



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 Bronze – Professional Personal Fitness Trainer

Course Content : This course is designed for the people who are interested in joining the profession of personal fitness trainer. By completing this course, you are able to get a world-recognized qualification of 'Personal Fitness Trainer'. The course included both theoretical and practical sessions. And we will focus on human anatomy, physiology, kinesiology, fitness assessment, prescriptions of different exercise and effects, injury prevention, Instruction and techniques on resisted training, stretching and flexibility, application on nutrition, prescription of aerobic exercise, weight management, and marketing strategies and promotion on personal fitness trainer profession. There are 42 hours theoretical and practical sessions in total.

Course Content :

1. Human Anatomy
2. Exercise Physiology
3. Health & Fitness Assessment
4. Resistance Training and Exercises
5. Personal Trainer Marketing
6. Resistance training instruction and skill
7. Nutrition and Fitness
8. Sports injury preventing and controlling
9. Exercise Prescription for Cardio-respiratory Fitness



Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Bronze – Professional Personal Fitness certificate** by International Personal Trainers & Fitness Academy (IPTFA)

1. Attend 75% of the total course time
2. Attain a pass mark of 70% on the theoretical and practical examination.
3. 15 hours placement needed after passing the course and a placement report should be handed in afterwards.(2.000 word)

Course fee: (INR) 30,000 **Course Duration:** 42 hrs.

Venue: IPTFA India

Tel: +91 9415204180 (Whatsapp No.)

Email: vishvas.iptfaindia@gmail.com | **Website:** www.iptfa.in

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

Recognized & Supported Organizations:



旅遊學院
INSTITUTO DE FORMAÇÃO TURÍSTICA
Institute For Tourism Studies

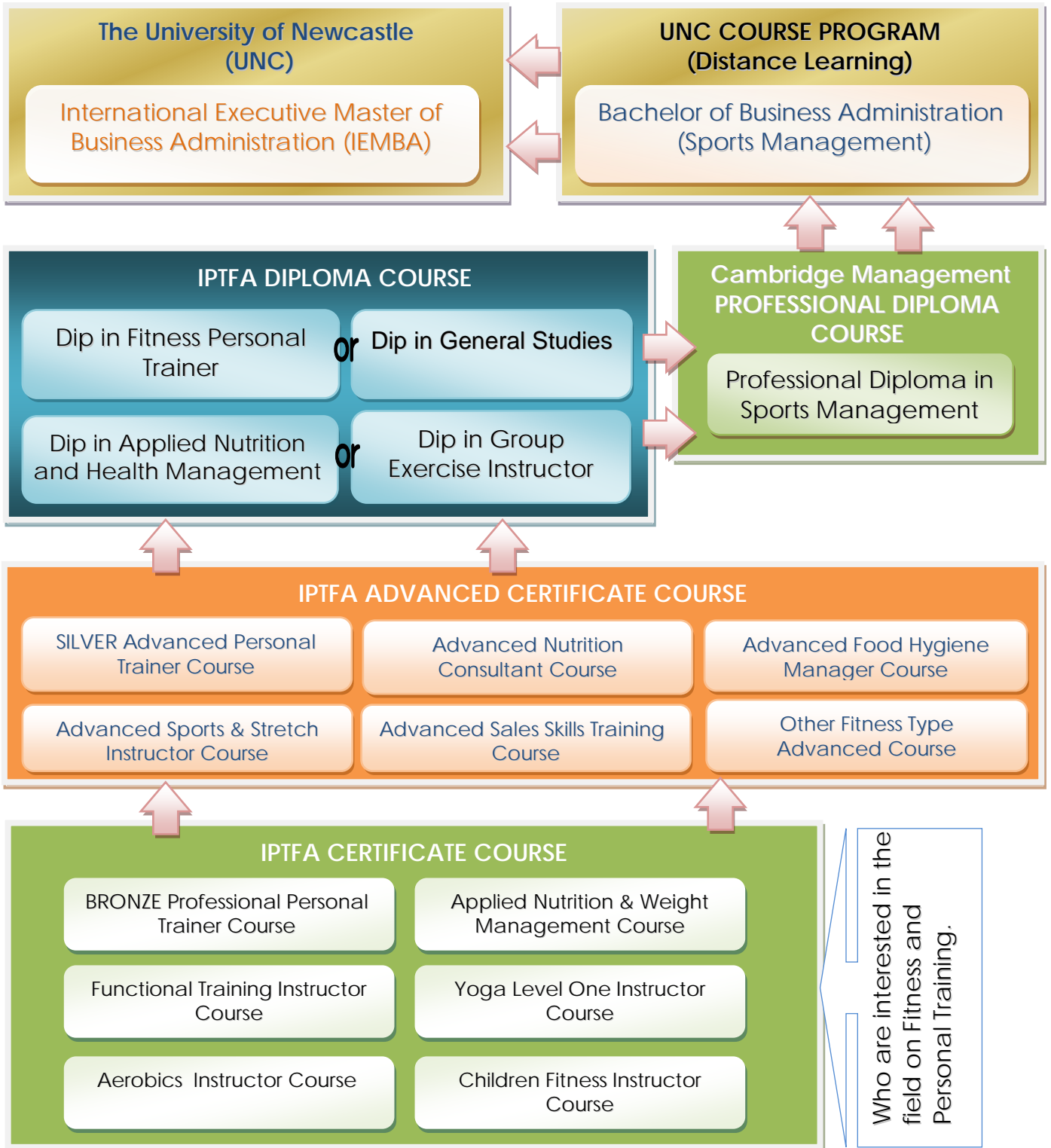




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Study Pathway for Fitness



Recognized & Supported Organizations:





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INTERNATIONAL CERTIFICATE IN Bronze – Professional Personal Fitness Trainer

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|-----------------------------------|--|
| Enrollment Criteria | Age 17 or above |
| Lecturer Profile | IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer |
| Language | English |
| Course Duration | Total: 42 hours |
| Course Fees | (INR) 30,000 |
| Fees for Re-exam | Theoretical & Practical re-exam USD\$ 65 (adds a Re-exam lesson) Below 60 marks must re-study the course |
| Venue | (IPTFA - India) F 2/1 sanjay apartment Chaukaghat ,varanasi, u.p india Pin 221002 |
| Application | Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to NAME : International Personal Trainer & Fitness Academy Private Limited A/C NO : 5903 0200 0006 1 IFSC CODE : BARBONATILM BRANCH NAME : Bank of Baroda |
| Registration & Enquiry | Mr. Vishvas Rao (Chairman of IPTFA INDIA) Tel: 07712426368 Mobile +91 9415204180 Email: vishvas.iptfaindia@gmail.com website: www.iptfa.in Official website: www.iptfa.com |
| Continuing Education Units | Nil |
| Refund Policy | There will be no refund unless the course is cancelled by the IPTFA |

Recognized & Supported Organizations:



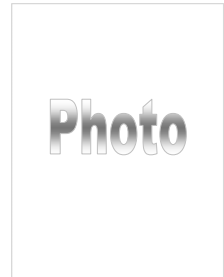


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(ENROLLMENT FORM)

| | |
|-------------|---|
| Course Code | Course Name : Bronze – Professional Personal Fitness Trainer Certificate Course |
|-------------|---|



Personal Information

| | | |
|--|----------|----------------------------|
| Name: | English | Chinese |
| Date of Birth: | mm/dd/yy | Identify ID./ Passport No. |
| Sex : | Age : | Occupation : |
| Address : | | |
| Tel No.: | Day-time | Night-time |
| 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:

