



## 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*

# Synthesis Aerobic Instructor Certification

**Content :** This certificate course specially has the curriculum for the current personal training or to the healthy dance which the interest public figure supposes. The course practices primarily, by security and effective training method; teach health of dance class many kinds of types; Content including human body dissection, kinematics and muscle physiology; teaching and communication skill training, aerobic basic principle; design and arrangement, music utilization, grasps has the aerobic movement design; the skill and the prompt method, aerobic movement common Injury and wounded and the prevention with prevented.

### Course Content :

- Aerobic Movement Concept
- Human Body Main Physiology System
- Aerobic Composing
- Aerobic Basic Action
- Aerobic Movement Common Injury and Wounded with Prevented
- Nutrition and Weight Management
- Aerobic Management
- Teaching skillful method
- Other Aerobic Class Type
- Health & Fitness Assessment



### Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **INTERNATIONAL CERTIFICATE IN Synthesis Aerobic 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) 19,999/

**Course Duration:** 30 hrs.

**Venue:** IPTFA India

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

**Email:** vishvas.iptfaindia@gmail.com

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

Recognized & Supported Organizations:

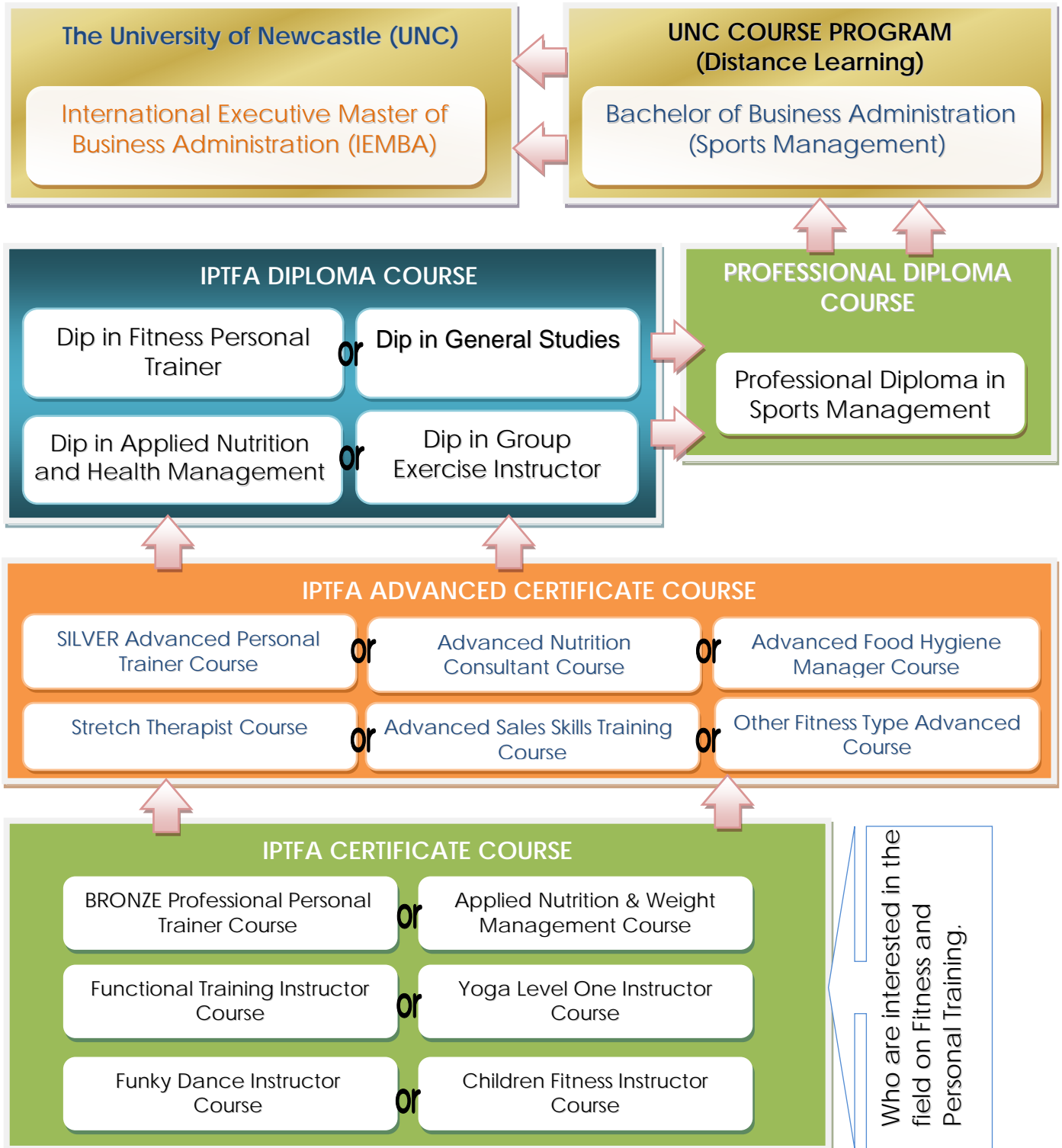




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## Study Pathway for Fitness



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# Synthesis Aerobic Instructor Certification

<b>Enrollment Criteria</b>	Age 17 or above
<b>Lecturer Profile</b>	Experienced Aerobic Instructor, IPTFA Lecturer, Dancer
<b>Language</b>	English
<b>Course Duration</b>	Total: 30 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	(INR) 19,999
<b>Fees for Re-exam</b>	Theoretical & Practical re-exam USD\$ 65 Below 60 minute must re-study 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 (Chairman of IPTFA INDIA) Tel: 07712426368 Mobile +91 9415 2041 80 Email: vishvas.iptfaindia@gmail.com Website: www.iptfa.in
<b>Continuing Education Units</b>	6 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

Recognized & Supported Organizations:



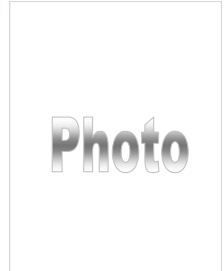


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## ENROLLMENT FORM

Course Code	Course Name : <b>Synthesis Aerobic Instructor Certification</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.:	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:

