A picture containing sport

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**CERTIFICATE COURSE FOR FITNESS CENTER MANAGEMENT** – CCFCM

***Bringing Fitness and Business Together!***

***India’s only University course for fitness club & gym managers!***

* Main certification by Mumbai U [Grade A - 5 Star NAAC ranking]
* Jointly conducted with BPCA's College of Phy Ed [NAAC grade "A" accredited (Mumbai U)]
* CCFCM teaches –
  + General Business Organization
  + Fitness Club Organization
  + Types of Clients Fitness Consumers

**Skills India – SPEFL RPL / NSQF Level 4 exam & certificate** is optional but **HIGHLY RECOMMENDED**.

Fee ₹4,000 extra

[Cite your source here.]

* + Client Psychology & Communication Skills
  + Types of Memberships
  + Marketing Principles
    - General
    - Fitness Club
    - Marketing & Branding
    - Marketing Media
    - Sales Conversion process
  + Operations –
    - Front Office
    - Back Office
      * Facility Maintenance
      * HR & recruitment
      * Basics of Book-keeping & Accounting
      * Taxation, Insurance
      * Legal Issues
      * Safety
      * Risk Management
  + Fitness Operations
    - Fitness Assessment & Exercise Prescription
    - Introduction to 16 X 8 Matrix
    - Introduction to Weight Training and other forms of exercise
    - Development of On-site and Off-site Revenues
  + Practical Training Courses
    - Fitness Assessment & Testing and Exercise Periodization
    - Exercise & Fitness Psychology
    - First Aid & CPR with AED

**Students get**

* + Text books
  + Exercise and Testing video clips
  + Free professional guidance after enrolment
* **BLENDED Knowledge Delivery**
  + Online webinars with PPTs and videos to offer face-to-face classroom experience
  + “IN-PERSON” Practical Training workshops subject to COVID19 situation
  + Home Assignments
  + Teaching in English and Hindi / where possible, in local state language
* **Fee**:
  + ₹27,500 incl GST
  + There are no discounts
  + Course credits will be awarded for the practical training workshops –
    - Fitness Assessment & Testing and Exercise Periodization
    - Exercise & Fitness Psychology
    - First Aid & CPR with AED
* **Certifications:**
  + **University of Mumbai Certificate in Fitness Management**
  + Fitness Assessment & Testing and Exercise Periodization
  + Exercise & Fitness Psychology
  + First Aid & CPR with AED
* **Examinations – 600 Marks – Minimum passing 50%** 
  + Home study assignments
  + Theory examination
  + Case study presentation
* **Student Eligibility**
* Must have passed 10 + 2 years of high school education
* Must be physically and medically fit
* Must have passion for fitness / sport
* Physically Challenged persons can apply if they have exposure to fitness / sport
* Must have at least 3 years’ experience in personal and fitness training / sports
* BEFORE EXAMINATION, must attend and be certified in First Aid & CPR with AED
* **Summary of TERMS AND CONDITIONS**

1. For COURSE FEE payable see above. Student will pay GST as applicable
2. The CCFCM 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%.
3. 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.
4. CCFCM 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.*

**Practical Home Study Assignment MAXIMUM MARKS 200**

**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 & Viva Voce: MAXIMUM MARKS 100**

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

**TOTAL Marks – 600 Passing Marks: at least 300 out of 6,000.**

**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

**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 CCFCM 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. Student may appeal against the Grade awarded as per prescribed procedure and payment of appeal fee ₹5,000. Conditions apply.
2. Faculty / dates and timings of lectures / webinars and workshops may change due to reasons beyond our control.
3. CCFCM CERTIFICATE IS NOT RENEWABLE. During each three years period, student must attend 30 hours (CEUs) of additional training.
4. Please visit [www.gayofitnessacademy.com](http://www.gayofitnessacademy.com) for CEUs workshops and applicable fees.
5. Skills India NSQF / RPL certification is awarded subject to additional examination.
6. Please see Terms & Conditions of Enrolment.
7. Please visit [www.gayofitnessacademy.com](http://www.gayofitnessacademy.com) for full CCFCM syllabus.
8. **We will revert to full classroom teaching as soon as lockdown, social distancing and travel restrictions permit. No additional fees will be payable for classroom delivery**
9. **Terms & Conditions / Rules & Regulations and Fees are subject to change without prior notice and will be applicable to student as on current date – not as on date of earlier enrolment, if any.**

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

**MUMBAI:** GĀYO FITNESS ACADEMY NATIONAL Admin Office: +91 81048 39793

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