

CERTIFICATE COURSES FOR PERSONAL FITNESS TRAINERS – GUWAHATI: April to July 2025

Subject	Date (Time)	Faculty	OF / ON	Level (who should attend)	Class Type
Basic Anatomy	April 25 to May 31	To be decided	Offline	2, 3	Lecture
Basic Physiology				2, 3	Lecture
Basic Kinesiology				2, 3	Lecture
Theory & Practice of Fitness 1				2, 3	Lecture
Theory & Practice of Fitness 2				2, 3	Lecture
Basics of Fitness Assessment				2, 3	Lecture
Weight Training 1				2, 3	Gym
Weight Training 2				2, 3	Gym
Body Resistance Training 1				2, 3	Gym
Body Resistance Training 2				2, 3	Gym
Basics of Yoga				2, 3	Gym
Basics of Yoga				2, 3	Gym
First Aid & CPR with AED				2, 3	Gym
Home Study	01/05 to 25/5				Home
Theory Exam and Practical Test	31//05	To be decided	OFF	2, 3	Gym
Level 2 Students, if any, will exit. Level 3 Students will continue course in Level 3 course					
Biomechanics & Anatomy	June 1 to July 15	To be decided	Offline	3	Lecture
Biomechanics & Anatomy				3	Lecture
Exercise Physiology				3	Lecture
Exercise Physiology				3	Lecture
Exercise Kinesiology				3	Lecture
Exercise Kinesiology				3	Lecture
Theory & Practice of Strength					Lecture
Theory & Practice of Strength					Lecture
Functional Strength Training				3	Gym
Advanced Weight Training 1					Gym
Advanced Weight Training 2					Gym
Plyometrics For Agility & Power				3	Gym
Functional Range of Motion				3	Gym

Fitness for Special Populations				3	Lecture
Home Study	07/06 to 10/07				Home
Theory Examination	15/07	To be decided	Offline	3	Gym
Level 3 Students will exit. Level 4 Students, if any, will continue PROVIDED we have at least 5 Level 4 students					
Diet & Nutrition	Dates to be decided	To be decided	Offline	4	Lecture
Diet & Nutrition				4	Lecture
Diet & Nutrition				4	Lecture
Diet & Nutrition				4	Lecture
Diet & Nutrition				4	Lecture
Exercise & Fitness Psychology				4	Gym
Home Study	Dates to be announced later				Home
Muscle Mechanics	To be decided	To be decided	Offline	4	Gym
Fitness Assessment & Testing				4	Gym
Fitness Assessment & Testing				4	Gym
Exercise Periodization				4	Lecture
Business Development				4	Gym
Practical Teaching Assessment				4	Gym

GAYO FITNESS ACADEMY - GUNAHATI COPET