Model Curriculum

NOS Name: Foundation Course In Wellness Nutrition

NOS Code: BWS/N17034

NOS Version: 1.0

NSQF Level: 2.5

Model Curriculum Version: 1.0

Beauty & Wellness Sector Skill Council
Office no. - UG-5B, Upper Ground Floor, Himalaya House-23, Kasturba Gandhi Marg, Connaught Place, Delhi-110001

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Training Parameters

Sector	Beauty & Wellness
Sub-Sector	Beauty & Wellness
Occupation	Wellness
Country	India
NSQF Level	2.5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/2265.0100
Minimum Educational Qualification and Experience	8th grade pass OR 9th grade pass OR Previous relevant Qualification of NSQF Level (2) with 1 year of experience
Pre-Requisite License or Training	NA
Minimum Job Entry Age	16 Years
Last Reviewed On	31/01/2024
Next Review Date	31/01/2027
NSQC Approval Date	31/01/2024
NOS Version	1.0
Model Curriculum Creation Date	31/01/2024
Model Curriculum Valid Up to Date	31/01/2027
Model Curriculum Version	1.0
Minimum Duration of the Course	30 hrs
Maximum Duration of the Course	30 hrs

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner will be able to:

- Provides holistic wellbeing
- Provides nutritional guidelines for healthy skin, hair and nails
- Explain the concept self-love & self-care

Compulsory Modules

The table lists the modules, their duration and mode of delivery

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
BWS/N17034: Foundation course in Wellness Nutrition,V1	15:00	15:00	00:00	00:00	30:00
Module 1: Concept of holistic wellness	3:00	03:00	00:00	00:00	06:00
Module 2: Nutrients for healthy skin, hair and nails	6:00	06:00	00:00	00:00	12:00
Module 3: Concept of self - love & self – care	6:00	06:00	00:00	00:00	12:00
Duration	15:00	15:00	00:00	00:00	30:00

Module Details

Module 1: Concept of holistic wellness

Mapped to Wellness Nutrition Educator BWS/N17034, v1.0

Terminal Outcomes:

- Explain the objectives of the program
- Describe the recommended dietary allowance for an adult

Duration: 03:00 hrs	Duration: 03:00 hrs
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Explain how to build rapport with the individual or group to educate them. - Describe the importance of nutrition for external and internal well being - Explain the positive effects of opting healthy habits on body, mind and soul. - Explain the calorie requirements with adequate intake of carbohydrates, proteins, fats, minerals, vitamins and fluids. - Explain how to prevent and avoid health concerns through hygiene, exercise, healthy diet and lifestyle practices.	- Create a food group chart - Prepare a poster on hand washing steps. - Role plays to demonstrate the effects of opting healthy habits on mind, body and soul
Classroom Aids:	
Nutrition Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Basic Stationery, etc.	

Module 2: Nutrients for healthy skin, hair and nails

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Terminal Outcomes:

- Identifying the condition and suggest nutrients for the skin, hair and nails

Duration: 06:00	*Duration: 06:00*
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Describe the structure of skin - Discuss the common skin, hair and nail issues. - List macro and micro nutrients and their food sources to be included for healthy skin, hairs and nails. - Describe the daily skin care regime as per circadian rhythm. - Discuss natural and homemade remedies for treating skin, hair and nail issues. - List common chemicals found in beauty products, their purpose and their harmful side effects on health - List natural alternatives to replace the toxic chemicals in cosmetic products.	- Identify types of skin. - Identify common skin, hair and nail issues. - Outline the importance of nutrients and their food sources in preventing and treating various skin, hair and nail issues. - Show how to read product labels for harmful toxic substances present in them
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Charts, basic stationary	

Module 3: Concept of self - love & self – care

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Terminal Outcomes:

- Understanding the importance of stress management and regular physical activity on overall wellbeing.

Duration: 06:00	Duration: 06:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Identify the benefits of being physically active on overall wellbeing - Discuss the harmful effects of stress and it's consequences on the overall wellbeing. - Describe management of stress through nutrients - Explain how to dress and conduct to impress and feel confident	- Demonstrate the basic exercise postures. - Create an individualized wellness plan as per the nutritional requirements - Role play on how to dress and conduct appropriately as per the immediate environment.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
Charts, measuring tape, basic stationary	

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	**Specialization**	**Relevant Industry Experience**		**Training Experience**		**Remarks**
		Years	*Specialization*	*Years*	*Specialization*	
12th pass with Advance Diploma in Yoga/ Neurotherapy/ Beauty Therapist/ Nutrition	Yoga/ Nutrition	3	Yoga/ Beauty Therapist/ Nutrition	1	Wellness Industry	Diploma should be minimum of 6 months period followed by Advanced Diploma of minimum 3 months

Trainer Certification	
Domain Certification	**Platform Certification**
BWS/N17034**,** V1.0 Trainer minimum accepted score is 80%	Trainer (VET and skills)", mapped to the Qualification Pack: "MEP/Q2601, v2.0". The minimum accepted score is 80%.

Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	**Specialization** *<Specify the areas of specialization that are desirable.>*	**Relevant Industry Experience**		**Training/Assessment Experience**		**Remarks**
		Years	*Specialization*	*Years*	*Specialization*	
12th pass with Advance Diploma in Yoga/ Neurotherapy/ Beauty Therapist/ Nutrition	Yoga/ Nutrition	4	Yoga/ Beauty Therapist/ Nutrition	2	Wellness Industry	Diploma should be minimum of 6 months period followed by Advanced Diploma of minimum 3 months

Assessor Certification	
Domain Certification	**Platform Certification**
BWS/ N17034, V1.0 Assessor minimum accepted score is 80%	Assessor (VET and skills)", mapped to the Qualification Pack: "MEP/Q2701, v2.0". The minimum accepted score is 80%.

<div align="center">**Assessment Strategy**</div>

Assessment system Overview

Assessment will be carried out by the Sector Skill Council in association with empanelled Assessment Agencies independent from training partners. Based on the assessment criteria B&WSSC defines the test structure for the given job roles to cover the required skills and competencies. The assessment strategy consists of the following.

1. <u>Multiple Choice Questions</u>: To assess basic knowledge (Objective/Subjective)
2. <u>Viva</u> : To assess awareness of processes involved (Oral and/or written questioning)
3. <u>Practical</u> : To evaluate skills and identify competencies.(Observation)

The assessment will have both theory and practical components in **60:40 ratios**. While theory assessment is summative and a written exam; practical will involve demonstrations of applications and presentations of procedures and other components. Practical assessment will also be summative in nature.

Assessment will be carried out by certified assessors through empanelled assessment partners. Based on the results of the assessment; B&WSSC will certify the learners/candidates

1. Testing Environment

Assessments are conducted either on laptops/Mobiles/Android tablets via both offline and online modes depending on the internet connectivity at the assessment location.

In remote locations/villages, assessments are delivered through tablets without the requirement of the Internet.

- Rubric driven assessments in Practical/Viva sections and responses recorded accordingly.
- Advanced auto-proctoring features like photographs, time-stamp, geographic-tagging, toggle-screen/copy-paste disabled are captured.
- End to end process from allocation of a batch to final result upload, is done on the portal
- Assessment will normally be fixed for a day after the end date of training / as per the program guidelines.
- Assessment will be conducted at the training venue
- The room where the assessment is conducted will be set with proper seating arrangements with enough space to curb copying or other unethical activities.
- The question bank of theory and practical will be approved by B&WSSC. Assessment agency will set the question paper from the approved question bank.

- Theory testing will include multiple choice questions, pictorial questions, etc. which will test the trainee on their theoretical knowledge of the subject.
- The theory and practical assessments will be carried out on the same day. The question paper is pre-loaded in the computer (in case of online assessment) and it will be in the language requested by the training partner. Viva will also be used to gauge trainee's confidence and correct knowledge in handling job situations.

Assessment Quality Assurance framework

The assessor has to mandatorily undergo the TOA program organised by B&WSSC. The training would give an overview to the assessors on the overall framework of QP evaluation. The assessor shall be given a NOS and PC-level overview of each QP as applicable.

The assessor has to go through an orientation program organized by the Assessment Agency. The overall structure of the assessment and objectivity of the marking scheme will be explained to them. The giving of marks will be driven by an objective framework that will maintain standardization of the marking scheme.

In the case of many candidates to be accommodated in one venue for theory assessment, caution is taken not to let the candidates who completed the test meet those who have not. Once the first batch has moved out of the knowledge-based assessment area, the second batch must be taken from the main waiting area and seated in the respective seats for their knowledge-based assessment.

For practical, the instructions for taking the test are written on the board in the lab or shared with the candidates verbally.

The assessment will be video-recorded and submitted to B&WSSC. It is the responsibility of the assessor to fill the beginning of the day report on the link shared by the agency or through the portal & after the completion of the assessment, it is the responsibility of the Training Partner to fill out the feedback form.

Methods of Validation

Unless the trainee is registered, the person cannot undergo assessment. To further ensure that the person registered is the person appearing for assessment, id verification will be carried out. Aadhar card number is part of registering the candidate for training. This will form the basis of further verification during the assessment.

The assessor conducts the assessment in accordance with the assessment guidelines and question bank as per the job role.

The assessor carries tablet with the loaded questions. This tablet is geotagged so it is monitored to check their arrival and completion of assessment.

Video of the practical session is prepared and submitted to B&WSSC.

Random spot checks/audit is conducted by B&WSSC-assigned persons to check the quality of assessment.

The assessment agency will be responsible for putting details in the Skill India Digital Portal

B&WSSC will also validate the data and results received from the assessment agency.

Method of assessment documentation and access

The assessment agency will upload the result of the assessment in the portal within the prescribed time frame. The data will not be accessible for change by the assessment agency after the upload. The assessment data will be validated by the B&WSSC assessment team. After uploading, only B&WSSC can access this data. B&WSSC approves the results & certificates within a week on SID.

Glossary

Term	Description
Declarative Knowledge	Declarative knowledge refers to facts, concepts and principles that need to be known and/or understood in order to accomplish a task or to solve a problem.
Key Learning Outcome	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
OJT (M)	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
OJT (R)	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
Procedural Knowledge	Procedural knowledge addresses how to do something, or how to perform a task. It is the ability to work, or produce a tangible work output by applying cognitive, affective or psychomotor skills.
Training Outcome	Training outcome is a statement of what a learner will know, understand and be able to do **upon the completion of the training**.
Terminal Outcome	Terminal outcome is a statement of what a learner will know, understand and be able to do **upon the completion of a module.** A set of terminal outcomes help to achieve the training outcome.

Acronyms and Abbreviations

Term	Description
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards