

# 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



WATER WORLD  
*...be more than sport*



*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.



## 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.



## 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



## WEEKDAYS SCHEDULE



**Course Duration:** 45 Days  
**Session Duration:** 3 Hours  
**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 3 Months  
**Session Duration:** 3 Hours  
**Teaching Days:** Saturday & Sunday

## ASSESSMENTS



**Exam Language:** English & Hindi

## Fitness Matters & Skill India Level 5 Exams::

**Exam 1:** Viva on Phone  
(Video/Audio)

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

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



## CONTACT US

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## COURSE FEE ₹

50,000

**Fee Includes** - (Printed Study Material,  
Resources for Practical Training,  
Coaching Classes, Practice Questions,  
Class Tests, CPR Training, Final Exams,  
Printed Certificates)

## TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



**Total Seats:** 5

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



**FITNESS DOES MATTER !**

