

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

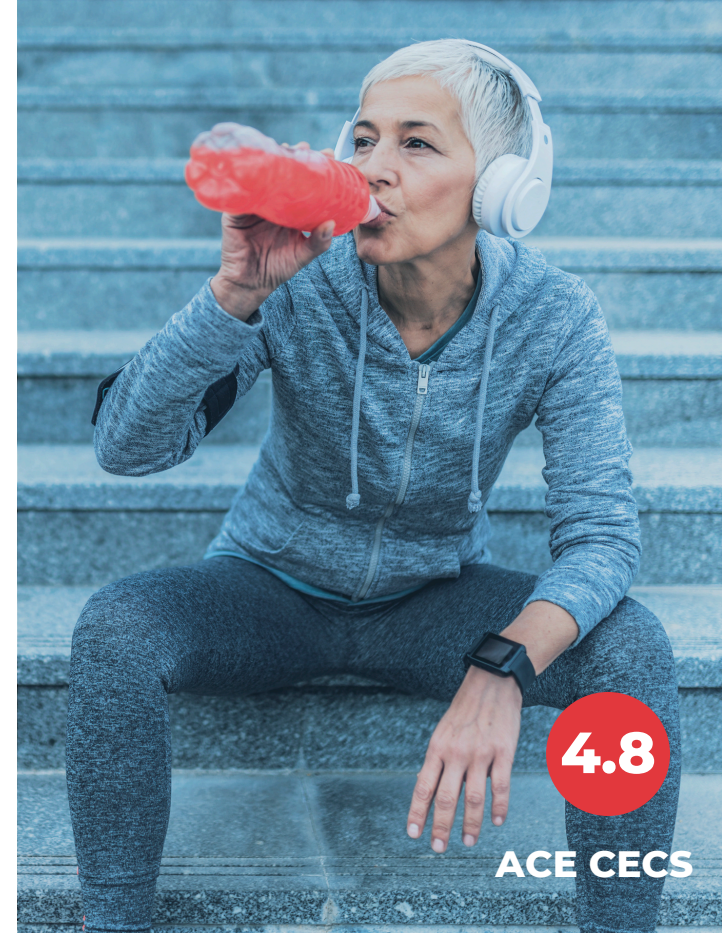
The program merges the foundational principles and latest evidence-based knowledge and scientific understanding of diet and nutrition with real-world practical applications and examples that a health professional must master to help their current and future clients. curriculum focuses on providing deep insight about weight management, hormone imbalance, supplements and performance enhancing ergogenic aids.



ACE →
APPROVED

KEY FEATURES

Original Printed Manual from USA
Digital Access of eBook on the App
Digital Access of Animated Videos,
Case Studies, Audio Podcasts and
Review Questions
Live Interactive Classes
Limited Batch Size
Bilingual Mode of Teaching
Bilingual Online MCQ Exams



ACE CECS

**Nutrition
for Health
Fitness and
Performance
(NHFP)
Online**

An ACE Approved Course

WHY GET THIS COURSE?

Have your clients ever asked you for diet and nutrition advice? In these situations, it can be tough to determine what level of guidance is appropriate and how to individualize nutritional information for clients of different ages, health status, fitness and performance goals. The Sports Nutrition for Health Professional course will provide you with this information and more, enabling you to become a more well-rounded health and fitness professional with the tools to impact lasting change in your clients' nutrition.



COURSE CONTENT

- Carbohydrates
- Protein
- Fat
- Vitamins & Minerals
- Electrolytes, and Water
- Nutrition Assessments
- Body Composition Nutrition Coaching
- Nutrition For Different Stages of Life
- Dietary Guidelines and Nutrition Recommendations for Weight Management
- Diet and Nutrition Planning for Healthy People & People Who Have Special Conditions
- Eating Disorders
- Exercise Physiology and Role of Nutrition
- Exercise, Thermoregulation, and Fluid Balance
- Nutritional Strategies for Endurance, Strength, Power Leading to Performance Enhancement
- Nutritional Supplements and Ergogenic Aids
- Case Studies

WHAT YOU GET

Imported Study Material from USA
Digital Access for On the Go Learning
ACE Approved Certificate
Employment Assistance

WEEKDAYS SCHEDULE



Course Duration: 2 Months
Session Duration: 2 Hours
Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE-1

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

WEEKEND SCHEDULE-2

Course Duration: 6 Months
Session Duration: 3 Hours
Teaching Days: Sunday Only

ASSESSMENT



Exam Language: English & Hindi

Exam Format: Online - Computer Based

Exam 1
Multiple Choice Questions (MCQ)



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CONTACT US

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GOVERNMENT OF INDIA
MINISTRY OF SKILL DEVELOPMENT
& ENTREPRENEURSHIP



COURSE FEE ₹

46,000

Fee Includes - (Original Printed Study Manual, Courier Charges, Digital Access of eBook on the App, Digital Access of Animated Videos, Case Studies, Audio Podcasts, Coaching Classes, Exam Prep Questions, Final Exam Fee)

TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



Total Seats: 6
Discounted Seats: 2 (On Full Payment)



EDUCATION DOES MATTER !

