



सत्यमेव जयते

MINISTRY OF YOUTH AFFAIRS &
SPORTS

Government of India



Ufit Academy
Of Fitness Science

INDIA'S FIRST GOVT. RECOGNISED FITNESS ACADEMY



**Professional Certified courses in
Fitness Exercise & Nutrition Science**

SYLLABUS

This exercise, Health Studies and training courses includes :

A. DIPLOMA IN PERSONAL TRAINING (DPT)

Duration : 6 Months
Online Fee : 41,500/-
Offline Fee : 51,500/-

- Introduction to GPP
- Body Composition
- Anatomy
- Kinesiology
- Exercise Physiology
- Introduction to Special Population
- Stretching
- Workload
- Intensity
- Exercise Selection Criteria
- Basic Nutrition
- Supplementation
- Cardio Regulations
- Back
- Legs
- Chest Shoulder
- Abdominal Group
- Arms Group
- CPR & First Aid
- Personality Development
- Interview Skills
- Practical Module
- Basic Medical Condition
- Side Effects of Steroids

ACE PREPERATION

(AMERICAN COUNCIL ON EXERCISE)

CERTIFICATES

- DPT (Diploma in Personal Training)
- FFT (Female Fitness Trainer)
- SPECIAL POPULATION
- BASIC NUTRITION
- FIRST AID & CPR
- PRACTICAL CERTIFICATE

B. CERTIFIED PERSONAL TRAINER (CPT)

- Skeletal System
- Musculoskeletal System
- Nervous System
- Cardio Respiratory System
- Digestive System
- First Aid & CPR
- Etc.

Duration : 2.5 Months
Online Fee : 21,500/-
Offline Fee : 31,500/-

CERTIFICATES

- CPT (Certified Personal Trainer)
- First Aid & CPR

C. CERTIFIED FLOOR TRAINER (CFT)

- Skeletal System
- Musculoskeletal System
- Cardio Respiratory
- Nervous System

Duration : 1.5 Months
Online Fee : 13,500/-
Offline Fee : 15,500/-

CERTIFICATES

- CFT (Certified Floor Trainer)

D. ADVANCE SPORTS NUTRITION

- Introduction to Basic Term
- Muscle Gain
- Fat Loose
- Macro Nutrition
(Protein Fat Carbohydrate)
- Micro Nutrition
(Vitamins & Minerals)
- Fluids & Electrolytes
- Good Fat & Bad Fat
- Hormones
- Diet Plan
- Diet Planning Presentation
- Sports & Supplements

Duration : 4 Months
Online Fee : 21,500/-
Offline Fee : 31,500/-

CERTIFICATES

- CSN (Certified Sports Nutrition)

E. CERTIFICATE COURSE IN BASIC NUTRITION

- Macro Nutrition
- Micro Nutrition
- Fats
- Energy System
- Hormones
- Introduction to Disease

Duration : 2 Months
Online Fee : 13,500/-
Offline Fee : 18,500/-

CERTIFICATES

- Certificate in Nutrition

F. YOGA TEACHER TRAINING COURSE

- Introduction of YOGA
- Human Body Science
- Yogic Sukshma Vyayama,
Surya Namaskar and
Knowledge about Shat Kriya
- Asana
- Pranayama and Meditation
- Communication

Duration : 3 Months
Online Fee : 13,500/-
Offline Fee : 21,500/-

CERTIFICATES

- Yoga Teacher Trainer

**NO JOB
FEE
REFUND**

PLACEMENT ALL OVER INDIA / INTERNATIONAL

LUXURY GYM

FIT REPUBLIK

LIFETIME FITNESS

FITNESS FIRST

GOLD GYM

ANYTIME FITNESS

FITNESS FIRST

GOLD GYM

SNAP FITNESS

LUXURY HOTELS

TAJ PALACE

PICCADILY HOTEL

HAYAT HOTEL

CROWN PLAZA

RADISSON BLU

etc.

About Us:

UFIT Academy of Fitness Science is a premier organization in the field of education related to various forms of fitness training. UFIT fitness qualification in exercise Health Studies and Personal Training covers everything you need to know to be a successful health fitness instructor and personal trainer. Reason to Choose UFIT ACADEMY OF FITNESS SCIENCE as a training organization is that, the technique used for teaching is a very genuine method. Fitness training should be such a tool that should be capable of making any client fit, irrespective of their learning capacity. Unfortunately, this is usually forgotten in many Fitness training programs. Our training programs not only equip you with this skill of tending to the needs of any client of any physical or mental status.



Plot No. 6, Above Pizza Hut, Metro Pillar No. 770, Near Dwarka Mor Metro Station, New Delhi- 110059



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Branches

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UpComing Branches

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