

## CLASSIC POWER YOGA

Duration : 3 Months, 36 Hours, Only On Sundays

Class Time : 9:00am-12:00pm

Teaching Format : Practical & Theory

Theory Exam Language : Hindi & English

EXAM FORMAT: MCQ, Demonstration & Viva

### CONTENT

- Introduction to Yoga
- Human Anatomy
- Sitting Postures
- Supinated Postures
- Gravel & Knee Postures
- Postures on Hands and Feet
- Advance Postures
- 12 Poses of Sun Salutation
- Pranayama & Meditation
- Conducting Yoga Group Class
- Do's and Dont's of Postures
- Programming of Postures
- Regression and Progression of Postures



## FITNESS MATTERS

SCO 3013 -3014, Opp Kisan Bhawan,  
Sector 22 D, Chandigarh -160022  
Ph. : 0172-4604862, Mob. 9501939821  
E-mail ID: info@fitnessmatters.org

Monday – Saturday from 10:00 am - 6:00 pm  
(1:30 pm – 2:30 pm Lunch Break)  
Sunday – 10:00 am – 4:00 pm

Study Centres Punjab :  
Ludhiana | Jalandhar | Bathinda  
Study Centre Uttrakhand : Dehradun

## AEROBICS CERTIFIED PROFESSIONAL

Duration : 3 Months, 48 Hrs Only On Sunday

Class Time : 12.00 – 4.00pm

Teaching Format : Practical & Theory

Theory Exam Language: English & Hindi

Exam Format: Paper Pencil – MCQ'S & Practical Demonstration

### CONTENT

- Exercise Physiology
- Energy Systems and Aerobics
- Human Anatomy
- Nutrition Guidelines for Aerobics
- Guidelines for Weight (Resistance) Training in Aerobics
- Flexibility Guidelines for Aerobics
- Common Musculoskeletal Injuries in Aerobics and Their Prevention Strategies
- Cardio Pulmonary Resuscitation (CPR) and its use in Emergencies
- Music Understanding and its use in Aerobics Class Programming
- Cuing Techniques and its use in Aerobics Class Programming
- Choreography for Floor Aerobics
- Choreography for Step Aerobics
- Choreography for Dance Aerobics



## FREQUENTLY ASKED QUESTIONS?

**Is there any qualification required for the courses available?**

You must be 18 years of age. There is no minimum educational qualification for doing any course as of now. In case you are opting for ACE Certified Personal Trainer Course, you must have very good reading and understating skills in English since the certification is international.

**Are these courses valid in India?**

ACE Certified Personal Trainer Course is valid in 84 countries in the world. The rest of the courses are valid in India.

**Can I go for more than one course at the same time?**

Yes, you can. Please discuss in person or over the phone to find out suitable options available.

**Can I opt for correspondence course?**

Yes, you can but not in case of Yoga & Aerobics

**Can I pay my fees in installment?**

Yes, we do have installment payment option.

**Do you have job placement option after the course?**

Yes, we do provide training staff to big and small gyms at different locations.

**Is there any discount in the courses fees?**

Yes, we do have discount policy which is based on seats and given on first-cum-first basis. For further detail kindly contact in office

**Do, I have any special discount, if I pay the entire fees in one go?**

Yes, you have extra 5% discount in case you pay the entire fee in one go.

**Do, I have extra discount if I enroll for two courses at the same time?**

Yes, you have. Please discuss in person or over the phone to find more details on the same.

**EMPOWER  
YOURSELF WITH  
CONTINUOUS  
LEARNING**



WWW.FITNESSMATTERS.ORG



**GET CERTIFIED !  
GET RECOGNIZED !**

FITNESS CERTIFICATIONS

FITNESS ASSESSMENTS

FITNESS WORKSHOPS

CORPORATE WELLNESS

GROUP FITNESS

RECRUITMENT SERVICES

GYM SET UPS

GYM EQUIPMENTS

## WHY GET CERTIFIED?

The Fitness Industry is so dynamic that you come across something new everyday. The reliability of the new posts being floated is a big question mark. If you do not possess sound understanding of exercise science and its practical application it will result in spreading trends which are not safe. Hence the responsibility is huge. The bigger the responsibility Pyramid the preparation is.

Fitness Matters is successfully sharing this responsibility since last 7 years with strong commitment to provide world class training with best of the infrastructure support for both theory and practical sessions.

### WHY FITNESS MATTERS?

Since the dawn, we have grown with the help of references provided by our students and the industry people who value our contribution. Some of the salient features which make us unique are:

- Thoroughly Planned Curriculum
- Timely Completion of the Courses
- Good Infrastructure Support
- Convenient Timing of the Classes for Even Outstation Students
- Greater Emphasis on Practical Trainings
- Classes in English, Hindi and Punjabi
- Certified and Highly Experienced Faculty
- Easy Payment Options
- Exam in English and Hindi
- Continued Education with Workshops & Seminars
- Excellent Placement Record
- Assistance in Finding Economical Lodging Options
- Weekend and regular batches



## FM PERSONAL TRAINER CERTIFICATION

Duration: 3 months, 100-120hrs, Every Saturday and Sunday /40 Days Regular Batch (Tues-Fri)

Class Time: 12:30- 4:30 pm

Teaching Format: Theory & Practicals

Theory Exam Language: English & Hindi

Exam Format: Paper Pencil – Multiple Choice Questions

### CONTENT

- Initial Imperative Screening Guidelines
- Basic Physiological Assessments
- Human Anatomy and Biomechanics
- Introduction to Energy Systems
- Nutrition Guidelines for Individual Goals
- Supplementation Guidelines for Individual Goals
- Programming and Progression Guidelines for Functional Fitness & Balance Training
- Programming and Progression Guidelines for Cardiorespiratory Training
- Programming and Progression Guidelines for Weight (Resistance) Training
- Programming and Progression Guidelines for Weight Loss, Weight Gain and Bodybuilding
- Common Myths and Mistakes in Weight (Resistance) Training
- Programming Guidelines for Flexibility Training
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc.
- Musculoskeletal Injuries their Prevention Strategies and CPR training
- Application of Adherence and Motivational Skills
- Role and Scope of Practice for The Personal Trainer
- Professional Responsibilities and Code of Ethics for Personal Trainer
- Standards of Professional Behavior and Building Rapport



## ACE CERTIFIED PERSONAL TRAINER

Duration: 3 months, 100-120hrs, Every Saturday and Sunday /40 Days Regular Batch (Tues-Fri)

Class Time: 12:30-4:30pm/ 9:15am-12:45pm

Teaching Format: Theory & Practicals

Theory Exam Language: English

Exam Format: Online– Multiple Choice Questions

### CONTENT

- First Interaction with ACE IFT Model (Integrated Fitness Training Model)
- Initial Imperative Screening Guidelines
- Anthropometric Assessments
- Assessments for Functional Training
- Physiological and Performance Related Assessment
- Human Anatomy and Biomechanics
- Bioenergetics and Their Application
- Nutrition Guidelines for Individual Goals
- Programming and Progression Guidelines for Functional Fitness & Balance Training
- Programming and Progression Guidelines for Weight Management
- Programming and Progression Guidelines for Cardiorespiratory Training
- Programming and Progression Guidelines for Weight (Resistance) Training
- Programming and Progression Guidelines for Performance Based Training for Bodybuilding and Other Sports
- Programming Guidelines for Flexibility Training
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc.
- Musculoskeletal Injuries their Prevention Strategies and CPR Training.
- Introduction to Mind Body Exercises like Yoga, TaiChi and More
- Building Strong Rapport with Clients
- Better Understanding of Health Psychology
- Application of Adherence and Motivational Skills



## WEIGHT MANAGEMENT & SPORTS NUTRITION

Duration: 3 months, 100-120hrs, Every Saturday and Sunday /40 Days Regular Batch (Tues-Fri)

Class time: 9:15am-12:15pm/ 9:30am-12:30pm

Teaching Format: Theory

Theory Exam Language: English & Hindi

Exam Format: Paper Pencil– MCQ

### CONTENT

- Macro and Micro Level Anatomy
- Digestion & Absorption of Food
- Types of Carbohydrates, Fats & Proteins.
- Ratio of Carbohydrates, Fat & Proteins in Different Dietary Approaches.
- Physiology of Hydration in the Body and its Role in Optimum Health
- Different Types of Vitamins & Minerals and How to Combat with Their Common Deficiencies.
- Energy Systems & Pathways and Their Rationale with Dietary Approaches.
- Known and Unknown Eating Disorders and How They Alter Eating Behaviour.
- Alcohol, its Benefits and Abuse
- Hormones and Nutrition; Nutritional Strategies to Bring Hormone Balance in The Body
- Body Types Understating and Dietary and Nutritional Guidelines.
- Metabolism & Energy Balance
- Nutritional Assessments and Diet Planning for Specific Goals
- Specific Dietary Approaches and How Do They Distinguished from yo-yo Fad Diets
- Supplementation for Weight Loss, Weight Gain and Sports Specifications
- Androgenic Anabolic Steroids (AAS) & Non AAS Growth Factors

