



# LEADERS FITNESS ACADEMY

**Leads to Fitness Leader**

**INDIA - UAE - QATAR - BAHRAIN**



## The Leaders Fitness Academy Is

Accredited by



Recognised by



Affiliated with



+91 95673 77773



1st Floor Emad Tower, Fort Road, Kannur, Kerala

# Get to know us



**DR. HARSHAD A.K**

Chairman & Managing Director  
Leaders Fitness Academy

Leaders Fitness Academy, founded by Dr. Harshad A.K, is a part of Leaders Group including Leaders Fitness Club & Academy operating successfully in Dubai recognized by PD Approval, Reps UAE and ICREPs Following his dream to provide fitness education and to create awareness among the trainers on the importance of quality education, the idea of a fitness academy in his hometown, Kannur, was made into a reality. Leaders Fitness Academy is one of the Leading Academy to provide Diploma in Personal Training Certification recognised by REPS India, accredited by PD Approval and affiliated with SPEFL-SC .Leaders Fitness Academy in Kannur offers an exclusive opportunity for all who is passionate to have a career in Health and Fitness, achieve their goals and become an INTERNATIONAL Personal Trainer. Leaders Fitness Academy takes pride in having the state of the art gym equipped with training facility for both practical and theory classes for our students. Our courses are designed not only to provide students with up-to-date theoretical knowledge in the health and fitness industry, but also to give them a chance to practically apply all the tools and information that they have gathered from the theory sessions.



# Diploma in Personal Training

This is a foundation program that allows the students to have an in-depth understanding of the science behind the various concepts and components of health and fitness. The course is comprised of well researched and up-to-date information that hold the key in unlocking a student's potential of utilizing all the given tools in the most effective way for their clients to succeed in both physical and behavioural aspects. This Diploma is Internationally recognized by REPS INDIA (Member of International Confederation of Registers for Exercise Professionals: ICREPS) under Category Personal Trainer and is aligned to India's NSQF Level - 4 (Fitness Trainer) which awards the Certification from the Sports, Physical Education, Fitness and Leisure Skill Council (SPEFL-SC) Our outgoing students are eligible to work as world-class Personal Trainers Internationally; moreover, they can have the benefit of portability to any other country that falls under ICREPS, such as, UAE, Ireland, Australia, South Africa, New Zealand and Poland.



PD:Approval  
Accredited

## UK BASED PD APPROVAL COURSE CONTENT

- Principles of anatomy & physiology
- Customer journey
- Carrying out client fitness assessments
- Promoting healthy eating and nutrition to clients
- Promoting health and safety in a fitness environment
- Providing customer service in health and fitness
- Professional practice
- The components of fitness
- Exercise programme design and delivery
- Planning exercise in the gym
- Adaptations & modifications for special populations
- Manage, review, adapt & evaluate personal training programmes
- Instructing skills
- The exercises and equipment
- Business acumen
- Scope of practice and glossary of terms



**LEADERS FITNESS  
ACADEMY**



**DIPLOMA IN PERSONAL TRAINING  
LONG TERM COURSE 12 Weeks  
12 DAYS PRACTICALS**

**BUILD YOUR  
CAREER IN THE  
FITNESS  
INDUSTRY**

**COURSE ADD-ON BENEFITS :**



**Full Fledged  
Practical Area**



**Trauma Response  
Certificate**  
from Australian Lifesaving  
Academy



**Diet and Nutrition  
Classes**



**Group Class  
Training Sessions**



**Personality  
Development Classes**



**+91 9567377773,  
+91 79091 11993**



**HEAD OFFICE :**

**1st Floor Emad Tower, Fort Road,  
Kannur, Kerala**

**+91 95673 77773**

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