

ABOUT FITNESS MATTERS

OUR STORY



Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN – U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends. Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

OUR ACCREDITATION AND AFFILIATIONS



Quality Matters At Fitness Matters!

ABOUT THE COURSE

Fitness Matters Personal Training Course is an international standards personal trainer certification program. This is a tailor-made program empowering learner with fundamentals of exercise science and program design, nutrition and supplementation, program modifications for special population and professional development. The balanced approach of the program ensures a promising career.



Interactive Classes
Dedicated Practical Lab
Bilingual Mode of Teaching
Weekly Review
Weekly Tests
Placement Assistance



Personal Training Certification (FM-CPT) Offline

With Application Approach

WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer. Fitness Matters has successfully shouldered this responsibility for the last 9 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



WHAT YOU GET

1. Printed Study Material
2. Fitness Matters PT Certificate
3. Fitness Matters Certificate Card
4. Skill India Level 5 Exam
5. Certification Confirmation Letter
6. CPR Certificate



ABOUT THE COURSE

- Initial Screening & Physiological Assessments
- Human Anatomy and Bio-Mechanics
- Introduction to Energy Systems
- Nutrition & Supplementation Guidelines
- Programming and Progression Guidelines for Functional Fitness & Balance Training, Cardio-respiratory, Resistance & Flexibility Training.
- Guidelines for Weight Loss, Weight Gain and Bodybuilding
- Common Myths and Mistakes
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc.
- Musculoskeletal Injuries and their Prevention Strategies
- Motivation, Adherence and Building Rapport
- Role and Scope of Practice for The Personal Trainer
- Professional Responsibilities and Code of Ethics.

WEEKDAYS SCHEDULE

Course Duration: 2 Months

Session Duration: 3 Hours

Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE

Course Duration: 3 Months

Session Duration: 3 Hours

Teaching Days: Saturday & Sunday

ASESSMENTS

Exam Language: English & Hindi

**Fitness Matters and Skill India
Level 4 Exams:**

Exam 1: Viva on Phone
(Video/Audio)

Exam 2: Online Computer Based
Multiple Choice Questions (MCQs)

Note: Exam 1 and 2 will be
separate for both Fitness Matters
and Skill India



CONTACT US LUDHIANA

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www.fitnessmattersludhiana.org



Skill India
कौशल भारत - कुशल भारत

COURSE FEE

Total Fee: 50,000
(Payable in 3 to 4 EMIs)

Full Payment Price: 45,000

TOTAL SEATS & DISCOUNTED SEATS IN A BATCH

Total Seats: 6

Discounted Seats: 2 (On Full Payment)

INSTRUCTION LANGUAGE

Punjabi



FITNESS DOES MATTER !

