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.

Can I opt for more than one course at the same time?
Yes, please ask for best options from counsellors.

Can I opt for correspondence course?
Yes, you can opt for home study program except Yoga & Bhangra Fitness.

Is there any discount in the course fee?
Yes, we do have discount policy which is based on seats. For further details kindly contact in the office.

Can I pay the fee in instalments?
Yes, please ask for the instalment options.

What is the validity of the registration fees paid by me?
The fees paid is valid for 1 year from the start date of the batch.

Will there be practical learning in these courses?
Yes, the practicals are conducted as per topics.

Where will the exam be conducted?
Exams are conducted at Fitness Matters.

Will I get job placement after completing the course?
Yes, we do provide job placement assistance.

How much income can I earn after completing the course?
As a certified trainer you have potential to earn in hand income of INR 15,000 to 20,000 to start with. Well experienced trainer earn 10 times more than freshers.

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 Don't's of Postures
- Programming of Postures
- Regression and Progression of Postures
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
- Appropriate Batch Sizes
- Timely Communication
- Timely Completion of the Courses
- Good Infrastructure Support
- Weekend & Regular Batches*
- 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

**BHANGRA FITNESS INSTRUCTOR**

Duration: 6 Weeks, 24 hrs, Weekend Batch
Every Saturday & Sunday

Teaching Format: Theory & Practicals

Theory Exam Language: English & Hindi

Exam Format: MCQ, Demonstration & Viva

**CONTENT**

- Pre-requisites of Conducting Bhangra Fitness Class
- Better Music Understanding for Bhangra Fitness Class and Application
- Basic, Intermediate and Advance Steps of Bhangra
- Progression and Regression of Bhangra Steps to Match the Fitness Level of Bhangra Fitness Class
- Training Zones, Coaching Ques and Their Importance in Bhangra Fitness Class
- Fitness Specific Bhangra Choreography
- Use of Equipments to Add More Fitness in Bhangra Fitness Sessions
- Workout Programming of Bhangra Fitness Sessions
- Common Injuries and Their Prevention Strategies
- Special Considerations for Special Population
- Active Recovery Sessions of Bhangra Fitness Routines
- Nutrition Guidelines to Participants
- Conducting Bhangra Workout Session Efficiently

**WEIGHT MANAGEMENT & SPORTS NUTRITION**

Duration: 3 months, 72 hrs, Every Saturday and Sunday /40 Days Regular Batch (Tues-Fri)

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