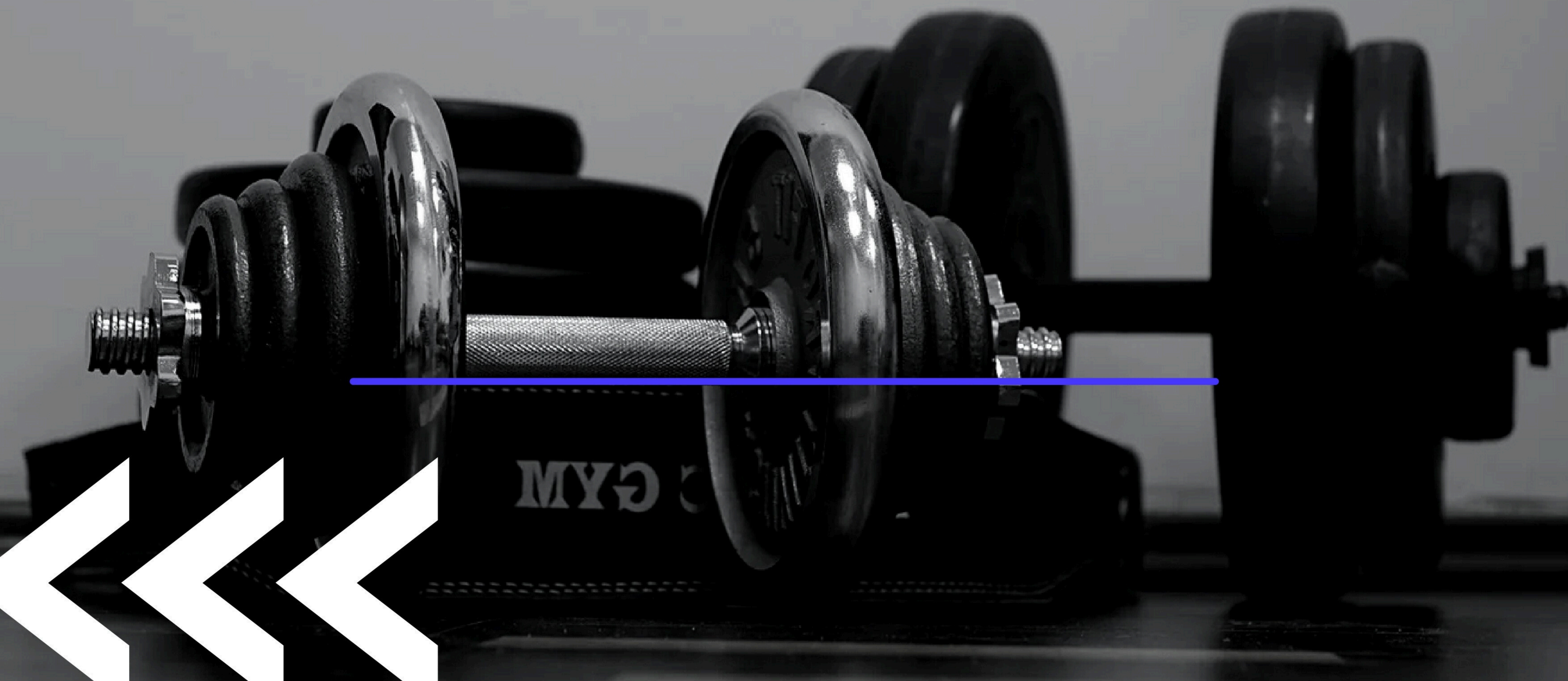




DIPLLOMA IN PERSONAL TRAINING

2025-26



Day-1

WELCOME CEREMONY

Students & institutional introduction

Completion of the admission procedure

**Explanation about the DPT program Scope,
procedure & ethical issue discussion**

Terms & conditions of the institute

Photo sessions



A high-angle, low-key photograph of a person's legs and hands as they perform a deadlift. The person is wearing black shorts with orange stripes and black sneakers with yellow accents. They are lifting a barbell with large black weights from a dark, textured gym floor. The lighting is dramatic, with strong shadows and highlights on the person's muscles and the floor.

