



## International Personal Trainers & Fitness Academy (IPTFA India)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan  
Since 1959 From Singapore

### INTERNATIONAL CERTIFICATE IN Strength and Conditioning Coach

**Introduction:** The IPTFA Strength and Conditioning Coach Certification has been developed for people who would like to start a career in the fitness industry or would like to get their fitness training skills formally certified. The popularity of Strength and Conditioning Training has grown tremendously over the last few decades. Men and women, young and old, fit and unfit, thin and fat - all kinds of people stand to gain from strength training. Through this course, you will learn how to train your clients to have a great looking body, improve their fitness levels, and experience better mental and emotional health, and much more.

#### Course content:

- ✦ Anatomy and physiology, with a focus on the science of movement
- ✦ Biomechanics of Resistance Exercise
- ✦ Sport performance programming, training, and testing
- ✦ Metabolic energy system training
- ✦ Plyometrics
- ✦ Olympic lifting
- ✦ Nutrition Strategies for Maximizing Performance
- ✦ Injury prevention



#### Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Strength and Conditioning Coach** by International Personal Trainers & Fitness Academy (IPTFA)

- Attend 75% of the total course time
- Attain a pass mark of 70% on the theoretical and practical examination.

**Course Fee:** (INR) 34,999

**Venue:** IPTFA India

**Tel:** +91 9415204180 (Whatsapp No.)

**Email:** vinfo@iptfa.in | **Website:** www.iptfa.in

Address: F 2/1 Sanjay Apartment Chqkaghat Varanasi, U.P. India.

Maharshi Dayanand Indoor Stadium ,D.A.V pg college, Varanasi, U.P , India 221002



Recognized & Supported Organizations:

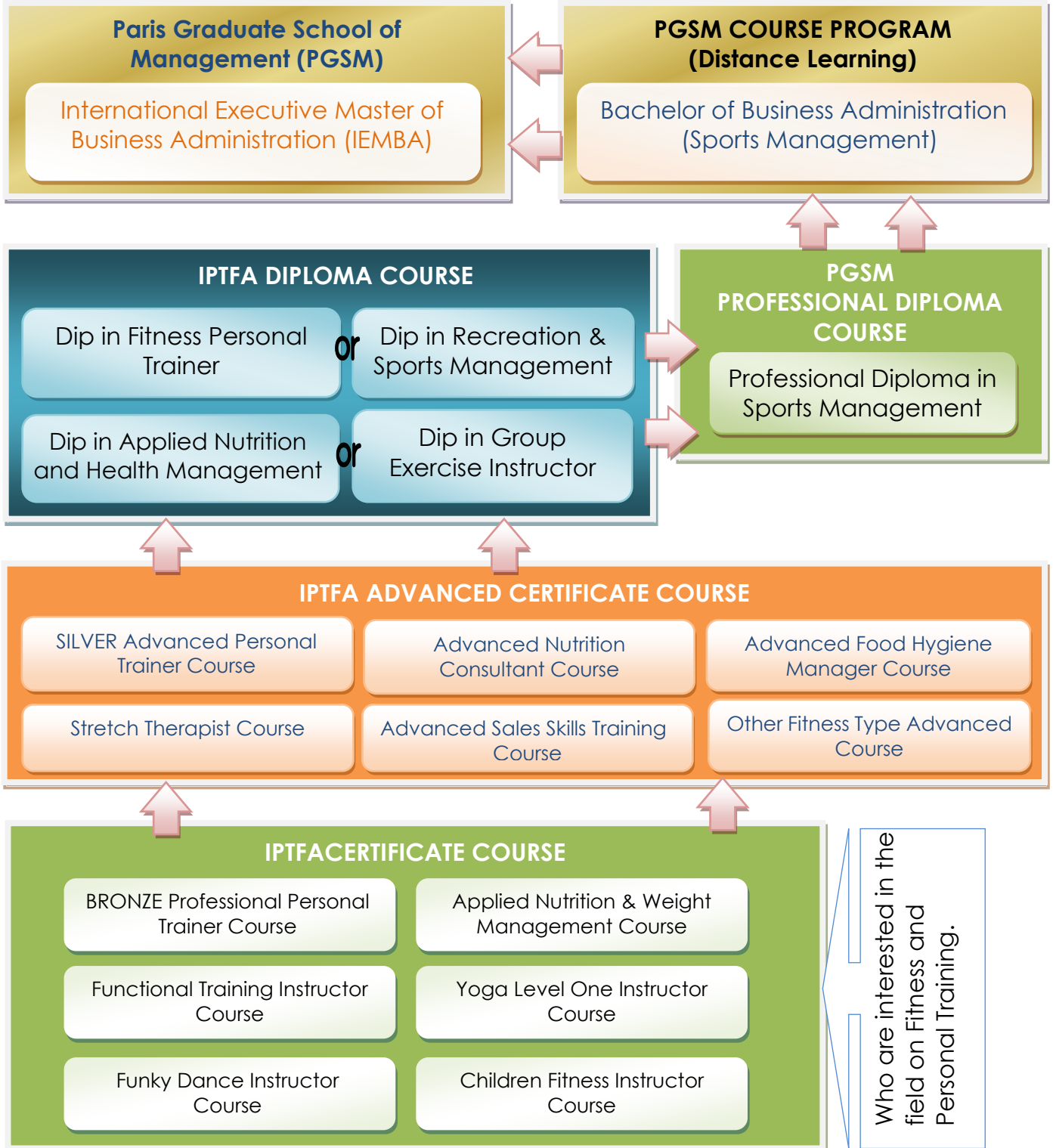




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## Study Pathway for Fitness



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### INTERNATIONAL CERTIFICATE IN Strength and Conditioning Coach

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
<b>Language</b>	English
<b>Course Duration</b>	3 months
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	(INR) 34,999
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) Below 60 minute must restudy the course
<b>Venue</b>	<b>(IPTFA - India)</b> F 2/1 sanjay apartment Chaukaghat ,varanasi, u.p india , Pin 221002
<b>Application</b>	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>NAME : International Personal Trainer &amp; Fitness Academy Private Limited</b> A/C NO : 5903 0200 0006 1 IFSC CODE : BARBONATILM BRANCH NAME : Bank of Baroda
<b>Registration &amp; Enquiry</b>	Mr. Vishvas Rao (Director of IPTFA INDIA) Mobile +91 9415204180 Email: info@iptfa.in website: <a href="http://www.iptfa.in">www.iptfa.in</a>
<b>Continuing Education Units</b>	4 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

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## ENROLLMENT FORM

Course Code	Course Name : <b>INTERNATIONAL CERTIFICATE IN Strength and Conditioning Coach</b>
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## Personal Information

Name:	English				
Date of Birth:	mm/dd/yy	Identify ID./ Passport No.			
Sex :		Age :		Occupation :	
Address :					
Tel No.:					
Mobil :		E-mail :			
Related work experiences and current certificates:					

Information Source  web-site  Friend recommend  Post  Others E.G.: \_\_\_\_\_  
All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

## **Declaration**

I, \_\_\_\_\_, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **For Official Use Only**

Amount: \_\_\_\_\_ Received Date: \_\_\_\_\_  
 Cash  Cheque \_\_\_\_\_ Bank \_\_\_\_\_  
Issued by: \_\_\_\_\_ Refer to: \_\_\_\_\_

Recognized & Supported Organizations:

