

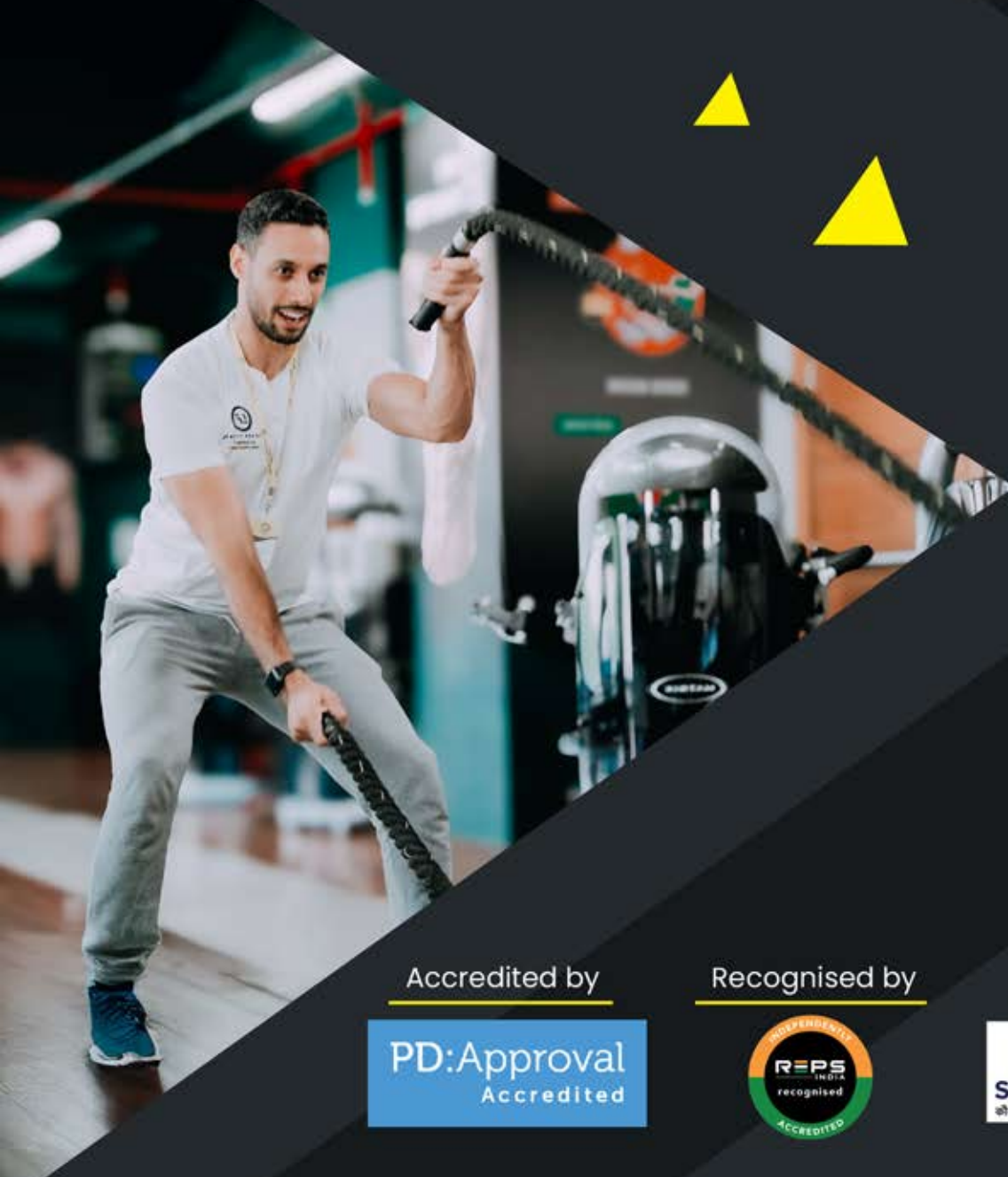
LEADERS FITNESS ACADEMY



LEADERS FITNESS
ACADEMY

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



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Fly to Dubai Program for Diploma in Personal Training Course (DPT)

This program for the Diploma in Personal Training offers a structured learning and travel experience, combining two months of online theory classes with one month of face-to-face theoretical and practical training at Leaders Fitness Club, Dubai, UAE. Students will receive specialized training in Gym Management Software, Spoken English, and Social Media Marketing for Fitness Professionals, essential for career growth.

The program includes a Personal Training internship in Dubai with a monthly stipend, providing valuable industry exposure. A two-month UAE visit visa and one month of accommodation are provided (food and Air tickets not included). After completing the one-month training, students have the option to stay in the UAE until the visa expires, either continuing the internship with us or working externally while arranging their own accommodation, or they may return to India.

This initiative equips students with the skills, experience, and international exposure needed for a successful career in the global fitness industry.

THEORY SYLLABUS (50 Sessions)

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.

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 Growth & Development

(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

PRACTICAL CLASS SYLLABUS

(30 Days | Total 124 Hours)

Advanced Practical and Theoretical Training for 54 hours (18 days' x 3 hours per day). Regular Practical Classes for 70 hours (12 days' x 8 hours per day)



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
- Risk assessment & injury prevention

Soft Skills & Business Development

- Effective communication and client engagement
- Essentials of personal training business and client retention

Gym & Digital Management Training

- Practical session on gym management software
- Digital marketing strategies for fitness professionals
- Spoken English training for professional communication

LAP Guidance & Completion

- Step-by-step assistance in completing Learner Assessment Pack
- Review of assessment tasks and submission procedures

Viva & Examination Preparation

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

EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Viva with Assessor
 - Client Screening & Gym Induction

CERTIFICATIONS & REWARDS

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- Highfield Level 3 International Certificate in First Aid CPR & AED
- Full Status REPs UAE Membership (Category A - Personal Trainer)
- International UK Certificate in Diploma in Personal Training from PD Approval
- International UK Certificate in Diploma in Personal Training from PD Approval
- Internship Stipend

FLY TO DUBAI PROGRAM
FOR DIPLOMA IN PERSONAL
TRAINING COURSE FEE

₹ 1,50,000

Flexible Installment
Option Available

