



# Ufit Academy

Of Fitness Science

**INDIA'S**  
**FIRST GOVT. RECOGNISED**  
**FITNESS ACADEMY**



**Online &  
Offline Classes**

**WHY JOIN UFIT ACADEMY?**

**Available in  
Hindi & English**

- ▶ 100% Job Placement Guarantee
- ▶ No Job Fee Refund
- ▶ No Hidden Charges
- ▶ Easy EMI
- ▶ Lifetime Valid Certificate
- ▶ Lifetime Support
- ▶ Freelancing Opportunities
- ▶ Body Transformation Coaching
- ▶ National & International Recognition
- ▶ Access to Recorded Classes for Future Reference

**Free Certification for Differently-abled Students**

Professional Certified courses in Fitness Exercise & Nutrition Science

**Placement Across India & Internationally**

**LUXURY HOTEL**

CROWN PLAZA | TAJ PALACE  
THE LEELA PALACE | ITC MAURYA  
RADISSON BLU | HAYAT HOTEL

**LUXURY GYM**

CULT FIT | GOLD GYM | FLUID FITNESS  
SK-27 | ONE MILLION GYM | WELLNESS GYM  
ANYTIME FITNESS | TALWALKARS GYM

## A. CERTIFIED PERSONAL TRAINER (C.P.T)

- Skeletal System
- Musculoskeletal System
- Nervous System
- Cardio respiratory System
- Digestive System
- First AID & CPR
- Kinesiology
- Workload
- Fitness Assessment Test for Personal Trainers

## B. DIPLOMA IN PERSONAL TRAINING (D.P.T)

- Workload, Intensity & Selection Criteria
- Kinesiology
- Practical (Whole Body)
- Exercise Physiology
- First Aid & CPR
- Digestive System
- Cardio respiratory System
- Nervous System
- Musculoskeletal System
- Skeletal System
- Supplement
- Nutrition
- Fitness assessment test for personal trainer

## C. ADVANCED SPORT'S NUTRITION

- Introduction to Basic Term
- Anatomy
- Diet Plan
- Good Fat & Bad Fat
- Fluids & Electrolytes
- Fat Loss
- Hormones
- Special Population
- Sports & Supplements
- Diet Planning Presentation
- Macro Nutrition (Protein Fat Carbohydrate)
- Micro Nutrition (Vitamins & Minerals)



**Ufit Academy**  
Of Fitness Science

### Fee Details

CERTIFIED PERSONAL TRAINER (C.P.T)	31,500/-
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**DURATION** | **REGULAR- 2 MONTHS**  
**WEEKEND - 3 MONTHS**

### CERTIFICATES

1. CERTIFIED PERSONAL TRAINER
2. FIRST AID & CPR
3. PRACTICAL CERTIFICATE
4. LEAD ACQUISITION CERTIFICATE

### Fee Details

DIPLOMA IN PERSONAL TRAINING (D.P.T)	45,500/-
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**DURATION** | **REGULAR- 3 MONTHS**  
**WEEKEND - 4 MONTHS**

### CERTIFICATES

1. DIPLOMA IN PERSONAL TRAINING
2. SUPPLEMENTATION
3. FUNCTIONAL TRAINING
4. PRACTICAL CERTIFICATE
5. FIRST AID & CPR
6. LEAD ACQUISITION CERTIFICATE

### Fee Details

ADVANCED SPORTS NUTRITION	21,500/-
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**DURATION** | **WEEKEND - 3 MONTHS**

### CERTIFICATES

1. ADVANCED SPORT'S NUTRITION
2. FIRST AID & CPR

## D. ADVANCE MASTER'S IN PERSONAL TRAINING

- Introduction To Gpp
- Anatomy
  - Nervous System
  - Cardio Respiratory System
  - Skeletal System
  - Muscular System
  - Digestive System
  - Integumentary System
  - Excretory System
  - Endocrine System
  - Immune System
  - Reproductive System
  - Lymphatic System
- Kinesiology
- Selection Criteria
- Exercise Physiology
- Practical
  - Shoulder
  - Arms Group
  - Leg
  - Chest
  - Back
  - Abdominal Group
  - Functional Training
- Female Fitness
- Special Population
- Basic Nutrition
- Supplementation
- Energy System
- Cardiovascular Regulation
- Rehabilitation & Injury
- Workload
- Intensity
- Stretching
- Interview Skill
- Personality Development
- Fitness Assessment Test For Personal Trainer
- Role Of Genetics In Bodybuilding

### Fee Details

ADVANCE MASTER'S IN PERSONAL TRAINING (M.P.T)	81,500/-
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### DURATION

**REGULAR- 6 MONTHS**  
**WEEKEND - 8 MONTHS**

### CERTIFICATES

1. ADVANCE MASTER'S IN PERSONAL TRAINING
2. F.F.T (FEMALE FITNESS TRAINER)
3. SPECIAL POPULATION
4. NUTRITION CERTIFICATE
5. FIRST AID & CPR
6. PRACTICAL CERTIFICATE
7. LEAD ACQUISITION CERTIFICATE
8. FUNCTIONAL TRAINING CERTIFICATES
9. SPORT INJURY AND REHABILITATION
10. GYM MANAGEMENT
11. PERSONALITY DEVELOPMENT
12. SUPPLEMENT CERTIFICATE
13. BODY BUILDING PREPARATION COACH

### EXAMINATION

1. THEORY
2. PRACTICAL
3. VIVA

## E. PREP COACH COURSE (ANABOLIC)

- Introduction To Steroids
- Pharmacology Of Steroids
- Medical Uses Of Steroids
- Steroid Use In Sports And Aesthetics
- Physiological Effects Of Steroids
- Psychological And Behavioral Effects
- Health Risks And Complications
- Gender-Specific Effects And Considerations
- Post Cycle Therapy
- Steroid Alternatives And Legal And Ethical Issues
- Case Studies And Current Issues
- Prevention and Awareness
- Final Assessment And Course Review

### Fee Details

PREP COACH COURSE (ANABOLIC)	21500/-
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**DURATION | WEEKEND - 2 MONTHS**

### CERTIFICATES

1. PREP COACH CERTIFICATE

# ACE EXAM PREPARATION

## About Us:

UFIT Academy of Fitness Science is a premier organization in the field of fitness education, offering comprehensive training in various forms of fitness instruction. Our UFIT Fitness Qualification in Exercise, Health Studies, and Personal Training provides everything you need to become a successful health fitness instructor and personal trainer. Why Choose UFIT Academy of Fitness Science? One of the key reasons to choose UFIT Academy of Fitness Science is our authentic and effective teaching methodology. We believe that fitness training should be a universal tool—capable of making any client fit, regardless of their learning ability or physical condition. Unfortunately, this crucial aspect is often overlooked in many fitness training programs. At UFIT Academy, our training programs go beyond just technical fitness instruction. We equip our students with the skills to cater to clients of all physical and mental conditions. Additionally, we emphasize the psychological aspects of fitness, ensuring that our students can guide their clients not just physically but also mentally toward a healthier lifestyle.

### DELHI



Ufit Academy, Plot No. 6, Metro Pillar No. 770, Near Dwarka Mor Metro Station, New Delhi- 110059



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www.ufitacademy.com



**100%**  
**JOB PLACEMENT**  
**GUARANTEE**

**NO JOB FEE REFUND**

### Our Branches :

Noida, Faridabad, Dehradun, Jaipur, Agra, Sri Nagar, Chandigarh, Guwahati, Gurgaon, Ghaziabad.

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