

## ABOUT THE COURSE

ACE Personal trainer course is the highest quality fitness certification available in the industry. As a student of ACE-CPT you have an opportunity to learn exercise science fundamentals, program designing, behavioural change techniques and client-centred approach for ensured results.



Imported Study Material  
Student Multimedia Kit  
Interactive Classes  
3 Days Extensive Practicals  
Bilingual Mode of Teaching  
Weekly Review  
Mock Exam  
Internship Assistance  
Placement Assistance



# ACE Personal Fitness Trainer Certification (Online or Hybrid Course)

With Practical Approach

## WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters has successfully shouldered this responsibility for the last 10 years and will continue to do so. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



## ABOUT THE COURSE

- ACE IFT Model (Integrated Fitness Training Model)
- Anthropometric & Functional Assessments
- Physiological and Performance Related Assessments
- Human Anatomy and Bio-mechanics
- Nutrition Guidelines for Individual Goals
- Programming and Progression Guidelines for Functional Fitness & Balance Training
- Programming and Progression Guidelines for Cardiorespiratory, Resistance & Flexibility Training
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc
- Programming Consideration for Overweight Population
- Musculoskeletal Injuries and Their Prevention Strategies
- Application of Adherence and Motivational Skills
- Role and Scope of Practice for the Personal Trainer

## FITNESS MATTERS BY KRIYAKINESIS

The program will be conducted by Kriyakinesis – Movement is Medicine a fitness education company in association with Fitness Matters



## SCHEDULE



**Course Duration:** 2 Months

**Session Duration:** 2 Hours

**Teaching Days:** Tue, Wed, Thu & Fr

## COURSE FEE ₹

**Online Course Fee:** 42,000

(Original Study Material +  
Multimedia Kit + Classes Fee +  
Practice Exam + Mock Exam +  
Online CPR Training)

**Early Bird Price:** 40,000

(On First 4 Seats Only)

**Practical Classes:** 9,900 (Optional)

3 Days Extensive Practicals with  
Stay and Meals

**Final ACE Exam Fee:** \$312

Pay When You are Ready for the  
Final Exam

## INSTALMENTS



Contact Us for  
Easy Payment Options

**FREE SHIPPING IN INDIA**



## CONTACT US

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Skill India  
कौशल भारत - कुशल भारत

## WHAT YOU GET



- Imported Study Material
- ACE CPT Certificate
- ACE CPT Certificate Badge
- CPR Certificate
- 1 Week Internship (Optional)

## ASESSMENT



**Exams Language:** English

**Mock Exam Format:** Multiple  
Choice Questions (MCQ) Online

**Final Exam Format:** Multiple  
Choice Questions (MCQ) Online



**FITNESS DOES MATTER !**

