



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 Functional Training Instructor Course

Course Content : This course is designed for the people who are interested in joining the functional Training. Functional training is the use of different tools (such as fitness balls, medicine balls, balance discs, elastic bands and fitness bar) to make practice, it is more flexible and interesting. There are 21 hours theoretical and practical sessions in total.

Course Content :

- ❖ The importance of core stabilization in functional exercise
- ❖ The control of Multifidus, Transverse Abdominis and Iliopsoas
- ❖ Practical session: The body positioning on Gym Ball
- ❖ Exercise on seated, supine, inclined supine and prone position
- ❖ The importance of balance in functional exercise
- ❖ The Introduction of Wobble Board and Medicine Ball
- ❖ The introduction of Body Blade
- ❖ The importance of upper and under body strength
- ❖ The integrated exercise- Strengthening exercise with balance
- ❖ Integrated training with Dumbbell, Rubber Tube and Rubber Band

Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Functional Training Instructor** 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: 21 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:

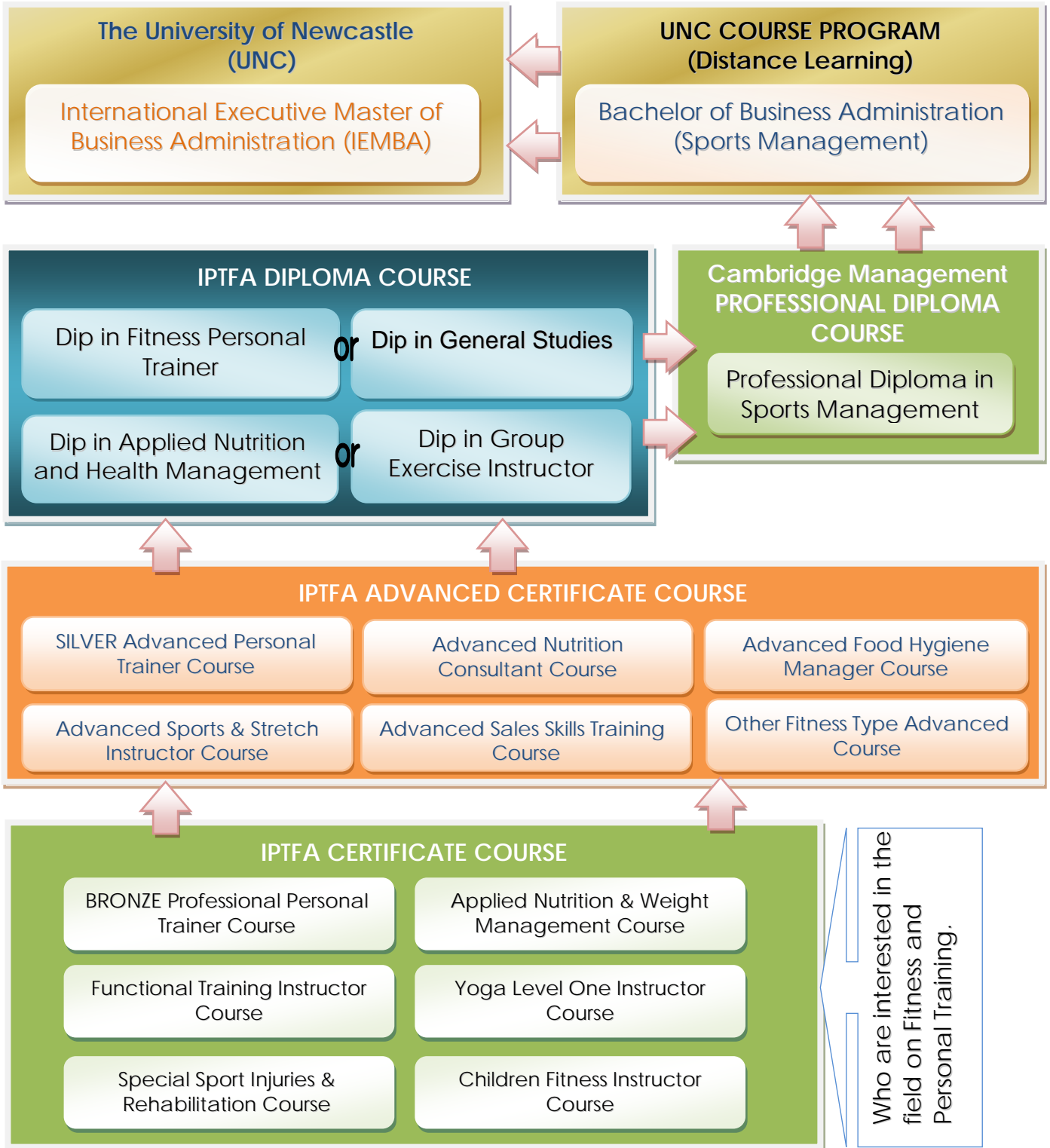




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Study Pathway for Fitness



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INTERNATIONAL CERTIFICATE IN Functional Training Instructor Course

Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Registered Function Training lecturer, Experienced Personal Trainer
Language	English
Course Duration	Total: 21 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	(INR) 20,000
Fees for Re-exam	Theoretical & Practical re-exam USD\$ 65 + GST (adds a Re-exam lesson) Below 60 marks must restudy 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 (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 Functional Training Instructor Course
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Personal Information

Name:					
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:

