



# CERTIFICATE COURSE IN FITNESS TRAINING



**DURATION:** TWO MONTHS (WEEKDAYS) & THREE MONTHS(WEEKEND)

**ELIGIBILITY:** S.S.C Passed

**ADMISSION PROCEDURE:** : DIRECT ADMISSION

## OBJECTIVE:

Fitness Industry is growing fast. The number of gyms & fitness facilities has increased rapidly across all cities & towns in India. This has created vast job opportunities. We have launched an authentic Fitness Certification course containing major necessary subjects having scientific knowledge & skills which are of international standards; which will make the candidate a professional & an expert in all aspects of fitness.

## JOB OPPORTUNITIES:

Fitness Trainer in Commercial Gyms, Health Clubs/Centers, Star Hotels & Cruises, Consultant at Schools & Colleges, Medical Rehabilitation Centers, Society/Corporate setups, Personal Training to celebrities or can open their own gym.

## COURSE CONTENTS:

- Anatomy
- Physiology
- Kinesiology & Biomechanics
- Program Development
- Nutrition
- Special Population
- Injuries
- Yoga
- Aerobics
- Hands on Practical Training



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