



THE WHEY · THE TRUTH · THE LIFESTYLE

The Personal Trainer Course (30 hours + 10 hrs Internship)

Venue: St. Andrews College (Bandra) & V's Fitness Studio and Boutique Gymnasium (Santacruz)

Cost: Rs. 29,500/- (Including GST)

Minimum batch size – 10 students

For Further details contact: 9619785055

Course Content

Part 1

1. Skeletal System
2. Muscular System
3. Neurological System
4. Cardio Pulmonary System
5. Exercise Physiology

Part 2

Cardiovascular Conditioning

1. Concept Of Fitness And Wellness
2. Movement Analysis
3. Strength Training
4. Training Principles

Part 3

Body Conditioning

Part 4

1. Fitness Professionals Ten Commandments
2. Factors in Exercise Prescription

Part 5

Free Weights and Machine exercise Techniques

Part 6

1. Injury Prevention and first Aid Treatment
2. Special Population

Part 7

Nutrition