



# Syllabus

## National Skills Qualifications Framework (NSQF) Level 4

### Fitness Trainer certification

#### 1. Introduction (SPF/N1105)

- Introduction to Fitness Training
- Fitness Training in India
- Specialty Areas in Sport – Specific Fitness
- Role of A Sports Specific Fitness Trainer

#### 1.2 Following Rules and Regulation

- Fitness Industry and Business Guidelines
- Code of Conduct for Fitness Trainers
  - Business and Professional Code of Conduct
  - Ethical Code of Conduct
- Rules and Guidelines for Trainees
  - Administering Rules for Members
- Maintenance of Equipment and Fitness Centre

#### 2. The Human Body and Exercising (SPF/N1105)

##### 2.1 Understanding The Human Body

- Importance of Diet and Nutrition
  - Macronutrients
  - Micronutrients
- Maintaining A Healthy Weight
  - Height and Weight Chart
  - Body Mass Index Chart
- The Anatomy and Physiology of The Human Body
  - The Physiology
- Impact of Exercise on The Human Body
  - Cardiovascular System
  - Respiratory System
  - Muscular System

##### 2.2 Understanding Exercising

- Types of Exercises
  - Cardiovascular / Aerobic Exercise
  - Strength Exercise
  - Flexibility Exercises
  - Balance Exercises
- Methods of Exercising
  - Using Body Weight
  - Using Free Weights
  - Using Machines
- Common Exercises in A Fitness Centre
  - Stretching Exercises
  - Cardio Exercises
  - Strength Exercises

#### 3. Creating A Training Plan (SPF/N1106)

##### 3.1 General Principals of Exercising

- The Three Body Types
- Components of A Session
- Sets and Repetitions
- The FIIT Principle
- Circuit Training
- The Overload Principle
- Comparison Between Free Weights and Machines
- Guidelines for Strength Exercises
- High Intensity Interval Training
- Nutrition Requirements Based on Person's Lifestyle

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### 3.2 Assessing Fitness Levels and Setting Fitness Goal

- Initial Physical Assessment
- Conducting Fitness Tests
- Setting Goals of A Trainee
  - Smart Goals
  - Goals for Various Time Frames

### 3.3 Preparing A Training Plan

- Steps to Create A Beginner Training Plan

### 3.4 Sample Training Plans

- Training Plans by Body Types
- Training Plans by Fitness Goals and Levels

## 4. Imparting The Training (SPF/N1106)

### 4.1 Implementing The Training Plan

- Explaining The Training Plan
- Teaching The Correct Techniques
  - Weight Lifting
  - Use of Equipment

### 4.2 Avoiding Injury

- Common Types of Injuries
- How you can help Avoid Injury
- Using Correct Gear to Prevent Injuries
- Controls and Regulations in Training

## 5. Monitoring Progress and Dealing with Injuries (SPF/N1107)

### 5.1 Monitoring Fitness

- Assessing Fitness According to Goals and Progress
- Modifying Training Plan
- Motivational and Adherence Strategies

### 5.2 Dealing With Injuries

- Common Injuries
  - Types of Injuries
- What to do in Case of Injury?

## 6. Ensuring Health And Safety (SPF/N1113)

- Health and Safety in A Fitness Centre
- Primary Safety Hazards and Control Measures

## 7. Employability And Entrepreneurship Skills

### 7.1 Personal Strengths and Value System

- Health, Habits, Hygiene: What is Health
- Safety: Tips To Design A Safe Workplace
- Self Analysis - Attitude, Achievement Motivation
- Honesty and Work Ethics
- Creativity and Innovation
- Time Management
- Anger Management
- Stress Management

### 7.2 Digital Literacy

- Computer and Internet Basics
- Ms Office and Email
- E-Commerce

### 7.3 Money Matters

- Personal Finance : Why to save
- Types of Bank Accounts, Opening A Bank A/c
- Costs: Fixed Vs. Variable
- Investment, Insurance and Taxes
- Online Banking, NEFT, RTGS etc.

### 7.4 Preparing for Employment and Self Employment

- Interview Preparation
- Preparing an Effective Resume
- Interview
- Work Readiness – Terms and Terminologies

### 7.5 Understanding Entrepreneurship

- Concept Introduction, (characteristic of an Entrepreneur, Types of Firms/Types of Enterprises)
- Leadership and Teamwork
- Communication Skills: Listening and Speaking
- Problem Solving and Negotiation Skills
- Business Opportunities Identification: Entrepreneurs and Opportunities
- Entrepreneurship Support Eco-system
- Risk Appetite and Resilience
- Success and Failures

### 7.6 Preparing to be an Entrepreneur

- Market Study / The 4 PS of Marketing/ Importance of an Idea: Understanding Market Research
- Business Entity Concepts : Basic Business Terminology
- CRM and Networking
- Business Plan: Why Set Goals
- Procedure and Formalities for Bank Finance
- Enterprise Management – An Overview
- 20 Questions to Ask Yourself Before Considering Entrepreneurship

