

National Occupational Standards



Foundation Course In Wellness Nutrition

Unit Code: BWS/N0801

Version: 1.0

NSQF Level: 2.5

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Description

This OS is about choosing the healthy diet and lifestyle to attain holistic well being

Scope

The scope covers the following :

- Concept of holistic wellness
- Nutrients for healthy skin, hair & nails
- Concept of self -love & self -care

Elements and Performance Criteria

concept of holistic wellbeing

To be competent, the user/individual on the job must be able to:

- PC1.** develop understanding on the importance of holistic well being
- PC2.** develop understanding on the importance of nutrition for internal and external well being
- PC3.** explain the positive effects of opting healthy habits on body, mind and soul.
- PC4.** list the benefits of adequate sleep in strengthening the immune system and destressing
- PC5.** well-versed with the calorie requirements with adequate intake of carbohydrates, proteins, fats, minerals, vitamins and fluids

2. nutrients for healthy skin, hair and nails

To be competent, the user/individual on the job must be able to:

- PC6.** Explain the structure of skin, hair and nail
- PC7.** identify and analyze different skin types
- PC8.** common skin, nails and hair conditions and their prevention
- PC9.** Identify skin, hair and nail issues and their remedies
- PC10.** role of macro and micro-nutrients for fighting against free radicals and delaying ageing
- PC11.** diet for healthy ageing of skin, nails and hair
- PC12.** suggest daily skin care regime as per circadian rhythm.
- PC13.** dietary guidelines to prevent hair loss
- PC14.** suggest natural and homemade remedies for treating skin, hair and nail condition.
- PC15.** develop understanding on importance of hydration
- PC16.** identify the effects of water on human body
- PC17.** explain how to improve hydration level
- PC18.** Explain the health benefits and method of preparation of detox water (fennel water, carom water, juices, coconut water, etc.)
- PC19.** list different nutrients and their food sources
- PC20.** list common chemicals found in beauty products, their purpose and their harmful side effects on health.
- PC21.** develop understanding on product label reading and how to choose products wisely
- PC22.** list natural alternatives to replace the toxic chemicals in cosmetic products.

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concept of self - love & self - care

To be competent, the user/individual on the job must be able to:

- PC23.** develop understanding on importance of self-love and self-care.
- PC24.** Identify the benefits of being physically active on overall wellbeing
- PC25.** provide tips and basic appropriate exercises to keep oneself active.
- PC26.** describe the harmful effects of stress and its consequences on the overall health, skin and hair
- PC27.** describe management of stress through nutrients
- PC28.** provide the list of stress busting foods
- PC29.** provide healthy eating tips to follow under stress
- PC30.** identify the importance of dressing appropriately
- PC31.** explain how to dress appropriately to impress, carry oneself and feel confident

Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** basic structure and functioning of the community to educate
- KU2.** nutritional value of food
- KU3.** common skin, nail and hair conditions
- KU4.** nutrients and their food sources for healthy skin, hair and nails
- KU5.** dietary modifications for healthy skin, hair and nail condition
- KU6.** toxic substances found in cosmetic products
- KU7.** natural alternatives and homemade recipe
- KU8.** skin care regime
- KU9.** stress busting foods
- KU10.** basic exercise routine
- KU11.** importance of personal health and hygiene
- KU12.** items of uniform & accessories and correct method of wearing/ carrying them

Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** read and write effectively
- GS2.** • communicate effectively with the people to maintain the comfort, wellbeing and privacy of the
• elderly and oneself
- GS3.** keep the individual or group informed of the techniques and procedure
- GS4.** avoid using jargon, slang or acronyms when communicating
- GS5.** be clear and loud while instructing

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Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>concept of holistic wellbeing</i>	20	10	-	-
PC1. develop understanding on the importance of holistic well being	-	-	-	-
PC2. develop understanding on the importance of nutrition for internal and external well being	-	-	-	-
PC3. explain the positive effects of opting healthy habits on body, mind and soul.	-	-	-	-
PC4. list the benefits of adequate sleep in strengthening the immune system and destressing	-	-	-	-
PC5. well-versed with the calorie requirements with adequate intake of carbohydrates, proteins, fats, minerals, vitamins and fluids	-	-	-	-
<i>2. nutrients for healthy skin, hair and nails</i>	30	10	-	-
PC6. Explain the structure of skin, hair and nail	-	-	-	-
PC7. identify and analyze different skin types	-	-	-	-
PC8. common skin, nails and hair conditions and their prevention	-	-	-	-
PC9. Identify skin, hair and nail issues and their remedies	-	-	-	-
PC10. role of macro and micro-nutrients for fighting against free radicals and delaying ageing	-	-	-	-
PC11. diet for healthy ageing of skin, nails and hair	-	-	-	-
PC12. suggest daily skin care regime as per circadian rhythm.	-	-	-	-
PC13. dietary guidelines to prevent hair loss	-	-	-	-
PC14. suggest natural and homemade remedies for treating skin, hair and nail condition.	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC15. develop understanding on importance of hydration	-	-	-	-
PC16. identify the effects of water on human body	-	-	-	-
PC17. explain how to improve hydration level	-	-	-	-
PC18. Explain the health benefits and method of preparation of detox water (fennel water, carom water, juices, coconut water, etc.)	-	-	-	-
PC19. list different nutrients and their food sources	-	-	-	-
PC20. list common chemicals found in beauty products, their purpose and their harmful side effects on health.	-	-	-	-
PC21. develop understanding on product label reading and how to choose products wisely	-	-	-	-
PC22. list natural alternatives to replace the toxic chemicals in cosmetic products.	-	-	-	-
<i>concept of self - love & self - care</i>	10	20	-	-
PC23. develop understanding on importance of self-love and self-care.	-	-	-	-
PC24. Identify the benefits of being physically active on overall wellbeing	-	-	-	-
PC25. provide tips and basic appropriate exercises to keep oneself active.	-	-	-	-
PC26. describe the harmful effects of stress and its consequences on the overall health, skin and hair	-	-	-	-
PC27. describe management of stress through nutrients	-	-	-	-
PC28. provide the list of stress busting foods	-	-	-	-
PC29. provide healthy eating tips to follow under stress	-	-	-	-

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
PC30. identify the importance of dressing appropriately	-	-	-	-
PC31. explain how to dress appropriately to impress, carry oneself and feel confident	-	-	-	-
NOS Total	60	40	-	-

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National Occupational Standards (NOS) Parameters

NOS Code	BWS/N0801
NOS Name	Foundation Course In Wellness Nutrition
Sector	Beauty & Wellness
Sub-Sector	Beauty and Wellness
Occupation	Wellness
NSQF Level	2.5
Credits	1
Minimum Educational Qualification & Experience	8th grade pass OR 9th grade pass OR Previous relevant Qualification of NSQF Level (2) with 1 Year of experience
Version	1.0
Last Reviewed Date	31/01/2024
Next Review Date	31/01/2029
NSQC Clearance Date	31/01/2024
Reference code on NQR	NG-2.5-BW-02096-2024-V1-BWSSC
NQR Version	1
CCN Category	2