

LEADERS FITNESS ACADEMY



LEADERS FITNESS
ACADEMY

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



Accredited by

PD:Approval
Accredited

Recognised by



Affiliated with



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leadersfitnessacademy

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Leaders Fitness Academy, founded by **Dr. Harshad A.K.**, is a part of Leaders Group including Leaders Fitness Club & Academy operating successfully in five countries. We, at Leaders Fitness Academy, are committed to providing you with the knowledge, skills, and practical training necessary to excel in the dynamic world of fitness. Our academy is designed to cater to the needs of fitness enthusiasts, aspiring trainers, and professionals seeking to enhance their knowledge and expertise. We offer a range of courses, including the diploma program in personal training certification recognized by REPs UAE and accredited by PD:Approval. Our courses are designed to provide students with the latest theoretical knowledge in the health and fitness industry. We understand that practical experience is essential in this field, which is why we offer advanced facilities for both theory and practical training. Our gym is equipped with modern equipment and technology, providing our students with an optimal environment to apply their skills and knowledge. Whether you are an aspiring trainer or a fitness enthusiast, our courses will equip you with the skills and knowledge you need to succeed.

DR. HARSHAD A.K

(Chairman & Managing Director
Brilliantz and Leaders Group)



PD:APPROVAL COURSE CONTENT

- Promote healthy eating and physical activity
- Apply the principles of nutrition and weight management to programme design
- Conduct health screening and assess client exercise preferences, barriers and goals
- Carry out client fitness assessments.
- Apply the principles of exercise science to programme design.
- Plan exercise training programmes. Instruct, supervise and deliver training programmes.
- Provide motivation and support as part of exercise instruction.
- Promote health and safety in a fitness environment.
- Provide customer service in health and fitness.
- Develop professional practice and personal career in the health and fitness industry.
- Manage, review, adapt and evaluate personal training programmes.





LEADERS FITNESS
ACADEMY

CERTIFIED PERSONAL TRAINER (CPT)

THEORY SYLLABUS
(49 Sessions | Total 53 hours)

Introduction Sessions

- Develop Professional Practice and Personal Career in the Health and Fitness Industry
- Provide Customer Service in Health and Fitness

Science-Based Learning

- **Apply Principles of Anatomy and Physiology in a Fitness Context**
Covering muscular, skeletal, cardiovascular, and nervous systems in exercise.
- **Apply the Principles of Exercise Science to Programme Design**
Understanding biomechanics, energy systems, and the science of training.
- **Promote Healthy Eating and Physical Activity**
Fundamental principles of balanced nutrition and active lifestyle guidance.
- **Apply the Principles of Nutrition and Weight Management to Programme Design**
Designing effective diet and exercise plans based on client needs.



Fitness Training Modules

- **Provide Motivation and Support as Part of Exercise Instruction**
Coaching techniques, behavior change strategies, and client motivation.
- **Promote Health and Safety in a Fitness Environment**
Risk management, emergency procedures, and injury prevention.
- **Manage, Review, Adapt, and Evaluate Personal Training Programmes**
Progress tracking, feedback mechanisms, and program adjustments.





PRACTICAL CLASS SYLLABUS

(12 Days | Total 108 Hours)

Programme Design & Adaptation

- Structuring progressive training plans
- Tailoring workouts for special populations (seniors, athletes, rehabilitation cases)
- Periodization and progression

Health & Safety Protocols

- Emergency response & first aid in fitness settings
- Risk assessment & injury prevention

Viva & Examination Preparation

- Mock client training sessions
- Review of instructional techniques and assessment skills

CERTIFICATIONS AWARDED

- Leaders Fitness Academy Certified Personal Trainer (CPT) Certificate
- NSQ Level 4 - Fitness Trainer Certificate by SPEFL - SC
- Trauma Response Certificate from Australian Life Saving Academy

Client Assessment & Screening

- Pre-exercise screening methods
- Fitness assessments (BMI, body measurements, flexibility, endurance, strength tests)
- Understanding client goals & needs

Exercise Technique & Instruction

- Teaching fundamental movement patterns (squats, deadlifts, presses, pulls)
- Coaching resistance, cardiovascular, and flexibility exercises
- Correcting client posture and form

Gym Equipment Handling & Induction

- Safe usage of gym machines and free weights
- Functional training tools (kettlebells, resistance bands, TRX)
- Adapting exercises for different fitness levels

EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Viva with Assessor
 - Fitness Testing & Gym Induction
- NSQ Level 4 - Fitness Trainer Examination by SPEFL - SC

**CERTIFIED PERSONAL
TRAINER (CPT) COURSE FEE**

₹ 65000

Flexible Installment
Option Available



DIPLOMA IN PERSONAL TRAINER (DPT) CERTIFICATE

THEORY SYLLABUS (50 Sessions)

Introduction Sessions

Science-Based Learning

Fitness Training Modules

CPT SYLLABUS AND ADDITIONAL SESSIONS (14 Sessions x 2 hours)

Knowledge in Nutrition (Covering Nutrition Assessment, Food Diary from LAP)

