



**LEADERS FITNESS
ACADEMY**

Leads to Fitness Leader

INDIA - UAE

DIPLOMA IN PERSONAL TRAINING

UK BASED PD APPROVAL COURSE CONTENT

PD:Approval
Accredited



Transforming the skill landscape



कौशल भारत - कुशल भारत



Sports & Fitness Sector Skill Council
Creating Livelihoods Through Sports and Fitness

CHAPTER 1

Principles of Anatomy & Physiology

CHAPTER 2

Customer Journey

CHAPTER 3

Carrying out Client Fitness Assessments

CHAPTER 4

Promote Healthy Eating and Nutrition to Clients

CHAPTER 5

Promote Health & Safety in a Fitness Environment

CHAPTER 6

Provide Customer Service in Health and Fitness

CHAPTER 7

Professional Practice

CHAPTER 8

The Components of Fitness

CHAPTER 9

Exercise Programme Design and Delivery

CHAPTER 10

Plan Exercise in the Gym

CHAPTER 11

Adaptations & Modifications for Special Populations

CHAPTER 12

Manage, Review, Adapt and Evaluate Personal Training Programmes

CHAPTER 13

Instructing Skills

CHAPTER 14

The Exercises and Equipment

CHAPTER 15

Business Acumen

CHAPTER 16

Scope of Practice and Glossary of Terms

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