

# CERTIFICATE IN FITNESS TRAINER



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# About Glister Eduversity

Today is the era of working parents and due to workload, they do not get enough time to support their children's education. Therefore, they are heavily blamed by all, in the current dialogue and debate about improving the education system, the disadvantages of improper parenting is known to all.

It is time to start parenting in the education system. With the Glister Eduversity, We present you the solution to all such problems switching towards telephonic parenting, proper guidance and development graph.

This is the first Indian institution to provide education care with parenting. Glister Education offers telephonic parenting with a right strategic plans for the student, online test series, seminar, scholarship programs, in really attractive packages.

We also guide their appointments as well as their strategies. So, let's don't wait, and achieve nothing less than success with Glister Eduversity Parenting cum Education Care.



Director: Amit Pandey

## Mission

The mission of Glister Eduversity is to educate the citizens and citizen-leaders for our society.

We do this through our commitment to the transformative power of a liberal arts and sciences education.

Beginning in the classroom with exposure to new ideas, new ways of understanding and new ways of knowing, students embark on a journey of intellectual transformation.

Through a diverse living environment, where students live with people who are studying different topics, who come from different walks of life and have evolving identities, intellectual transformation is deepened and conditions for social transformation are created.

From this we hope that students will begin to fashion their lives by gaining a sense of what they want to do with their gifts and talents, assessing their values and interests, and learning how they can best serve the world.

## Vision

Glister Eduversity will set the standard for residential liberal arts and sciences education in the twenty-first century. We are committed to creating and sustaining the conditions that enable all Glister Eduversity students to experience an unparalleled educational journey that is intellectually, socially, and personally transformative.

Welcome to the Glister Eduversity, Varanasi. For more than three Years, Glister Eduversity has served as our nation's flagship comprehensive institution of higher education.

Our primary goal is to become one of the most prominent and excellent educational Institute in the world. We are fortunate to have a talented, highly committed teaching and support staff here to ensure the learning environment of our students is the best it can be. Our faculties are renowned scholars and accomplished practitioners who are actively engaged in the academic excellence and innovative research ideas of the modern world. Our students are innovators, engineers, managers, great scientists, entrepreneurs, and aspiring leaders - from every age group and are located at every corner of the country. Our unique teaching and learning process with a proper blend of theory and practice crosses the boundaries of nations towards industry-readiness and global excellence.

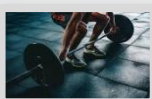


## Program overview

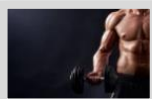
Fitness Trainer is also known as Gym Trainer, Trainer or Gym Coach or Fitness coach. Individuals in this role are involved in the physical training of others through various fitness activities. The responsibilities of a Fitness Trainer include helping trainees of all ages, shape and sizes to get healthier and achieving desired fitness levels through focused exercises and activities.

Students receive a certificate after they complete their course. Our Fitness Trainer Certification will give you foundation knowledge and skills to design effective and stimulating classes in wide range of fitness setting. With our fitness trainer program, you will learn to choose music and benefits of aerobic training. You will also learn about choreography and cueing skills.

## Salient Features



The fitness industry continually evolves as new products and fitness trends take shape. With this evolution comes natural employment growth.



According to industry studies of the Indian retail fitness services market, there are six million Active users in India who are spending on an average \$350 to \$400 annually towards fitness Services, amounting to \$2.6 Billion market size.



The broadening awareness about the importance of health during the COVID era has surfaced with A reflection of our unhealthy habits and initiated much-required dialogues around fitness and Mental and physical health.



The Fitness trainer should be Focused on Quality Fitness. With Our Certificate Course you will Become Certified Fitness trainer.



# Course Objective

The 3 Months Fitness training course is for the Learners who want to work in the fitness sector With the aim to learn, develop and practice required by the market. In this course, the emphasis is put On the trainee to acquire the ability to perform as a confident and competent Trainer.

