

# 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 Certified Fitness Trainer Course is an international standards certification program. This program lays strong early foundation by empowering learner with fundamentals of exercise science and program design, nutrition and supplementation, program modification and much more. The balanced approach of the program ensures a good start of a career in fitness industry.



Offline Interactive Classes  
Dedicated Gym for Practical Classes  
Bilingual Mode of Teaching  
Weekly Review  
Weekly Tests  
Placement Assistance



**Certified  
Fitness  
Trainer  
(FM-CFT)  
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 more than a decade and will continue. 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 CFT Certificate
3. Fitness Matters CFT Certificate Card
4. Skill India Level 4 Certificate
5. CPR Certificate
6. Certification Confirmation Letter



## COURSE CURRICULUM

- Human Anatomy and Physiology
- Insight of Energy Systems
- Nutrition & Supplementation Guidelines
- Initial Screening & Fitness Testing
- Programming and Progression Guidelines for Cardio-respiratory, Weight/Resistance & Mobility Training.
- Guidelines for Weight Loss, Weight Gain and Bodybuilding
- Common Myths and Mistakes Programming Guidelines for
- Population with Special Conditions like High BP, Diabetes, Cervical etc.
- 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

**Fitness Matters, Den The  
Gym, Adjacent Hotel Silver  
Stone, Model Town Ext. D-  
Block, Ludhiana.**

**+91 62831-33386**

**+91 70090-84685**

**[www.fitnessmattersludhiana.org](http://www.fitnessmattersludhiana.org)**



## COURSE FEE

**Total Fee:** 35,000  
(Payable in 3 to 4 EMIs)

**Full Payment Price:** 30,000

## TOTAL SEATS & DISCOUNTED SEATS IN A BATCH

**Total Seats:** 6

**Discounted Seats:** 2 (On Full Payment)

## INSTRUCTION LANGUAGE

Punjabi



**FITNESS DOES MATTER !**

