



**LEADERS FITNESS
ACADEMY**

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



LEADERS FITNESS ACADEMY

Accredited by

PD:Approval
Accredited

Recognised by



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**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.





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CERTIFIED PERSONAL TRAINER (CPT)

THEORY SYLLABUS

(36 Sessions | Total 53 hours)

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.





PRACTICAL CLASS SYLLABUS

(12 Days | Total 108 Hours)

Programme Design & Adaptation

- Structuring progressive training plans
- Tailoring workouts for special populations (seniors, athletes, rehabilitation cases)
- Periodization and progression

Health & Safety Protocols

- Emergency response & first aid in fitness settings
- Risk assessment & injury prevention

Viva & Examination Preparation

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

CERTIFICATIONS AWARDED

- Leaders Fitness Academy Certified Personal Trainer (CPT) Certificate
- First Aid in CPR & AED Certificate from ACTVET
- Provisional REPs UAE Membership (Category A - Personal Trainer)

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

Gym Equipment Handling & Induction

- Safe usage of gym machines and free weights
- Functional training tools (kettlebells, resistance bands, TRX)
- Adapting exercises for different fitness levels

EXAMINATIONS

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



**CERTIFIED PERSONAL
TRAINER (CPT) COURSE FEE**
Flexible Installment Option Available

AED 4,500
The Course Fee includes VAT