



**LEADERS FITNESS  
ACADEMY**

***Leads to Fitness Leader***

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



# LEADERS FITNESS ACADEMY

Accredited by

**PD:Approval**  
Accredited

Recognised by



**+971 55 701 5355**  
**+971 56 414 4299**

**Al nakheel Building, Showroom  
No. 4 Near post office, Karama  
Post box No. -112472 - Dubai**





## DR. HARSHAD A.K

(Chairman & Managing Director  
Brilliantz and Leaders Group)

Leaders Fitness Academy, founded by **Dr. Harshad A.K.**, is a part of Leaders Group including Leaders Fitness Club & Academy operating successfully in five countries. We, at Leaders Fitness Academy, are committed to providing you with the knowledge, skills, and practical training necessary to excel in the dynamic world of fitness. Our academy is designed to cater to the needs of fitness enthusiasts, aspiring trainers, and professionals seeking to enhance their knowledge and expertise. We offer a range of courses, including the diploma program in personal training certification recognized by REPs UAE and accredited by PD:Approval. Our courses are designed to provide students with the latest theoretical knowledge in the health and fitness industry. We understand that practical experience is essential in this field, which is why we offer advanced facilities for both theory and practical training. Our gym is equipped with modern equipment and technology, providing our students with an optimal environment to apply their skills and knowledge. Whether you are an aspiring trainer or a fitness enthusiast, our courses will equip you with the skills and knowledge you need to succeed.







# 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

## CERTIFICATIONS AWARDED

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- International UK Certificate in Diploma in Personal Training from PD Approval

## ADD ONS

- First Aid in CPR & AED Certificate and License from Level 3 High Field with 3 Years validity - AED 350
- Full Status REPs UAE Membership (Category A - Personal Trainer) - AED 450 + VAT

**TOTAL COURSE  
FEE**

**AED 5500**

The Course Fee includes VAT  
Flexible Installment Option Available

