

ABOUT THE COURSE

Fitness Matters Nutrition for Health Fitness and Performance course is a comprehensive nutrition program. This course equips you in handling clients who have weight loss/gain, hormone imbalance, special conditions and sports performance goals. The program goes way beyond basics in teaching the concepts of hormones, supplements, and ergonomics aids to give our learners a competitive edge.



Comprehensive Curriculum
Interactive Classes
Bilingual Mode of Teaching
Weekly Review
Weekly Tests
Case Studies
Bilingual Exams



Nutrition for Health Fitness and Performance (NHFP) Online

An SPEFL-SC Approved Course

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.



WHAT YOU GET

1. Printed Study Material
2. FM WMSN Certificate
3. FM WMSN Certificate Card
4. SPEFL Certificate



ABOUT THE COURSE

- Anatomy, Digestion & Absorption
- Types & Ratio of Carbohydrates, Fat & Proteins for Fuel & Recovery
- Hydration for Optimum Health
- Vitamins & Minerals and How to Combat with Their Deficiencies
- Energy Systems, Body Types and Their Relation with Diet & Nutrition Planning
- Alcohol, Eating Disorders and How They Alter Eating Behavior
- Hormones & How to Balance Them with Diet & Nutrition Planning
- Metabolism & Energy Balance
- Nutritional Assessments & Dietary Guidelines for Healthy People & People With Special Conditions like BP, Hypothyroid etc.
- Nutrition and Supplementation Planning for Weight Loss,/Gain, Armature & Pro Athletes.
- Trending Dietary Approaches like Ketogenic (Keto), Intermittent Fasting & More.
- Androgenic Anabolic Steroids (AAS) & Non AAS Growth Factors



WEEKDAYS SCHEDULE



Course Duration: 45 Days

Session Duration: 2 Hours

Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE

Course Duration: 3 Months

Session Duration: 3 Hours

Teaching Days: Saturday & Sunday

ASSESSMENT



Exam Language: English & Hindi

Exam Format: Online - Computer Based

Exam 1
Multiple Choice Questions (MCQ)

Exam 2
2 Case Studies Exam (MCQ Based)



CONTACT US

**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

info@fitnessmatters.org

www.fitnessmatters.org



Skill India
कौशल भारत - कुशल भारत

COURSE FEE ₹

Total Fee: 33,000

Free shipping in India

**DISCOUNTS
AND
INSTALMENTS**



Contact Us for Available Discounts
and Instalments Payment Details



FITNESS DOES MATTER !

