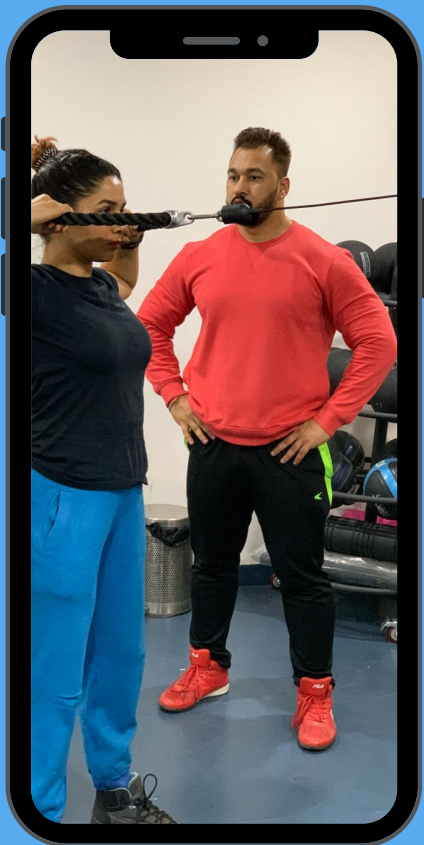


## ABOUT THE COURSE

Fitness Matters Personal Training Course is an international standards personal trainer certification program. This is a tailor-made program empowering learner with fundamentals of exercise science and program design, nutrition and supplementation, program modifications for special population and professional development. The balanced approach of the program ensures a promising career.



- Interactive Classes
- Bilingual Mode of Teaching
- Weekly Review
- Weekly Tests
- Internship Assistance
- Placement Assistance



सत्यमेव जयते  
GOVERNMENT OF INDIA  
MINISTRY OF SKILL DEVELOPMENT  
& ENTREPRENEURSHIP



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

With Application 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 9 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



## FITNESS MATTERS BY KRIYAKINESIS

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



## ABOUT THE COURSE

- Initial Screening & Physiological Assessments
- Human Anatomy and Bio-Mechanics
- Introduction to Energy Systems
- Nutrition & Supplementation Guidelines
- Programming and Progression Guidelines for Functional Fitness & Balance Training, Cardio-respiratory, Resistance & Flexibility Training.
- Guidelines for Weight Loss, Weight Gain and Bodybuilding
- Common Myths and Mistakes
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc.
- Musculoskeletal Injuries and their Prevention Strategies
- Motivation, Adherence and Building Rapport
- Role and Scope of Practice for The Personal Trainer
- Professional Responsibilities and Code of Ethics.

## SCHEDULE



**Course Duration:** 2 Months

**Session Duration:** 2 Hours

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

## COURSE FEE ₹

**Online Course Fee:** 31,000

(Printed Study Manuals + Live Interactive Classes + Recorded Video for Practicals + Online CPR Training & Exam + Fitness Matters Exams + Fitness Trainer Level 4 Exams)

**Early Bird Price:** 29,000

(On First 4 Seats Only)

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

3 Days Extensive Practicals with Stay and Meals

## INSTALMENTS



Contact Us for  
Easy Payment Options

FREE SHIPPING IN INDIA



### Chandigarh

#### Head Office

SCO 3013 22 D, 0172-5272013,  
9888028021

#### Branch Office

SCO 255-256, 44 C, 0172-2925255  
9888028021

### Mumbai

The AKHAADA. 101, Varalaxmi  
Co-Op Housing Society, Hanuman  
Road, Vile Parle East,  
Mumbai - 400057  
Mobile - 9820157232, 9870282588

[www.fitnessmatters.org/mumbai](http://www.fitnessmatters.org/mumbai)



## WHAT YOU GET



- Printed Study Material
- Fitness Matters PT Certificate
- Fitness Matters Certificate Card
- CPR Certificate
- Skill India Level 4 Certificate
- 1 Week Internship (Optional)

## ASESSMENT



**Exam Language:** English & Hindi

**Fitness Matters & Skill India Level 4 Exams:**

**Exam 1:** Viva on Phone (Video/Audio)

**Exam 2:** Computer Based Multiple Choice Questions (MCQs)

**Note:** Exam 1 and 2 will be separate for both Fitness Matters and Skill India



FITNESS DOES MATTER !

