**
TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION COUNCIL (TVET CDACC)**

**DACUM RESEARCH CHART FOR FITNESS TRAINER LEVEL 4**

**COMMON UNITS**

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| **Duties**  | Tasks |
| **A****Apply foundations of exercise and sports science**  | A1Demonstrate knowledge of the history of exercise and sport science  | A2Demonstrate knowledge of different branches of exercise and sports science  | A3Demonstrate knowledge of interrelationship amongst branches of exercise and sports science  | A4Demonstrate knowledge of roles and responsibilities of branches of exercise and sports science  |
| **B****Apply Scientific principles I** | B1Demonstrate knowledge of the structure and functions of the Skeletal System | B2Demonstrate knowledge of structure and functions of Muscular System | B3Demonstrate knowledge of the structure and functions of the nervous system | B4Demonstrate knowledge of structure and functions of cardiovascular System |
| B5Demonstrate knowledge of the structure and functions of the Respiratory System | B6Demonstrate knowledge of structure and functions of digestive System | B7Demonstrate knowledge of structure and functions of renal and excretory System | B8Demonstrate knowledge of structure and functions of immune System |
| B9Demonstrate knowledge of the structure and functions of the endocrine System |  |  |  |
| **C****Apply Scientific principles II** | C1Demonstrate immediate and long-term knowledge on adaptations of the skeletal system to exercise | C2Demonstrate immediate and long-term knowledge on adaptations of the muscular system to exercise | C3Demonstrate immediate and long-term knowledge on adaptations of the nervous system to exercise | C4Demonstrate immediate and long-term knowledge on adaptations of the cardiovascular system to exercise |
|  | C5Demonstrate immediate and long-term knowledge on adaptations of the respiratory system to exercise | C6Demonstrate immediate and long-term knowledge on adaptations of digestive and excretory to exercise | C7Demonstrate immediate and long-term knowledge on adaptations of renal system to exercise | C8Demonstrate immediate and long-term knowledge on adaptations of the immune system to exercise |
|  | C9Demonstrate immediate and long-term knowledge on adaptations of the endocrine system to exercise |  |  |  |
| **D****Sports nutrition**  | D1Demonstrate knowledge on nutrition and digestion | D2Demonstrate knowledge of energy utilization and performance | D3Demonstrate knowledge on hydration for health and sports performance | D4Demonstrate knowledge of diet Planning for health and selected sport activities  |
| **E****Apply knowledge in exercise and Sports injuries**  | E1 Apply first aid skills | E3Diagnose/Identify exercise and sports injuries | E4Rehabilitate exercise and sports injuries | E5Perform Injury prevention programs |
| **F****Apply education psychology.** | F1.Demonstrate knowledge of the goals of educational psychology. | F2.Demonstrate knowledge of human growth and development. | F3.Demonstrate knowledge of personality development. | F4.Demonstrate the knowledge of the principles and theories of learning. |
|  | F5.Apply the theories of learning to a learning set up | F6Demonstrate knowledge of Psychological & Sociological aspects in fitness and sports  |  |  |
| **G****Apply measurements and evaluation.** | G1.Demonstrate knowledge of types and the role of evaluation in the instructional process. | G2.Demonstrate knowledge of planning a test. | G3.Apply elementary statistics. | G4.Manage an examination |
|  | G5 Demonstrate knowledge of sports specific tests, measurements and evaluations, |  |  |  |
| HApply education technology | H1.Demonstrate knowledge of instructional communication. | H2.Demonstrate knowledge of three-dimensional objects. | H3.Demonstrate knowledge of the projection equipment. | H4.Demonstrate knowledge of printed, electronic media and reprographic equipment. |
| IApply instruction law and ethics. | I 1Demonstrate knowledge of the of Kenyan Law System | I 2Demonstrate knowledge of **t**he Law of Contracts in fitness and Sports | I 3Demonstrate knowledge of Arbitration of Sports Disputes in Kenya | I4 Demonstrate knowledge of anti-doping law |
|  | I 5Demonstrate knowledge of Professional Ethics in fitness and sports | I 6Demonstrate knowledge of Sports insurance  |  |  |
| **J****Apply instruction methods.** | J1 Demonstrate knowledge of sources of types of sports and fitness instruction methods. | J2 Demonstrate knowledge of sources of instructional goals in sports and fitness | J3 Demonstrate knowledge of preparing seasonal/term sports and fitness plans. | J4Demonstrate knowledge of preparing session (daily and weekly) theory and practical sports and fitness instruction plan. |
|  | J5 conduct a sports and fitness practical instruction session | J6conduct a theory sports and fitness instruction session | J7Conduct a sports and fitness practical skills evaluation and review session | J8Demonstrate knowledge of improvisation of sports and fitness instruction aids |
|  | J9 Demonstrate knowledge of improvisation of sports and fitness instruction aids |  |  |  |

**CORE UNITS**

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| **Duties**  | Tasks |
| **F****Perform gym attendant duties** | F1Perform front desk operations | F2Perform facility and equipment maintenance | F3Assemble and operate gym accessories and fixed facilities. | F4Prepare gymnasium use schedules |
|  | F5 Set, assemble and use water aerobics equipment. | F6 Enforce gym policies and safety. | F7Keep records. |  |
| **G1** **Perform fitness related training** | G1Conduct muscular strength training  | G2Conduct muscular endurance training  | G3Conduct cardiovascular endurance training  | G4Conduct body composition training  |
|  | G5Conduct flexibility training  | G6Conduct agility training  | G7Conduct balance training  | G8Conduct co-ordination training  |
|  | G9Conduct power training | G10Conduct speed training |  |  |
| **H****Perform specialized training** | H1 Conduct pre-participation screening | H2Set training objectives and programme design  | H3 Perform the common workouts programs  | H4 Perform general personal fitness related training |
|  | H5Conduct fitness and sports training using technology | H6Perform team building activities | H7 Considerations for people with disabilities and special population (Elderly, children, people with medical conditions). |  |

**General Knowledge and Skills**

**Skills**

* Communication
* Numeracy
* Delegation
* Planning
* Controlling
* Organizational
* Leadership
* Interpersonal
* Research
* Problem solving
* Decision making
* Critical thinking
* Mentorship
* Training
* Negotiation
* Team building
* Multitasking
* Analytical
* Motivational

**Knowledge**

* Sports anatomy
* Sport and exercise physiology
* Sports nutrition
* Sport analysis
* Practical team sport
* Health and lifestyle

**Behaviors**

* Assertive
* Trustworthy
* Reliable
* Patient
* Decisive
* Confident
* Responsible
* Creative
* Optimistic
* Honest
* Team player
* Positive attitude
* Keen to details
* Professional
* Intelligent
* Courteous
* Process oriented
* Accurate
* Knowledgeable
* Consistent
* Self-motivated
* Integrity
* Flexible
* Calm
* Composed

**Tools, Equipment, Supplies and Materials**

* Stationery (pens, photocopy papers, foolscaps, writing pads, etc.)
* Computers/laptop with internet
* Telephone sets
* Calculators
* Printer
* Sample datasets
* Projector
* First aid kit
* Sports equipment
* Sports uniforms
* All sports equipment’s
* All sport pitches
* Swimming pool
* Sport shoes
* Gymnasium
* Gym equipment

**Future Trends and Concerns**

* Lack of qualified personnel to train
* Inadequate facilities
* High cost of sports and gym equipment