

LEADERS FITNESS ACADEMY



LEADERS FITNESS
ACADEMY

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



Accredited by

PD:Approval
Accredited

Recognised by



Affiliated with



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DIPLOMA IN PERSONAL TRAINER (DPT) CERTIFICATE

THEORY SYLLABUS (50 Sessions)

Introduction Sessions

Science-Based Learning

Fitness Training Modules

CPT SYLLABUS AND ADDITIONAL SESSIONS (14 Sessions x 2 hours)

Knowledge in Nutrition (Covering Nutrition Assessment, Food Diary from LAP)

- Analyzing a client's food diary for dietary patterns
- Nutrition assessment techniques and methodologies
- Implementing effective dietary modifications
- Identifying nutritional deficiencies and their impact

Risks & Hazards in a Fitness Environment (Covering Risk Assessment from LAP)

- Identifying common hazards in gym settings
 - Conducting a risk assessment for client safety
- Emergency procedures and response planning
- Managing injuries and first aid in a fitness setting

Career Building Session (Covering PDP Plan & Business Plan from LAP)

- Understanding career pathways in the fitness industry & Creating a Personal Development Plan (PDP)
- Business strategies for personal trainers & Creating Business Plan
- Building a strong professional network & Continuous Professional Development
- Marketing and client acquisition techniques
- Financial planning and pricing services

EXAMINATIONS

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

CERTIFICATIONS AWARDED

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- NSFQ Level 4 - Fitness Trainer Certificate by SPEFL - SC
- Trauma Response Certificate from Australian Life Saving Academy
- Full Status REPs India Membership (Category A - Personal Trainer)
- International UK Certificate in Diploma in Personal Training from PD Approval

TOTAL COURSE FEE

₹ 85,000

Flexible EMI options Available

