



**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.





# SPORTS NUTRITION AND ITS ESSENTIALS

## CPD Course | 16 CPD Points



### Endorsed by PD Approval | Recognized by REPs INDIA

This course covers the fundamentals of sports nutrition, focusing on how to optimize dietary intake for athletic performance and recovery.



### You will learn about:

- The role of macronutrients and micronutrients in sports performance.
- Effective hydration strategies and their impact on performance.
- The use of dietary supplements and their benefits and risks.
- Supporting athletes with their nutritional requirements
- Practical applications of sports nutrition principles in various athletic contexts.

### THEORY SYLLABUS

- **Module 1** - Basics of Nutrition
- **Module 2** - Nutrition in Sports
- **Module 3** - Fluids and Electrolytes
- **Module 4** - Dietary Recommendations in Fitness
- **Module 5** - Supplements–Sports Foods
- **Module 6** - Nutrition Assessment & Tracking Tools
- **Module 7** - Counselling Skills for A Dieticians

### EXAMINATIONS

- Theory Examinations
- Case Study Submission

### CERTIFICATIONS

- CPD Course Certificate from Leaders Fitness Academy with 16 CPD Points



**COURSE FEE FOR  
REGULAR STUDENTS AED 2,500**

**COURSE FEE FOR  
ALUMNI STUDENTS AED 1,500**