Day-2-Anatomy

Basic nomenclatures (medical terms)

Bones & joints (types with locations)

Muscles & its locations (with types & examples)

Surface anatomy



Day-3-Physiology

Types of muscle contraction with example
Muscle contraction physiology
Exercise-physiology-long & short term changes of the body
(metabolism, heart, lungs, muscles & bone)

Hypertrophy & atrophy

Principles of Strength training

Muscle fiber recruitment, variations of exercise,

DOMS

Day-4- Biomechanics

Anatomical
position

Axis

Planes

Movements



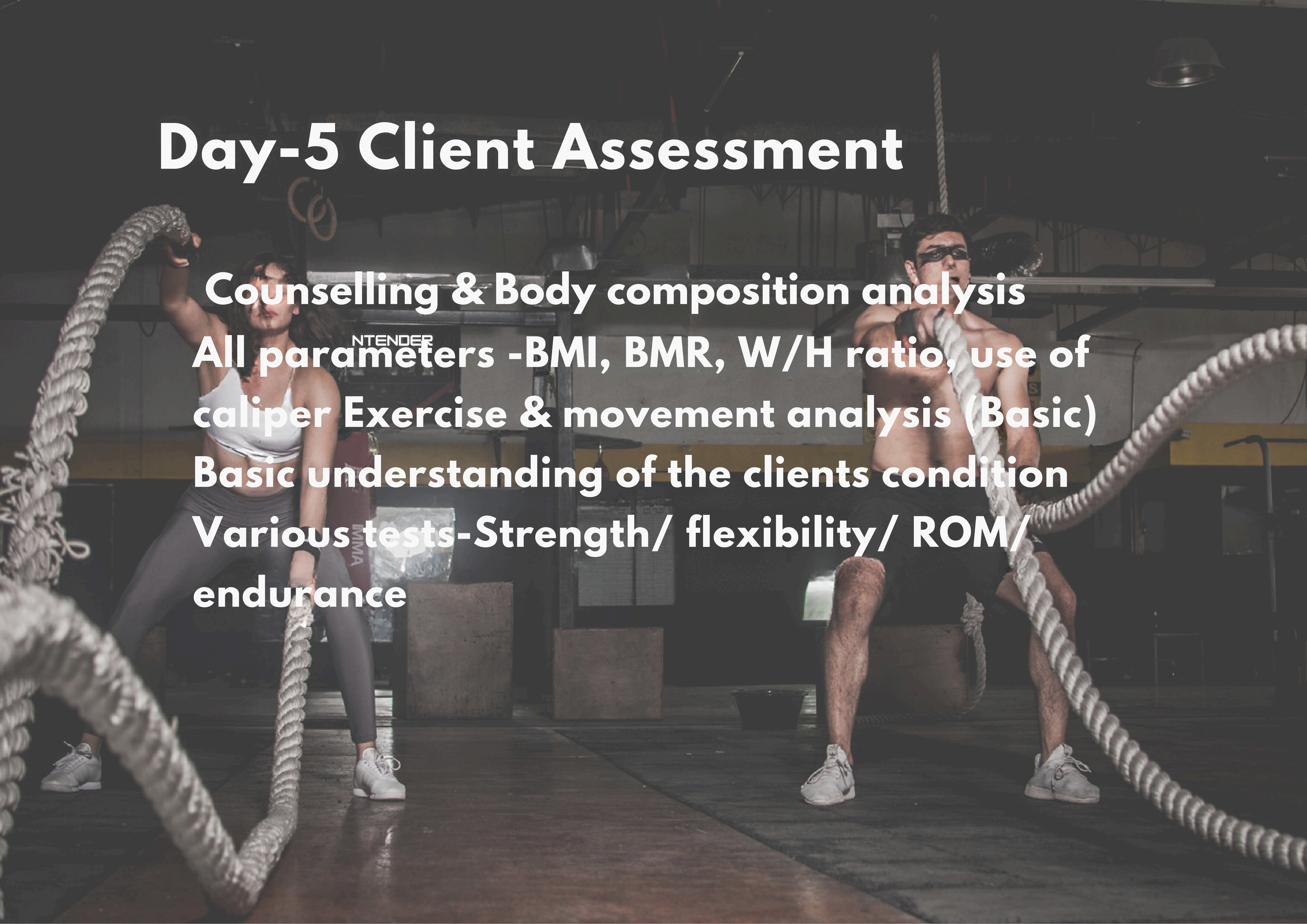
Day-5 Client Assessment

Counselling & Body composition analysis

All parameters -BMI, BMR, W/H ratio, use of caliper Exercise & movement analysis (Basic)

Basic understanding of the clients condition

Various tests-Strength/ flexibility/ ROM/ endurance



Day-6 Strength Training

Upper limb-push & pull movements-2-5 variants each joint (With & without machine)

Lower limb-push & pull movements-2-5 variants each

joint (with & without machine)

