

# ABOUT FITNESS MATTERS



## OUR STORY

Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN - U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends.

Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

## OUR ACCREDITATION AND AFFILIATIONS



WATERWORLD  
*...be more than sport*



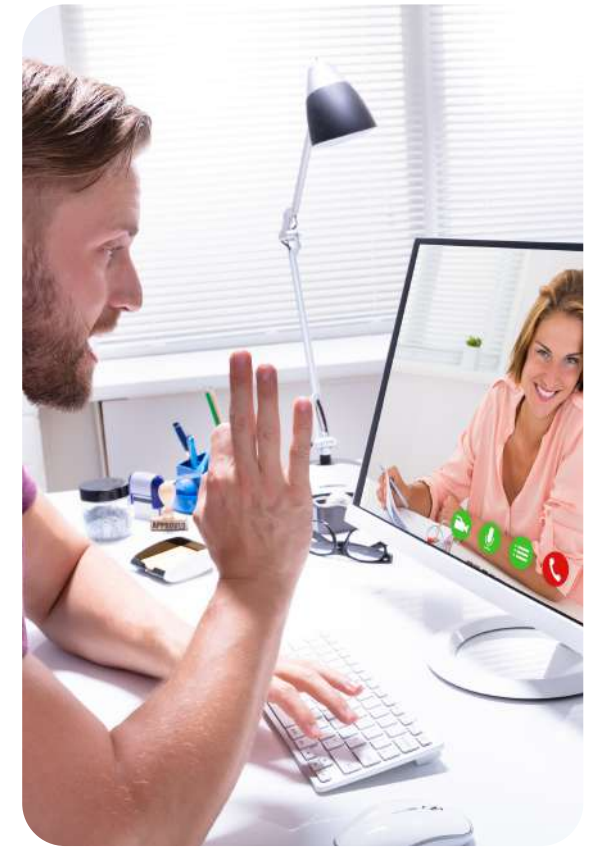
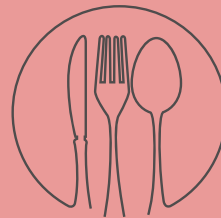
**Quality Matters At Fitness Matters!**

## ABOUT THE COURSE

Certificate in Nutrition Coaching prepares you with practical aspects of coaching a client in real time situations. This course equips you in handling challenges a client faces while following a nutrition program. Topics like - When not to lose weight?, How much weight to gain?, Diet periodization etc. make this course interesting and effective to help your client achieve desired goals.



5 is to 1 Student-Teacher Ratio  
Individual Attention  
Nutrition for Medical Conditions  
Live Interactive Classes  
Bilingual Mode of Teaching  
Weekly Review  
Case Studies  
Bilingual Exams



# Certificate Course in Nutrition Coaching (CCNC) Online

*Eat Right ! Move More !*

## 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 more than a decade and will continue. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



## COURSE CURRICULUM

- How to be an evidence based coach
- Anatomy and physiology of the digestive system.
- Energy Balance
- Macros- optimal ranges for health, fitness and performance
- Micros and their impact on our health, fitness and performance
- Role of hydration
- Diet Periodization- setting up a diet, planning the macros, Food choices, Meal timing and frequency, diet breaks, calorie cycling
- Nutritional assessments & dietary guidelines for people with special conditions like Diabetes, Blood Pressure, Hypothyroid and more
- Supplementation for weight loss, Weight Gain, Sports and Contest Prep.
- Implication of Hormones on Health and Body Composition



## WHAT YOU GET

1. Study Material in PDF
2. Recording of Attended Classes
3. CCNC Certificate
4. CCNC Certificate Card
5. Certification Confirmation Letter



## WEEKDAYS SCHEDULE



**Course Duration:** 1 Plus Month

**Session Duration:** 2 Hours

**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 2 Months

**Session Duration:** 3 Hours

**Teaching Days:** Saturday & Sunday

## ASSESSMENT



**Exam Language:** English & Hindi

**Exam Format:** Online - Computer Based

**Exam**  
Multiple Choice Questions (MCQ)



## CONTACT US

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GOVERNMENT OF INDIA  
MINISTRY OF SKILL DEVELOPMENT  
& ENTREPRENEURSHIP



COURSE FEE ₹

**Total Fee:** 20,000  
Payable in 2 to 3 EMIs

**Full Payment Price:** 17,000

TOTAL SEATS &  
DISCOUNTED SEATS  
IN A BATCH

**Total Seats:** 5

**Full Payment Seats:** 2



NUTRITON DOES MATTER !

