CERTIFICATE COURSES FOR PERSONAL FITNESS TRAINERS – MUMBAI: May to August 2025

Subject	Date (Time)	Faculty	OF/	Level	Class Type
· ·			ON	(who should	
				attend)	
Basic Anatomy				2, 3	Lecture
Basic Physiology				2, 3	Lecture
Basic Kinesiology				2, 3	Lecture
Theory & Practice of Fitness 1				2, 3	Lecture
Theory & Practice of Fitness 2			1	2, 3	Lecture
Basics of Fitness Assessment				2, 3	Lecture
Weight Training 1	11/07/2027	To be	o land	2, 3	Gym
Weight Training 2	11/05/2025	decided	Offline	2. 3	Gym
Body Resistance Training 1	to	4		2, 3	Gym
Body Resistance Training 2	15/06/2025			2, 3	Gym
Basics of Yoga			1	2, 3	Gym
Basics of Yoga				2, 3	Gym
First Aid & CPR with AED		Y		2, 3	Gym
Home Study	15	7/05/2025 to 10/0		Home	
Theory Exam and Practical Test	15//06/2025	To be decided	OFF	2, 3	Gym
Level 2 Stu	dents, if any, will exit. Leve	el 3 Students wi	ll continu	e course in Level 3 co	ourse
Biomechanics & Anatomy				3	Lecture
Biomechanics & Anatomy	16/06/2025 to 31/07/2025	To be decided	Offline	3	Lecture
Exercise Physiology				3	Lecture
Exercise Physiology				3	Lecture
Exercise Kinesiology				3	Lecture
Exercise Kinesiology				3	Lecture
Theory & Practice of Strength					Lecture
Theory & Practice of Strength					Lecture
Functional Strength Training				3	Gym
Advanced Weight Training 1					Gym
Advanced Weight Training 2					Gym
Plyometrics For Agility & Power				3	Gym
Functional Range of Motion				3	Gym

Home Study	Fitness for Special Populations				3	Lecture
Level 3 Students will exit. Level 4 Students, if any, will continue PROVIDED we have at least 5 Level 4 studentsDiet & NutritionTo be4LectureDiet & Nutrition01/08/2025decidedOffline4LectureDiet & Nutritionto4LectureDiet & Nutrition21/08/20254LectureExercise & Fitness Psychology4LectureHome Study01/08/2025 to 16/08/2025HomeMuscle Mechanics4GymFitness Assessment & Testing01/08/2025To beOffline4GymFitness Assessment & Testing01/08/2025To beOffline4GymExercise Periodizationtodecided4LectureBusiness Development21/08/20254LecturePractical Teaching Assessment4Gym		1	6/06/2025 to 21/0	7/2025		Home
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