- Analyzing a client's food diary for dietary patterns
- Nutrition assessment techniques and methodologies
- Implementing effective dietary modifications
- Identifying nutritional deficiencies and their impact

Risks & Hazards in a Fitness Environment (Covering Risk Assessment from LAP)

- Identifying common hazards in gym settings
- Conducting a risk assessment for client safety
- Emergency procedures and response planning
- Managing injuries and first aid in a fitness setting

Career Building Session (Covering PDP Plan & Business Plan from LAP)

- Understanding career pathways in the fitness industry & Creating a Personal Development Plan (PDP)
- Business strategies for personal trainers & Creating Business Plan
- Building a strong professional network & Continuous Professional Development
- Marketing and client acquisition techniques
- Financial planning and pricing services

EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Viva with Assessor
 - Fitness Testing & Gym Induction
- NSQ Level 4 - Fitness Trainer Examination by SPEFL - SC

CERTIFICATIONS AWARDED

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- NSQ Level 4 - Fitness Trainer Certificate by SPEFL - SC
- Trauma Response Certificate from Australian Life Saving Academy
- Full Status REPs India Membership (Category A - Personal Trainer)
- International UK Certificate in Diploma in Personal Training from PD Approval

TOTAL COURSE FEE

₹ 85,000

Flexible EMI options Available



SPORTS NUTRITION AND ITS ESSENTIALS

CPD Course | 16 CPD Points



**Endorsed by PD Approval |
Recognized by REPs INDIA**

This course covers the fundamentals of sports nutrition, focusing on how to optimize dietary intake for athletic performance and recovery.



You will learn about:

- The role of macronutrients and micronutrients in sports performance.
- Effective hydration strategies and their impact on performance.
- The use of dietary supplements and their benefits and risks.
- Supporting athletes with their nutritional requirements
- Practical applications of sports nutrition principles in various athletic contexts.

THEORY SYLLABUS

- **Module 1** - Basics of Nutrition
- **Module 2** - Nutrition in Sports
- **Module 3** - Fluids and Electrolytes
- **Module 4** - Dietary Recommendations in Fitness
- **Module 5** - Supplements–Sports Foods
- **Module 6** - Nutrition Assessment & Tracking Tools
- **Module 7** - Counselling Skills for A Dieticians

EXAMINATIONS

- Theory Examinations
- Case Study Submission

CERTIFICATIONS

- CPD Course Certificate from Leaders Fitness Academy with 16 CPD Points



**COURSE FEE FOR
REGULAR STUDENTS ₹ 25,000**



RPL - RECOGNIZED PRIOR LEARNING PROGRAM

Program is designed for individuals who have prior experience and knowledge in fitness training but require formal certification. This program allows experienced trainers to fast-track their qualification by demonstrating competency through assessments instead of undergoing the full course duration.

PROGRAM STRUCTURE

- **Duration:** 1 month
- **Assignments & Worksheet Completion** – Candidates must complete knowledge-based assessments, Programme Cards and the Worksheets.
- **Practical Assessment** – Evaluating fitness testing methods and conducting a personal training session to assess hands-on skills.

TOTAL COURSE FEE

₹ 65,000

Flexible EMI Options
Available

Residential Program for Diploma in Personal Training Course (DPT)

This program offers a structured Diploma in Personal Training at our Kannur venue, combining both Two months of Online Theory Classes and One Month of Face-to-face theoretical learning with practical application. Students will receive specialized training in Gym Management Software, Spoken English, and Social Media Marketing for Fitness Professionals, essential for career growth in the fitness industry.

The program includes a Personal Training internship at Leaders Fitness Club, Kannur, with a monthly stipend, providing valuable industry exposure. Additionally, one month of accommodation is provided (food not included, but assistance will be available). This initiative prepares participants with the skills and experience required for a successful career in the global fitness industry.

THEORY SYLLABUS (50 Sessions)

Introduction Sessions

- Develop Professional Practice and Personal Career in the Health and Fitness Industry
- Provide Customer Service in Health and Fitness

Science-Based Learning

- Apply Principles of Anatomy and Physiology in a Fitness Context
Covering muscular, skeletal, cardiovascular, and nervous systems in exercise.
- Apply the Principles of Exercise Science to Programme Design
Understanding biomechanics, energy systems, and the science of training.
- Promote Healthy Eating and Physical Activity
Fundamental principles of balanced nutrition and active lifestyle guidance
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Fitness Training Modules

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(Covering Nutrition Assessment, Food Diary from LAP)

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Risks & Hazards in a Fitness Environment

(Covering Risk Assessment from LAP)

- Identifying common hazards in gym settings
- Conducting a risk assessment for client safety
- Emergency procedures and response planning
- Managing injuries and first aid in a fitness setting

Career Growth & Development

(Covering PDP Plan & Business Plan from LAP)

- Understanding career pathways in the fitness industry & Creating a Personal Development Plan (PDP)
- Business strategies for personal trainers & Creating Business Plan
- Building a strong professional network & Continuous Professional Development
- Marketing and client acquisition techniques
- Financial planning and pricing services

PRACTICAL CLASS SYLLABUS

(30 Days | Total 124 Hours)

