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**The University of Mumbai CERTIFICATE COURSE FOR PERSONAL FITNESS TRAINERS – CCPFT**

**COURSE with *3 OPTIONS!***

* Main certification by **Mumbai University** [NAAC – UGC Grade “A - 5 Star” ranking] – only personal trainer course from top Indian University!
* Jointly conducted with **BPCA's College of Phy Ed** [NAAC Grade "A" & permanently affiliated to Mumbai Univ.]
* Teaches 16 types of Fitness and 8 general training technologies
* Free post-enrolment and post-certification guidance
* 17 text books and 1,400 exercise videos!
* Nationally respected and internationally trained Faculty from Mumbai, Kolkata
* Teaching in English and Hindi or Assamese, Bengali, Gujarati, Kannada, Malayalam, Marathi, Oriya, Punjabi, Tamil or Telugu
* Accredited **Level 4 EREPS** Personal Trainer course, Brussels
* QUALIFIED FOR UAE REPS Full Status Category A (Level 3) personal trainer licence.
* **Accepted in over 45 countries including UAE**

**CCPFT LEARNING RESOURCES Students get**

* 17 eBOOKs - *Hardcopies of all books will be provided to students.*
* eNotes and practice materials (questionnaires, diet recall sheets, etc.,) via email
* Video clips of nearly 1,400 exercises - *Exercise videos may be downloaded via Google drive*
* Online lectures MP4 video files. Via YouTube. Summary of webinars in local languages *may be possible*
* Study support through Webinars, WhatsApp, YouTube
* **Free professional guidance after enrolment and certification**

***\*Fitness Trainer Level 2 will receive Learning Resources as applicable***

**COURSE DURATION – approximately 570 hours**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Face to Face – online + in-person** | | **Guided Home Study** | | **TOTAL hours\*** |
| **Theory** | **Practical** | **Study** | **Assignments** |  |
| 125 | 125 | 270 | 50 | **570** |

\*Includes guided home-study, self-study & practice case study and assignments. Learner is taught, supervised or instructed by an assessor, tutor or another person who facilitates learning and development Guided learning takes place whether face-to-face or online. **Module 2 in-person will be scheduled after Module 1 subject to COVID-19 situation.** *Actual number of hours may vary due to uncertain COVID-19 related situation, related government / university regulations, number of students, etc. Fitness Trainer Level 2 course duration will vary proportionately.*

**CERTIFICATION AND FEE**

CERTIFICATE FEE Remarks

**CCPFT**

**Mumbai U certificate + 10 Workshop Certificates: ₹ 52,500\* Basic, minimum fee payable.**

NSQF LEVEL 4 CERT (SKILLS INDIA - SPEFL-SC) ₹ 4,500\* ***Highly recommended***. **Student name is registered**

**in Govt of India’s National Skills Register.** **Mandatory for EREPs Level 4**. NSQF Certificate issued on basis of MCQs test via smart phone.

**ADDITIONAL Option *– if you plan to go abroad in 2022 / 2023!***

EREPS Level 4 ₹ 5,000 Recognized in 40 countries incl Europe, UAE, etc.

\*includes 18% GST

**STUDENT ELIGIBILITY**

* + MINIMUM ELIGIBILITY for CCPFT is 10 + 2 years of Schools Education.
  + Students who have passed 10th but not 12th can do Fitness Trainer Level 2 course @ ₹29,500.
  + Students may opt for attending only Practical Training short courses (Module 2) @ ₹35,000
  + Must be physically and medically fit in body & mind
  + Must have liking for physical movement / fitness / sport
  + Physically Challenged can apply if they have liking for physical movement / fitness / sport

**TERMS AND CONDITIONS**

1. For Total CCPFT FEE payable see above. GST @ 18% applied.
2. Student may opt for PART course – e.g., Fitness Trainer Level 2 (Module 1) or Module 2 or one or few of sub-modules like Nutrition, AST1, FST, PLY, etc. Fees will vary and differ. Please ask for fees.
3. The course fee must be paid in full in the stipulated time. Failure to do so will lead to termination of enrolment and grant of certificate/s according to examinations passed and amount of fee paid. Student may complete Module 1 in one batch and Module 2 in a subsequent batch NOT LATER than one year from date of completion of the earlier batch / course. Fee payable for Module 2 will be that as applicable on the date of enrolment to Module 2.
4. Failure to complete the
5. The CCPFT Certificate is issued by University of Mumbai to only those students who –
   1. attend the full course with minimum of 50% attendance in each of the Guided Learning sections, and
   2. pass the Course Exams with at least 50%.
6. We strongly recommend that student enrols to Skills India National Skills Qualification Level 4 (NSQF L4) also known as Registration of Prior Learning (RPL) so that his / her name is entered in the Government of India’s National Skills Register. It is mandatory for EREPS.
7. CCFT Examination and Passing Grades awarded will be as follows. *Examination system will be modified according to lockdown, social distancing, travel requirements. For example, ONLINE PROCTORED exams may replace in-person, classroom exams.*

**Term 1**

**Practical Home Study Assignment #1. MAXIMUM MARKS 100**

- Student is required to make field visits and submit written observations

- Practice exercises from among the exercise formats presented. Video recordings will be submitted for assessment.

