

LEADERS FITNESS ACADEMY



LEADERS FITNESS
ACADEMY

Leads to Fitness Leader

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Residential Program for Diploma in Personal Training Course (DPT)

This program offers a structured Diploma in Personal Training at our Kannur venue, combining both Two months of Online Theory Classes and One Month of Face-to-face theoretical learning with practical application. Students will receive specialized training in Gym Management Software, Spoken English, and Social Media Marketing for Fitness Professionals, essential for career growth in the fitness industry.

The program includes a Personal Training internship at Leaders Fitness Club, Kannur, with a monthly stipend, providing valuable industry exposure. Additionally, one month of accommodation is provided (food not included, but assistance will be available). This initiative prepares participants with the skills and experience required 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
- NSFQ Level 4 - Fitness Trainer Examination by SPEFL - SC

CERTIFICATIONS & REWARDS

- 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
- Internship Stipend

RESIDENTIAL PROGRAM
FOR DIPLOMA IN PERSONAL
TRAINING COURSE FEE

₹ 1,25,000

Flexible Installment
Option Available