## The objectives of this course are to:

This programme is aimed at training candidates for the job of a “Fitness Trainer”, in the “Sports, Physical Education, Fitness and Leisure”.

1. Understand the knowledge of human anatomy, biomechanics and physiology to maximize results while working in a group setting.
2. Design the components of a total fitness exercise program.
3. Design a well rounded group exercise class
4. Describe different learning styles in a group setting
5. Learn safe and effective methods for avoiding injury
6. Demonstrate various warm up movements, aerobic training, strength training and flexibility exercises.
7. Describe aerobic exercises using small equipments in a group fitness classes
8. Explain training and FITT Principles of aerobic exercises for group fitness classes
9. Explain various fitness tests to screen clients for physical activity readiness
10. Understand cues for various exercises and teaching in a group fitness setting
11. Understand choreography to rhythm and beat
12. Demonstrate Nutrition and weight management in a group fitness classes
13. Design exercises program for special population in a group setting.
14. Demonstrate various exercise techniques such as Cardio Dance, Step training, Water Fitness, circuit, interval, cardio kickboxing etc.

## Learning Outcome :

### After completing this programme, participants will be able to:

- Describe the roles and responsibilities of all individuals/teams involved in physical exercise and fitness
- Describe the code of conduct as a fitness trainer, rules and guidelines for guests and maintenance and upkeep of equipment and gym
- Describe the basic anatomy and physiology and the impact of exercise on the human body
- Describe and perform different types of exercises
- Demonstrate the correct way to use the equipment in a fitness centre
- Create a customized training plan for a trainee
- Explain the training plan and various exercises to a trainee and the right techniques to perform each exercise
- Assess the fitness and health of trainees as per their goals and training progress and modify training plan accordingly
- Assess physical injuries and provide emergency relief
- Identify various types of emergencies/ accidents/security breaches and ensure availability and proper administration of safety/emergency/medical equipment.

# Details of Programme: Certificate Course in Fitness Trainer

## 1. Title of the Course

The Course shall be called as "Certificate Course in Fitness Trainer ", a Regular course of 3 months (120 hrs.) Duration.

## 2. Duration of the Course

This is a Regular course of 120 hrs. Extended over a period of 3 months duration.

## 3. What You Will Get:

You Will Get a Mark sheet and a Certificate That Will be Universally Acceptable.

## 4. Aims and Objectives of the Course

The broad objective of the programme is to create professional Fitness Trainer. A Fitness Trainer is a professionally trained individual who specializes in beauty services of both the face and body.

## 5. SCOPE:

Gym Trainer, Fitness Trainer, PT Teacher in School or college, Physical therapist, Fitness specialist, Athletic trainer, Open Injury rehabilitation, Create training programs, Fitness Vlogger

## 6. Syllabus

The syllabus is design to fulfill aforesaid objectives containing theory subjects as well as practical in Fitness Trainer.

Introduction to Fitness Industry	Theory : 50 Marks, Practical/Assignment : 50 Marks
Anatomy, Physiology and Sports Medicine	Theory : 50 Marks, Practical/Assignment : 50 Marks
Biomechanics & Kinesiology	Theory : 50 Marks, Practical/Assignment : 50 Marks
Fitness & Exercise	Theory : 50 Marks, Practical/Assignment : 50 Marks
Training & Training Methods	Theory : 50 Marks, Practical/Assignment : 50 Marks

## 7. Eligibility Conditions

A candidate who has passed at least 10th examination from a recognized Board or its equivalent shall be eligible to take admission to the course.

## 8. Course Fee: INR 7,500+GST/-



# Content of Syllabus :

## **Unit 1 :- Introduction to Fitness Industry**

Fitness industry, Role of a fitness trainer, Industrial and business policies, Business, Professional and ethical code of conduct, Rules and guidelines for guest for using exercise facility/gym, Guidelines for managing guests, Maintenance of equipment and gym.