**Theory Exam 100 Multiple Choice Questions. MAXIMUM MARKS 100**

The subjects covered are: Anatomy, Physiology, Kinesiology, Principles of Diet & Nutrition Management.

**Term 2**

**Practical Home Study Assignment #2 MAXIMUM MARKS 100)**

**Terms 1 & 2**

**Real-time (In-Classroom / webinars) Assessment. MAXIMUM MARKS 100**

Student will be assessed for in-classroom interaction, proactive participation in class, punctuality, social skills, etc, on basis of OSCE principles.

**End of Term Course**

**Theory Exam: 100 Multiple Choice Questions. MAXIMUM MARKS 200**

The subjects covered will be –

- practical training workshops including the theory or "physiologies" underpinning them.

- Fitness Assessment & Exercise Periodization

**Case Study presentation: MAXIMUM MARKS 200**

Student has to select only one out of three case studies and submit it at time of the viva voce exam.

**Practical Training Exam - Peer Teaching Lesson. MAXIMUM MARKS 100**

Each student will be assessed on basis of TWO exercise from the case study according to NASTY method of assessment

**Viva Voce. MAXIMUM MARKS 100.**

Oral questions will be asked about the exercise taught, related kinesiology and exercise prescription as mentioned in the Case Study submitted.

**TOTAL Marks – 1,000 Passing Marks: at least 500 out of 1,000.**

**Assessment Process**

The examination system is in line with the process laid down by BPCACPE – University of Mumbai.

**Theory Examinations**

A) Multiple Choice Questions.

a. The questions will cover the entire syllabus to the extent possible.

b. Each correct answer shall be awarded 2 marks. Where a question entails two answers, each of the two will be awarded one mark each.

B) Case Study

The focus will be on how the student applies Exercise Sciences in a “real” situation. He / she will be marked for –

a. Introduction and outline of business and legal aspects of client training

b. Identification of Client’s Fitness Goals

c. Exercise periodization / program development, an eye on safety issues

d. Macrocycle, mesocycles and microcycles of training

e. Nutrition advice

**Practical Training Assessment**

See above: “Practical Training Exam - Peer Teaching Lesson”

**The Course Examination Results**

These will be placed before the Academic committee. A copy of the documents is also submitted to BPCACPE – University of Mumbai.

**Assessment Grades printed on CCPFT certificates – University of Mumbai.** As percentage (%) of total marks obtained out of maximum 1,000 marks.

Below 49.99% - Grade D (FAIL) ● 50 - 54.99 - Grade C ● 55 - 59.99 - Grade B ● 60 - 69.99 - Grade A ● 70 - 100 - Grade O (Outstanding)

Students with Grades C, B, A and O will be declared FIT To WORK AS PERSONAL TRAINER.

Students with Grade D will have to reappear for exams in which they have earned less than 50%. The first re-exam fee will be @ ₹500 per exam. Second re-exam fee will be @ ₹1,000 per exam.

1. Fitness Trainer Level 2 exam will be based on CCPFT exams as per syllabus.
2. Student may appeal against the Grade awarded as per prescribed procedure and payment of appeal fee ₹5,000. Conditions apply.
3. Students who have failed the examination/s, will pay RE-EXAM FEE of ₹ 2,500.
4. Persons attending only Module 2 Workshop/s will be awarded certificates from Gāyo. Tests will be conducted at end of each workshop.
5. Faculty / dates and timings of lectures / webinars and workshops may change due to reasons beyond our control.
6. CCPFT CERTIFICATE IS NOT RENEWABLE. During each three years period, student must attend 30 hours (CEUs) of additional training.
7. Please visit [www.gayofitnessacademy.com](http://www.gayofitnessacademy.com) for CEUs workshops and applicable fees.
8. EREPS LEVEL 4 RENEWABLE EVERY YEAR. No CEUs required. Renewal fees are as applicable + Skills India fee (NA) + bank charges.
9. IN UAE: Submit your CCPFT qualification certificate and EREPS accreditation certificate for full status CATEGORY A (Level 3) UAE REPS licence. Current fee is AED 420 for first time registration. Please confirm with UAE REPS, fee and rules relating to registration and renewal.
10. CCPFT – EREPS certificates can be submitted for conversion to other countries’ personal trainer licences – e.g., CIMSPA (UK), CANFITPRO (Canada), Qatar REPS, Fitness Australia, etc. Local rules will apply.
11. Skills India NSQF / RPL certification is awarded subject to additional examination.
12. Please see Terms & Conditions of Enrolment.
13. Please visit [www.gayofitnessacademy.com](http://www.gayofitnessacademy.com) for full CCPFT syllabus.
14. Rules and fees relating to CIMSPA / Focus Awar/ IQL / UAE REPS / EREPS / Skills India, etc may change without notice. Gāyo does not guarantee status of rules and fees in the future.
15. **We will revert from full classroom teaching to blended and / or online training as per lockdown, social distancing and travel restrictions.**

**Call us on for information and enrolment process!**

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