

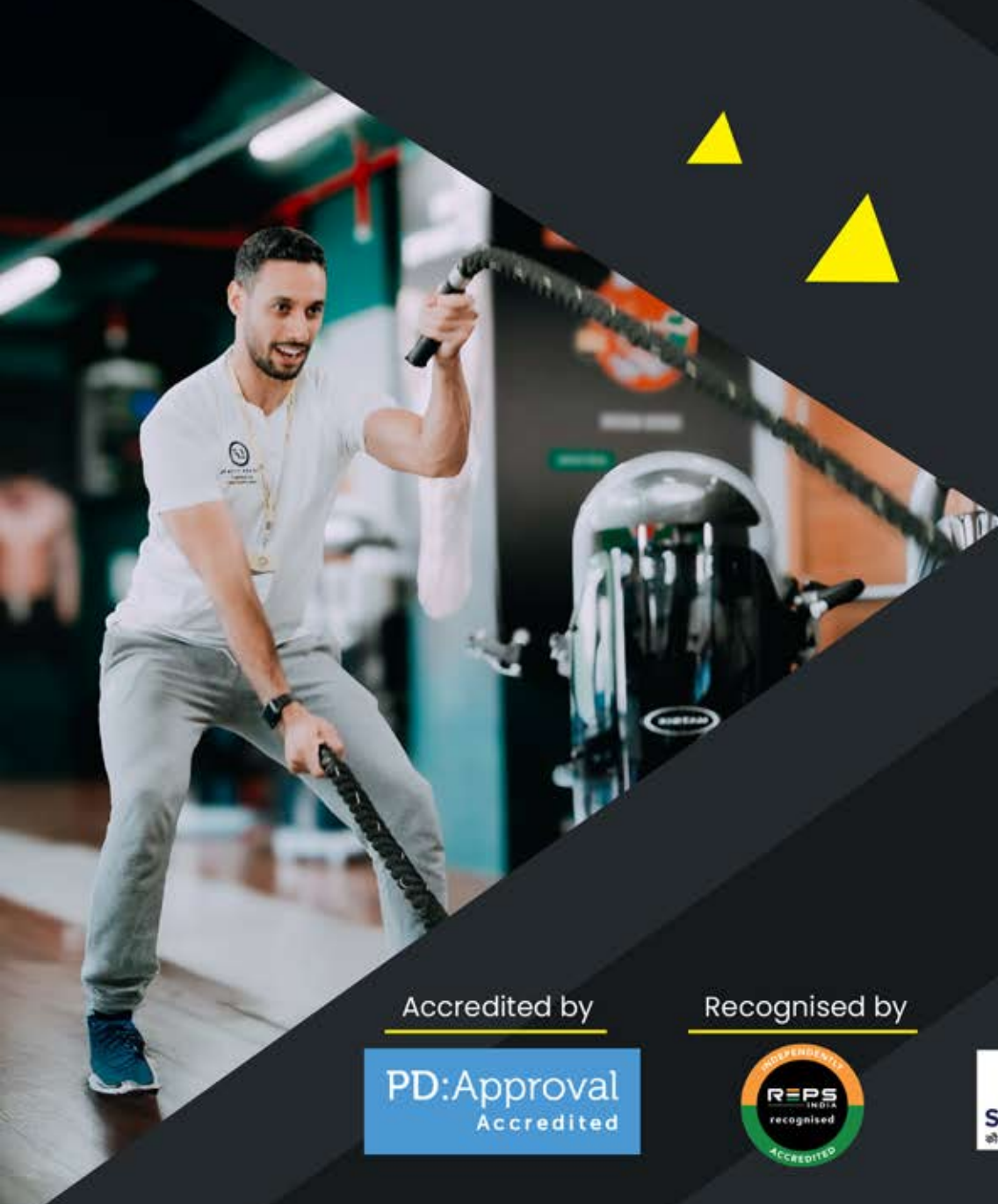
LEADERS FITNESS ACADEMY



LEADERS FITNESS
ACADEMY

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



Accredited by

PD:Approval
Accredited

Recognised by



Affiliated with



+91 7909 111993
+91 9567377773



1st Floor, Emad Tower, Fort Rd,
Prabhat Junction, Kannur,
Kerala 670001, India

info@leadersfitness.in

leadersfitnessacademy

leadersfitnessacademy



LEADERS FITNESS
ACADEMY

CERTIFIED PERSONAL TRAINER (CPT)

THEORY SYLLABUS

(36 Sessions | Total 53 hours)

Introduction Sessions

- Develop Professional Practice and Personal Career in the Health and Fitness Industry
- Provide Customer Service in Health and Fitness

Science-Based Learning

- **Apply Principles of Anatomy and Physiology in a Fitness Context**
Covering muscular, skeletal, cardiovascular, and nervous systems in exercise.
- **Apply the Principles of Exercise Science to Programme Design**
Understanding biomechanics, energy systems, and the science of training.
- **Promote Healthy Eating and Physical Activity**
Fundamental principles of balanced nutrition and active lifestyle guidance.
- **Apply the Principles of Nutrition and Weight Management to Programme Design**
Designing effective diet and exercise plans based on client needs.



Fitness Training Modules

- **Provide Motivation and Support as Part of Exercise Instruction**
Coaching techniques, behavior change strategies, and client motivation.
- **Promote Health and Safety in a Fitness Environment**
Risk management, emergency procedures, and injury prevention.
- **Manage, Review, Adapt, and Evaluate Personal Training Programmes**
Progress tracking, feedback mechanisms, and program adjustments.





PRACTICAL CLASS SYLLABUS

(12 Days | Total 108 Hours)

Programme Design & Adaptation

- Structuring progressive training plans
- Tailoring workouts for special populations (seniors, athletes, rehabilitation cases)
- Periodization and progression

Health & Safety Protocols

- Emergency response & first aid in fitness settings
- Risk assessment & injury prevention

Viva & Examination Preparation

- Mock client training sessions
- Review of instructional techniques and assessment skills

CERTIFICATIONS AWARDED

- Leaders Fitness Academy Certified Personal Trainer (CPT) Certificate
- NSQ Level 4 - Fitness Trainer Certificate by SPEFL - SC
- Trauma Response Certificate from Australian Life Saving Academy
- Provisional REPs India Membership (Category A - Personal Trainer)

Client Assessment & Screening

- Pre-exercise screening methods
- Fitness assessments (BMI, body measurements, flexibility, endurance, strength tests)
- Understanding client goals & needs

Exercise Technique & Instruction

- Teaching fundamental movement patterns (squats, deadlifts, presses, pulls)
- Coaching resistance, cardiovascular, and flexibility exercises
- Correcting client posture and form

Gym Equipment Handling & Induction

- Safe usage of gym machines and free weights
- Functional training tools (kettlebells, resistance bands, TRX)
- Adapting exercises for different fitness levels

EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Viva with Assessor
 - Fitness Testing & Gym Induction
- NSQ Level 4 - Fitness Trainer Examination by SPEFL - SC

**CERTIFIED PERSONAL
TRAINER (CPT) COURSE FEE**

₹ 62500

Flexible Installment
Option Available