## **Unit 2 :- Anatomy, Physiology and Sports Medicine**

The musculo-Skeletal system, Nervous System, Respiratory System, Cardiovascular system, Injuries and their management , Definition and Importance of First Aid , RICE therapy , Prevention and Care of Injured Athlete. Nutrition : Food content, Basic principles, Balance diet, Calories & diet, Exercise & diet, Supplements.

## **Unit 3 :- Biomechanics & Kinesiology**

Definition, Application of Bio-mechanics, Analysis of Fundamental Movements and skills. Kinesiology , Types of movement, Plane & axial movement, Muscular analysis, Posture and Movement analysis (Locomotors, non-locomotors and manipulative)

## **Unit 4 :- Fitness & Exercise**

Effect of exercise on different systems, Training plan and various exercises and the right techniques to perform each exercise. Introduction to exercise equipments.

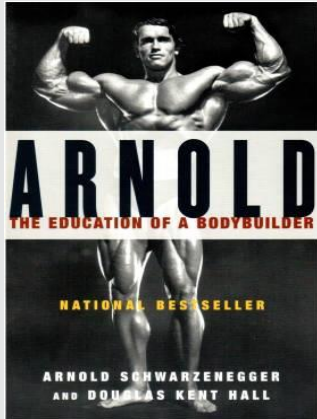
## **Unit 5 :- Training and training methods**

Accepted Best practice principles of exercise, Physical examination of a candidate, Know about training goals of the candidate, Determination of any tests, frequency of tests and controls to be used to monitor the tests, Nutrition and dietary requirements based on person's habits, lifestyle, etc. Preparing a training plan for trainee, with respect to their goals and current condition, Training combinations for athletes, regular and occasional users.

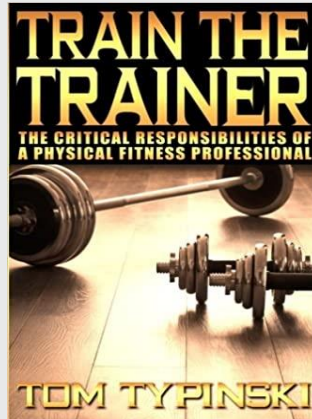




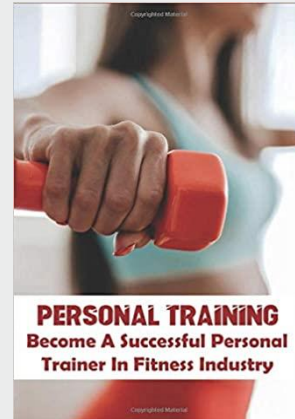
## Books For Reference



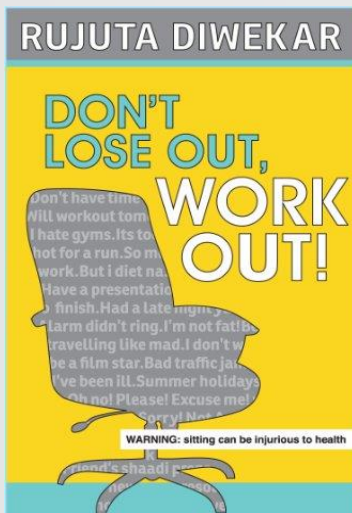
Arnold The Education of a Bodybuilder  
Arnold Schwarzenegger & Douglas



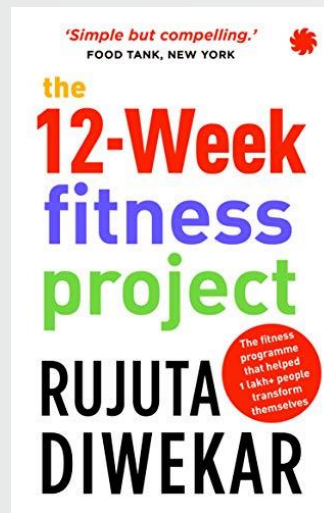
Tom Typinski  
Train the Trainer



Napoleon Regn  
Personal training



Rujuta diwekar  
Don't Lose Out , work Out



RUJUTA DIWEKAR  
the 12 week Fitness project