



CERTIFICATE COURSE IN STRENGTH & SPORTS CONDITIONING



GAYO FITNESS ACADEMY

A BLENDED COURSE with UNIQUE FEATURES!

- ✓ Main certification by **BPCA's College of Phy Ed** [NAAC Grade "A" & permanently affiliated to Mumbai Univ.] by **MUMBAI UNIVERSITY** [NAAC – UGC Grade "A - 5 Star" ranking] and **GĀYO FITNESS ACADEMY**
- ✓ Jointly conducted with **BPCA's College of Phy Ed** as an extension of the University of Mumbai approved program – Certificate Course for Personal Fitness Trainers
- ✓ Specially designed for India by world authority in S&C – Prof Ian Jeffreys
- ✓ Prof Jeffreys will show Strength is not all that matters in S&C. He will provide detailed sports specific approaches in –
 - development of force capacities, speed & agility capacities, endurance capacities
 - seeing the "big picture", zeroing in on the target, transitioning from training to performance
 - analysis of performance and determination of needs
- ✓ CCSSC is a comprehensive course that combines a practical, blended approach to S&C – the 10 months-long course comprises online learning, guided home study and project work and in-person teaching.



- ✓ **CCSSC has two phases –**

PREPARATORY / Foundation PHASE

COURSE – I: ANATOMY AND PHYSIOLOGY OF HUMAN BODY

COURSE – II: EXERCISE & SPORTS KINESIOLOGY & BIOMECHANICS

COURSE – III: SPORTS & PERFORMANCE NUTRITION

COURSE – IV: SPORTS & PERFORMANCE PSYCHOLOGY

COURSE V: SPECIAL ISSUES RELATING TO STRENGTH & CONDITIONING

COURSE VI: FACILITY MANAGEMENT

COURSE VII: SAFETY AND INJURY PREVENTION and MANAGEMENT

MAIN COURSE

COURSE VIII: PRACTICAL TRAINING IN S&C MODALITIES

COURSE – IX: STRENGTH & CONDITIONING

COURSE X: PLANNING AND PERIODIZING EFFECTIVE PROGRAMS

FOR COMPLETE SYLLABUS –

<https://www.gayofitnessacademy.com/courses/certificate-course-in-strength-sports-conditioning-ccssc/>

- ✓ **CCSSC Students get**

Knowledge Delivery

Prof. Ian Jeffreys' teaching will be supported by GĀYO's senior faculty like Angshuman Dutta, Amruta Deshmukh, Ratnadeep Tagde, Vinita Menon, VM Basheer and galaxy of top coaches.

NOTE: Currently CCSSC is BEING OFFERED AS BLENDED COURSE – that is, it comprises:

- a. Online:
 - i. "Live" WEBINARS (face-to-face) supported with PPTs
 - ii. Live WEBINARS based on Prof Ian Jeffreys' power-point presentations specifically designed and recorded for CCSSC students
- b. GUIDED home study / practice on basis of 1,400 exercise videos
- c. Home ASSIGNMENTS including three case studies leading to viva voce and assessment
- d. IN-PERSON (offline)

Learning Resources

- a. “Effective Coaching in Strength and Conditioning: Pathways to Superior Performance” by Prof Ian Jeffreys – original book
- b. 6 eBOOKS
- c. About 1,100 exercise videos
- d. Teaching: Bi-lingual according to State / Venue. Prof Jeffreys will teach in English.
- e. Free professional guidance after enrolment and certification

✓ **Duration in number of hours of BLENDED learning**

TOTAL: approximately 325 to 350 hours. Total – about 10 months

PREPARATORY – Courses I to VII

- Duration: 5 Months (maximum)
- Working Hours: 5 hours in a day
- Theory: 150 Hours
- Practical: 100 Hours
- Total Hours: 250 including classroom (100 hours), home & online study and practice (150 hours)

MAIN COURSE – Courses VIII to X

- Duration: 5 Months (maximum)
- Working Hours: 6 hours in a day
- Theory: 100 Hours
- Practical: 200 Hours
- Total Hours: 300 including classroom (100 hours), home & online study and practice (200 hours)

✓ **Certifications and Fees*:**

***FEE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. ADD GST AS APPLICABLE. CHECK FEE PRIOR TO ENROLMENT.**

GFA-BPCACPE certificate + 6 Workshop Certificates	₹ 64,900	Incl 18% GST
Optional:		
NSQF LEVEL 4 CERT (RPL SKILLS INDIA - SPEFL-SC)	₹ 4,500	OPTIONAL but ADVISABLE for Domestic Indian market. Students registered in Govt of India’s National Skills Register.

*ADD OTHER FEES AND 18% GST AS APPLICABLE. *CALL US FOR FEE DETAILS AND PAYMENT FACILITY.*

✓ **Student Eligibility**

- Must have passed 10 + 2 years of School Education
- Must hold National / International Certification in –
 - Fitness Education certification equivalent to Gāyo / ISSA / NASC / NASM, etc and have minimum three years of training experience
 - Sports Coaching certificate in IOC recognized Sports or Indian Sports from SAI and / or national / world federations of relevant sport
- Must be physically fit
- Must have passion for fitness / sport
- Physically Challenged persons can apply if they have exposure to fitness / sport
- BEFORE EXAMINATION, must attend and be certified in First Aid & CPR with AED

Call us on for information and enrolment process!

MUMBAI: GĀYO FITNESS ACADEMY NATIONAL Admin Office: +91 81048 39793
info@gayofitnessacademy.com

<https://www.gayofitnessacademy.com/contact-us/>