



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 Sport Nutrition & Diet Specialist Course

Course Content: The program will teach you how to give educated nutritional guidance and nutrition coaching to individuals seeking nutritional advice on Sport Nutrition and enhancing health and fitness performance and overall lifestyle. You will learn the fundamental skills of counseling strategies and protocol, complemented by action-based worksheets and practical case studies. Learn how to effectively communicate with clients to reach their desired nutritional and lifestyle goals.

Course Structure

- Intro to Nutrition
- Healthy Diets
- Supplemental
- Energy Balance & Weight management
- Lipids & Trans Fats
- Proteins & Vegetarian diets
- Energy Balance and Weight Control
- Exercise Biochemistry
- Ergogenic Aids
- Sports Nutrition
- Nutrition Fitness & Sports
- Performance Nutrition
- Nutrition for Optimal Sports Performance
- Water & Sports Drinks



Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Sport Nutrition & Diet Specialist** 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) 20,000 **Course Duration:** 30 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:

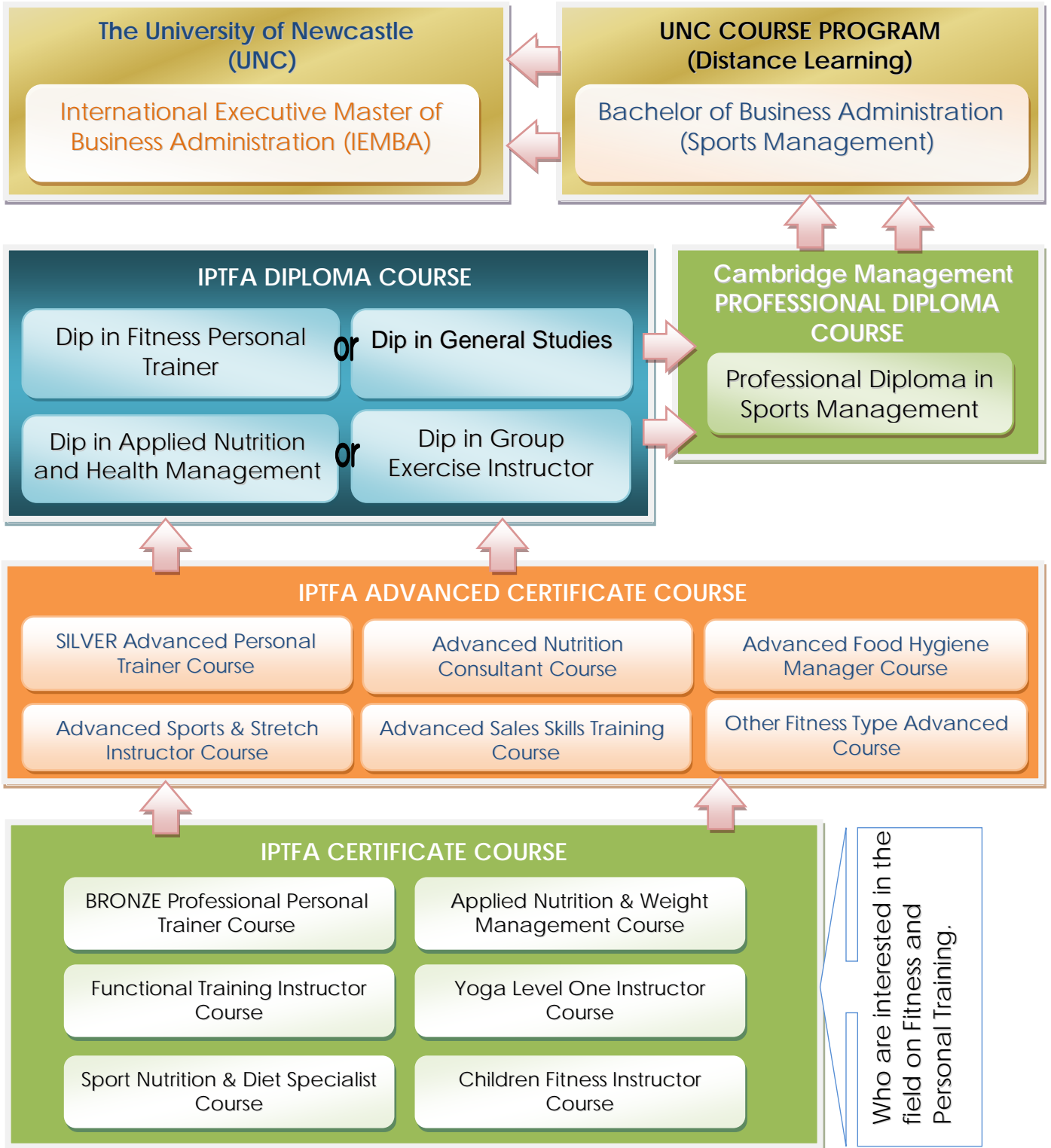




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Study Pathway for Fitness



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INTERNATIONAL CERTIFICATE IN Sport Nutrition & Diet Specialist Course

Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Registered Dietician, Experienced Personal Trainer
Language	English
Course Duration	Total: 30 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	(INR) 20,000
Fees for Re-exam	Theoretical re-exam USD\$ 65 (adds a Re-exam lesson) Below 60 minute must restudy the course
Deadline	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule 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	6 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

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(ENROLLMENT FORM)

Course Code	Course Name : INTERNATIONAL CERTIFICATE IN Sport Nutrition & Diet Specialist Course
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Personal Information

Name:	English	Chinese
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:

