:** Evaluating students' knowledge and understanding of key theoretical aspects of the competency.
- **Practical:** Assessing hands-on skills and application of knowledge in real-world or simulated environments.

Once the assessment is completed, the National Assessor will send the Competency-Based Assessment Report to MNSDA.

### Competency Status Requirement

For certification to be granted, the student must be officially declared "**Competent**" in each of the units of the programme by the National Assessor.

### Conclusion

Competency-Based Assessment is a critical component in ensuring the quality and credibility of technical and vocational skills-based training. By adhering to the outlined procedure, MNSDA upholds the standards required to certify students who are fully prepared to meet industry demands.