

## CERTIFICATE COURSES FOR PERSONAL FITNESS TRAINERS – MUMBAI: May to August 2025

| Subject   | Date (Time)                    | Faculty          | OF / ON | Level (who should attend) | Class Type |
|---|--------------------------------|------------------|---------|---------------------------|------------|
| Basic Anatomy   | 11/05/2025<br>to<br>15/06/2025 | To be<br>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  | 15/05/2025 to 10/06/205        |                  |         |                           | Home       |
| Theory Exam and Practical Test  | 15//06/2025                    | To be decided    | OFF     | 2, 3                      | Gym        |
| <b>Level 2 Students, if any, will exit. Level 3 Students will continue course in Level 3 course</b> |                                |                  |         |                           |            |
| Biomechanics & Anatomy  | 16/06/2025<br>to<br>31/07/2025 | To be<br>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  | 16/06/2025 to 21/07/2025       |                  |         |   | Home    |
| Theory Examination  | 31/07                          | To be decided    | Offline | 3 | Gym     |
| <b>Level 3 Students will exit. Level 4 Students, if any, will continue PROVIDED we have at least 5 Level 4 students</b> |                                |                  |         |   |         |
| Diet & Nutrition  | 01/08/2025<br>to<br>21/08/2025 | To be<br>decided | Offline | 4 | Lecture |
| Diet & Nutrition  |                                |                  |         | 4 | Lecture |
| Diet & Nutrition  |                                |                  |         | 4 | Lecture |
| Diet & Nutrition  |                                |                  |         | 4 | Lecture |
| Diet & Nutrition  |                                |                  |         | 4 | Lecture |
| Exercise & Fitness Psychology   |                                |                  |         | 4 | Lecture |
| Home Study  | 01/08/2025 to 16/08/2025       |                  |         |   | Home    |
| Muscle Mechanics  | 01/08/2025<br>to<br>21/08/2025 | To be<br>decided | Offline | 4 | Gym     |
| Fitness Assessment & Testing  |                                |                  |         | 4 | Gym     |
| Fitness Assessment & Testing  |                                |                  |         | 4 | Gym     |
| Exercise Periodization  |                                |                  |         | 4 | Lecture |
| Business Development  |                                |                  |         | 4 | Lecture |
| Practical Teaching Assessment   |                                |                  |         | 4 | Gym     |