



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

Certified Kettlebell Sports Coach Specialist (CKSCS) Level One Course

Content : Use kettlebell workout you can get the fitness effects: 1) Reduce fat, increase strength, increase muscle. 2) To improve heart and lung function, aerobic endurance, anaerobic endurance, the outbreak of endurance. 3) Increase the explosive increase functional strength, increase core strength, increase grip strength. 4) Improve the joint of Flexibility (hip, shoulder), improve coordination, balance. 5) Gain confidence, improve self-esteem. The course focuses on training the correct kettlebell skills and physical fitness teaching skills.

In the course will learn the most basic and most important action, such as Swing, Clean, Military Press, Pull, Squat, Bend, Deadlift, and rotation & snatch.

Course Structure :

- Kettlebell Safety & benefits
- Correct body posture
- Kettlebell training program design
- One-on-one training
- Prevent sports injuries and rehabilitation
- Lose weight (training, nutrition and lifestyle)



Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Kettlebell Sports Coach Specialist Level One Certificate** 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:** 9 hrs.

Venue: IPTFA India

Tel: +91 9415204180 (Whatsapp No.)

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

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

Recognized & Supported Organizations:

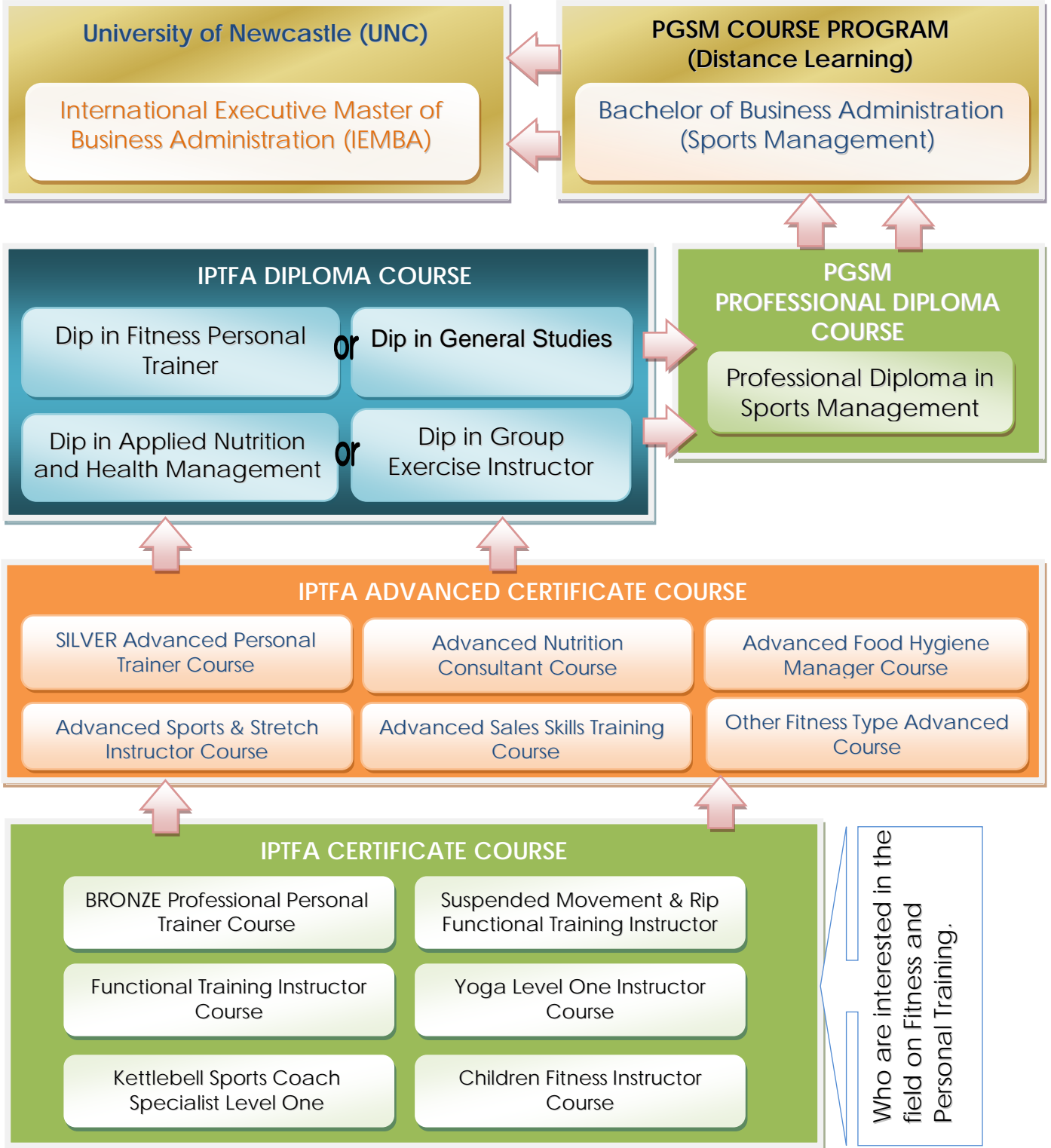




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Study Pathway for Fitness



Who are interested in the field on Fitness and Personal Training.

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Enrollment Criteria	Age 17 or above
Lecturer Profile	Experienced IPTFA Lecturer
Language	English
Course Duration	Total: 9 hours
Course Fees	(INR) 20,000
Fees for Re-exam	Theoretical re-exam USD\$ 65 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) 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

Recognized & Supported Organizations:



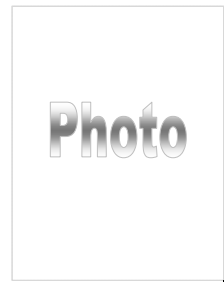


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(ENROLLMENT FORM)

Course Code	Course Name : Certified Kettlebell Sports Coach Specialist (CKSCS) Level One 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:

