



## **Personal Fitness Trainer Certification Course**

### **INTRODUCTION**

In keeping with their commitment to excellence and state-of-the-art educational standards, Smt. Parvatibai Chowgule College of Arts & Science in association with Fitness Innovation Technologies (FIT) has collaborated to offer prospective students one of the nations leading innovative and comprehensive fitness training certification programs.

### **PROGRAM POTENTIAL**

Personal Training is today the fastest growing profession in the health and fitness field. It is becoming increasingly important that the fitness industry establishes and maintains standards of quality assurance and safety. The program is designed to meet the needs of aspiring and experienced fitness professionals working one-on-one with exercise clients.

This course directly aims at providing the most current teaching & training methods as well as curriculum to ensure our students get maximum exposure and understanding of the subject as a whole, with an emphasis on actual career development and maximising earning potential.

Getting certified is a voluntary professional commitment to an industry or field of knowledge, and so is a clear indicator of your willingness to invest in your own professional development. After completing our program you'll be equipped with everything you need to turn your passion into a rewarding and exciting career.

### **FACT FILE**

**Certified Personal Trainers** can achieve greater earning potential. Certified Fitness Trainers and Fitness Instructors may often times earn more than non-certified personal trainers, fitness instructors, physiotherapists and sport coaches.

**IT IS THE ONLY FITNESS CERTIFICATION COURSE RECOGNISED BY THE TTAG (TRAVEL AND TOURISM ASSOCIATION OF GOA)**

Smt. Parvatibai Chowgule College was re-assessed by the National Assessment and Accreditation Council (NAAC), Bangalore in January 2009. NAAC has re-accredited the college with Grade A with CGPA score of 3.29 out of 4.

## **COURSE OVERVIEW**

In addition to the regular course-work, the Personal Trainer Certification Exam includes a written simulation component, which consists of two real-life situational problems, which assess a candidate's decision-making skills in designing, implementing and modifying an exercise program.

Its combination of theoretical and practical classes assures our certified trainers are able to implement their theoretical knowledge to the benefit of their clients. Our students benefit from the personal assistance of the **FIT Experts** during the entire duration of the course enabling them to ask questions and to clear doubts at any given time. Theory classes will be held at the **Chowgule College**, practical classes will be conducted at the **Chowgule Sports and Fitness Centre**, one of India's best facilities.

### **Personal Trainer Certification Syllabus**

Our syllabus is based on the ACE (American Council on Exercise) Personal Trainer curriculum, one of the world's most recognized fitness authorities. Following Topics will be covered during our 12 - week course:

#### **Exercise Science**

Exercise Physiology  
Human Anatomy  
Biomechanics and Applied Kinesiology  
Nutrition

#### **Screening and Evaluation**

Health Screening  
Testing and Evaluation

#### **Principles and Methods of Training**

Cardio-respiratory Fitness and Exercise  
Muscular strength and Endurance  
Strength Training Program Design  
Flexibility

#### **Individualized Program Design**

Programming for the Healthy Adult  
Special Populations and Health Concerns

#### **Leadership and Implementation**

Principles of Adherence and Motivation  
Communication and Teaching Techniques  
Basics of Behaviour Change and Health Psychology

#### **Injury Prevention and First Aid**

Musculoskeletal Injuries  
Emergency Procedures

#### **Legal Issues**

Guidelines and Professional Responsibilities

#### **Exercise & Stretching - Execution and Demo (Practical Sessions)**

Our program emphasises on correct exercise and stretching description, safe execution and demonstration techniques



## **Exam Details**

- 2 Case Studies
  - 3 Hours Written Exam (multiple choice)
  - 1 hour (\*) Practical Test on fitness testing, exercise instruction and exercise demo
- \*please note: The practical exam will be conducted on a separate day*

The Personal Trainer Certification exam consists of three sections:

### ***150-question multiple-choice Exam: (600 marks)***

Tests the candidate's theoretical knowledge in the field of fitness testing, instruction and education. Duration: 3 Hours

### ***Written Simulation Test with two client scenarios: (100 marks)***

Tests a candidate's ability in utilizing knowledge acquired during the course using two real life simulations. Case studies are handed out 1 week prior to the written exam date and candidates are to submit the case studies on the day of the written exam.

### ***Practical Test: (100 marks)***

Tests the candidate's physical skills in client fitness assessment, exercise description, exercise demonstration and target muscle identification. The candidate's communication abilities will also be assessed. Duration: 1 hour.

### ***How are points scored?***

The multiple choice exam makes up 75% of a candidate's final score, with the written simulation problems making up to 12.5% and the remaining 12.5% will be allotted for the practical analysis.

Candidates must achieve a combined score of 500 or more points out of possible 800 possible points to earn the Personal Trainer Certification. (62.5% to pass)

### ***Certificate Validity***

Validity of this certificate is 2 years after which the candidate will have to complete 2 CEU's – (continuing education units) to keep their certification validity current.

FIT Education Academy will be offering courses for CEU's. Alternately, CEU's can also be done via correspondence study over the Internet.

## **Qualifications for Admission**

Minimum qualification for admission will be higher secondary or equivalent courses with ability to follow lectures in English.

You must hold current adult CPR (cardiopulmonary resuscitation) certification at the time of the exam. You may sit for the exam without proof of CPR; however, you will not receive your exam results until you provide current CPR certification proof.

## **Personal Fitness Trainer Certification Cost**

The Fee for the 12-Week Personal Trainer Certification is Rs.22, 460/- (Incl. Service Tax).

To be paid by cheque, drawn in favour of: "Smt. Parvatibai Chowgule College-FIT"

**Registration Fee:** Rs.1000/\*

\*Registration guarantees a seat for the course. Balance amount will be payable prior to the start of the course.

Registration fees will be forfeited in case candidate does not make balance course fee payment.

Fees include:

Theoretical & Practical classes  
Usage of the Chowgule Sports and Fitness Centre  
Classes (theory & practical)  
Examination fees  
Certificate & ID card

*Charges for Study and Reference Material are **not** included in the above Course Fees.*

## **Duration of the program**

The course will be conducted for 12 weeks duration, classes will be conducted on, Mondays, Wednesdays & Fridays between 6:00 pm to 8:00 pm.

Course includes 64 hours of theory/practical classes.

***For Information on next Course dates and Registration Kindly Contact:***

**Fitness Innovation Technologies Pvt. Ltd.,**

0 Pescador, Next to Dona Paula Jetty,  
Dona Paula, Goa -403004.

Phone: 2453863/4

Mob: 9975509996

Email: [office@getfit.in](mailto:office@getfit.in)

**You will find faculty information on the pages below.....**

# **Personal Fitness Trainer Certification Course- Lecturers**

## **Rainer Dias**



### **Competitive edge**

Over 22 years Physical Training & National level Competitive Experience. Rainer is the only Goan Athlete to have won all three National Titles in Body Building

1. "Bharat Uday" (Novice)
2. "Bharat Kumar" (Jr)
3. "Bharat Shree" (Sr) Mr. India.

National Championships Medalist in Windsurfing and is currently the National Coach (BSAI) of the Indian Windsurfing squad.

## **Certification and Professional Background**

1. Fitness Trainer Certificate holder from the International Sports Sciences Association (ISSA) 2002, USA
2. He is affiliated to the National Strength and Conditioning Association of America (NSCA)
3. Founder of The Lifestyle Company (TLC) a pioneering Personal Fitness Training program offering personalized fitness & nutritional prescriptions with a local client base exceeding 500 since 2000.

## **Dr. Mahendra Kudchadkar**



### **Education : MBBS, MS, DNB, MRCSEd (UK)**

An active sportsman himself Mahendra has vast experience in the field of orthopaedics. He is the Sports Medicine Consultant for the Sports Authority of Goa and the Seas Goa Football Academy with 10 years experience of working with professional sportspersons and national football teams.

He is the visiting Consultant Orthopaedic Surgeon at the Vintage Hospital, Vrundavan Hospital, Manipal Goa Hospital, Matthew Braganza Hospital, Goa, India. He has to his credit over a 1000 successful Musculoskeletal Trauma surgeries and over 100 hip and knee joint Arthroplasties.

### **Education:**

M.B.B.S	OCT 1989	Bombay University, INDIA
M.S (Orthopaedics)	JUL 1994	Goa University, INDIA
NB(Orthopaedics)	NOV 1994	National Board, Delhi, INDIA
PLAB	APR 2005	General Medical Council, UK
MRCSEd(UK)	NOV 2005	Royal College of Edinburgh, UK

IELTS Band of 8 out of 9                      2004

Eligible for Limited GMC Registration GMC Ref No: 6109195

Cleared by Occupational Health in UK for Hepatitis B, Rubella, TB, Varicella.

## Anil Malkarnekar



**Education : (MSc. Sport Sciences – German Sport University Cologne)**

### **Certification and Professional Background**

1. Of Goan origin, having completed his initial schooling at the Manovikas School (Goa)
2. Higher Secondary Education in Hanover (Germany)
3. Masters Degree in Sport Sciences (MSc.) from the German Sports University in Cologne, Germany.

He is also certified in Sport and Relax Massage Therapy.

### **Professional Aims**

He has returned to his roots with the intention of helping the Indian athlete achieve his dreams using his knowledge and education abroad to impart the latest techniques taught to professionals who wish to work in the sport & fitness industry.

## Sachin Sarin



**Education : B. Physiotherapy – Kasturba Medical College, Mangalore, India**

### **C.M.E.'s :**

1. Sensory Integration
2. Physiotherapy in Sports injuries and Occupational and Industrial Health
3. Mobilization and Manipulation techniques for spine and peripheral joints

### **Yoga Therapy :**

1. Sri Sudhakar Bhat (disciple of Late Dr. Swamy Gitananda), Mangalore, 2003

### **Experience :**

1. Set up the Physiotherapy Department at THE MANIPAL-GOA CANCER AND GENERAL HOSPITAL, DONA PAULA, GOA. Currently functioning as the director of this center.
2. Physiotherapist to the Goa State Football Team for the Santosh Trophy (National League) 2006
3. Physiotherapist to the INDIA Under 21 Football team for the 1st LUSOFONIA GAMES in Macau in October 2006.

### **Case experience :**

1. Orthopedic (Treated conservatively and Post- surgical care)
2. Neurological (Treated conservatively and Post- surgical care)
3. Surgical (Pre and Post Operative Care)
4. Sports and Occupational Injuries
5. Chest diseases (Including I.C.U care)
6. Pediatric
7. Gynecological and Urological (Especially Stress Incontinence)

## **Sam Joseph Braganza**



### **Education**

<b>M. Phil</b> (Specialisation: Exercise Physiology)	Lakshmibai National Institute of Physical Education (Kerala- India)	2008
<b>M. P. E</b> (Specialisation: Exercise Physiology)	Lakshmibai National College of Physical Education (Kerala- India)	2007
<b>B.P.Ed.</b>	Don Bosco's College – Dept. of Physical Education (Goa- India)	2005
<b>B.Com.</b>	St. Xaviers College (Goa- India)	2004

### **Work Experience**

Lecturer in Anatomy & Exercise Physiology	Smt. Parvatibai Chowgule College, Margao – Goa.	2009
Director of Physical Education (Contract basis)	Govt. College of Arts & Commerce, Virnoda, Pernem, Goa	2008
Teaching Assistant (Lecture basis – part-time)	Lakshmibai National College, Trivundrum	2007

## **Beulah Sebastian**



### **Education**

<b>M.P.E</b> (Masters in Physical Education)	Agashe College Pune	2006
<b>B.P.Ed.</b> (Bachelors in Physical Education)	Agashe College Pune	2003
<b>B.A.</b> (Bachelors in Arts)	Smt. Parvatibai Chowgule College of Arts and Science	2001

### **Work Experience**

Lecturer in Physical Education	Don Bosco's College – Department of Physical Education (Goa- India)	2007- 2009
Lecturer PT Certification Course	Smt. Parvatibai Chowgule College of Arts and Science	2009