Quality education is delivered with dedicated infrastructure

CONTACT US

Fitness Matters
SCO 3013 22 D, Chandigarh
0172-5272013
SCO 255-256, 44 C, Chandigarh
0172-4604862
Mobile - 9888028021
info@fitnessmatters.org
www.fitnessmatters.org

Personal Training Certification
With Practical Approach
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 8 years with strong commitment to provide world class training with best of the infrastructure support for both theory and practical sessions.

ABOUT THE COURSE

Course Objectives

- Initial Screening Guidelines
- Basic Physiological Assessments
- Human Anatomy and Bio-Mechanics
- 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 Cardio-respiratory 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 and their Prevention Strategies
- Cardio Pulmonary Resuscitation (CPR) and its use in Emergencies
- 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 Behaviour and Building Rapport

Get in touch and find out how you can be part of the Fitness Matters Family