

# 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



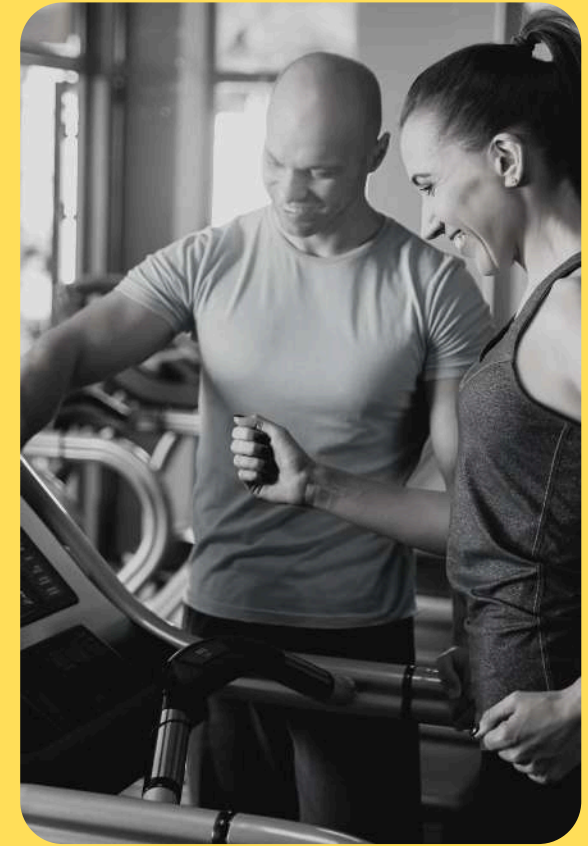
***Quality Matters At Fitness Matters!***

## ABOUT THE COURSE

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.



Original Study Material from ACE  
Live Interactive Classes  
Bilingual Mode of Teaching  
Weekly Review  
Mock Exam  
Placement Assistance



# ACE Personal Training Certification Online

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 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.



## 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



## CERTIFICATES YOU GET

1. ACE CPT Certificate
2. CPR Certificate
3. Certification Confirmation Letter
4. Digital Badge
5. Level 5 Certificate from SPEFL-SC
6. Portability Letter for Overseas Jobs\*



## WEEKDAYS SCHEDULE



**Course Duration:** 2 Months

**Session Duration:** 2 Hours

**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 3 Months

**Session Duration:** 3 Hours

**Teaching Days:** Saturday & Sunday

## ASSESSMENTS



**CPR Training:** Offline CPR - One Day Training

**FM Mock Exam:** Multiple Choice Questions (MCQ) Online at Home

**SPEFL-SC Level 5 Exam:-** Viva and (MCQ) Online at Home

**ACE CPT Proctored Exam:-** MCQ Online at ACE Exam Center



## CONTACT US

### Chandigarh

SCO 3013, First Floor,  
Sector 22 D, Chandigarh  
0172-5272013, 9888028021

### Ludhiana

SCO 12-13, 2nd Floor,  
Model Town Extension Road,  
Block - D, Model Town, Ludhiana  
70090-84685

info@fitnessmatters.org  
www.fitnessmatters.org  
www.fitnessmattersludhiana.org



## COURSE FEE ₹

51,000

**What is INCLUDED In the Fee -**

- Original Printed Study Manual
- Coaching Classes
- CPR Training
- Fitness Matters Mock Exam
- SPEFL Level 5 Exam

**Exams Fee:** Pay at the Time of Exam

\$320 (28,000 Aprox.) Proctored Exam

## TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



**Total Seats:** 6

**Discounted Seats:** 2 (On Full Payment)



**FITNESS DOES MATTER !**