Advanced Practical and Theoretical Training for 54 hours (18 days' x 3 hours per day).
Regular Practical Classes for 70 hours (12 days' x 8 hours per day)

Client Assessment & Screening

- Pre-exercise screening methods
- Fitness assessments
(BMI, body measurements, flexibility, endurance, strength tests)
- Understanding client goals & needs

Exercise Technique & Instruction

- Teaching fundamental movement patterns
(squats, deadlifts, presses, pulls)
- Coaching resistance, cardiovascular, and flexibility exercises
- Correcting client posture and form
- Risk assessment & injury prevention

Soft Skills & Business Development

- Effective communication and client engagement
- Essentials of personal training business and client retention

Viva & Examination Preparation

- Mock client training sessions
- Review of instructional techniques and assessment skills

LAP Guidance & Completion

- Step-by-step assistance in completing Learner Assessment Pack
- Review of assessment tasks and submission procedures

EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Professional Discussion with Assessor
 - Client Screening & Gym Induction
- NSFQ Level 4 - Fitness Trainer Examination by SPEFL - SC

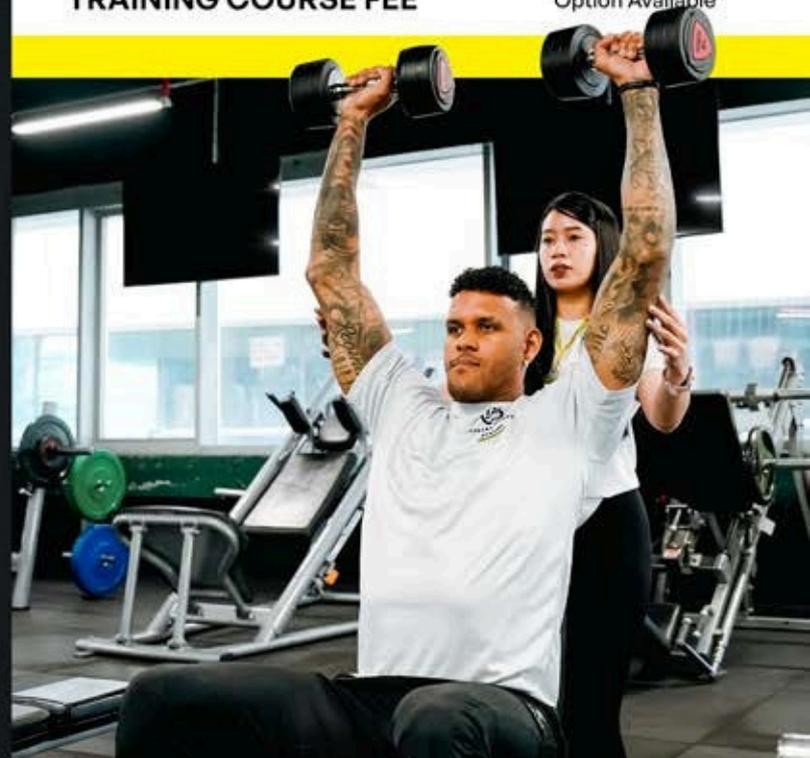
CERTIFICATIONS & REWARDS

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- NSFQ Level 4 - Fitness Trainer Certificate by SPEFL - SC
- Trauma Response Certificate from Australian Life Saving Academy
- Full Status REPs India Membership (Category A - Personal Trainer)
- International UK Certificate in Diploma in Personal Training from PD Approval
- Internship Stipend

RESIDENTIAL PROGRAM
FOR DIPLOMA IN PERSONAL
TRAINING COURSE FEE

₹ 1,25,000

Flexible Installment
Option Available



Fly to Dubai Program for Diploma in Personal Training Course (DPT)

This program for the Diploma in Personal Training offers a structured learning and travel experience, combining two months of online theory classes with one month of face-to-face theoretical and practical training at Leaders Fitness Club, Dubai, UAE. Students will receive specialized training in Gym Management Software, Spoken English, and Social Media Marketing for Fitness Professionals, essential for career growth.

The program includes a Personal Training internship in Dubai with a monthly stipend, providing valuable industry exposure. A two-month UAE visit visa and one month of accommodation are provided (food and Air tickets not included). After completing the one-month training, students have the option to stay in the UAE until the visa expires, either continuing the internship with us or working externally while arranging their own accommodation, or they may return to India.

This initiative equips students with the skills, experience, and international exposure needed for a successful career in the global fitness industry.

THEORY SYLLABUS (50 Sessions)

Introduction Sessions

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- Provide Customer Service in Health and Fitness

Science-Based Learning

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EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Professional Discussion with Assessor
 - Client Screening & Gym Induction

CERTIFICATIONS & REWARDS

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- Highfield Level 3 International Certificate in First Aid CPR & AED
- Full Status REPs UAE Membership (Category A - Personal Trainer)
- International UK Certificate in Diploma in Personal Training from PD Approval
- Internship Stipend

FLY TO DUBAI PROGRAM
FOR DIPLOMA IN PERSONAL
TRAINING COURSE FEE

₹ 1,50,000

Flexible Installment
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