Discussion about basic exercise chart preparation

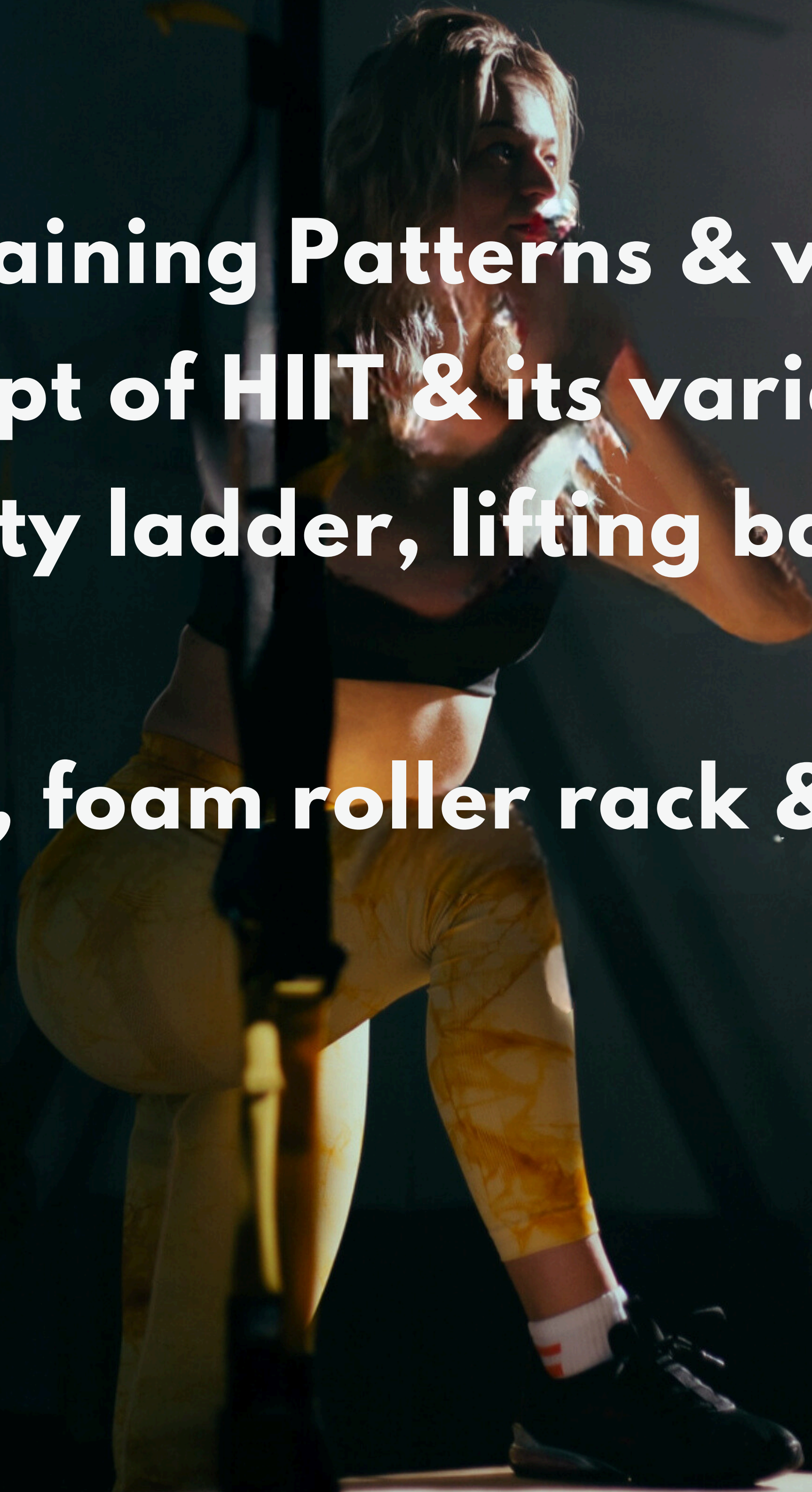
Lifting techniques

Indication, precautions & contraindications of strength

training

Day-7 Functional Training

Principles of training Patterns & variations of functional training Concept of HIIT & its variations Usage of-Swiss ball, slam ball, agility ladder, lifting bags, kettlebell, bands & tubes, balance board, foam roller rack & cages, monkey ladder, battle rope etc



Day-8 Flexibility, stretching & mobility

Principles Types & physiology

Techniques

Indications & Contraindication

Demonstration of special techniques-

30-35 hands on



Day-9 Diet & Supplements

**Basics of transformation nutrition-valuation-calculations-principles
Diet chart preparation Synthetic & natural supplements Ayurveda in
transformation**

**Special considerations-Post Covid19, cardiac disorder, diabetic, PCOD,
hypertension & other metabolic disorders.**

A person wearing a blue and white striped shirt is performing CPR on a mannequin. Their hands are positioned on the mannequin's chest, with fingers interlaced. The mannequin is lying on a white surface, and a pink zipper is visible in the bottom right corner. The background is a soft, out-of-focus light blue.

Day-10-EMERGENCIES

Usage of safety devices in GYM

Warning signs

First-Aid

**CPR Other emergencies
& injuries management-**

Day-11-Special Population

**Exercise & diet advice Principles Condition wise
discussions Diabetics, pregnancy, cardiac
conditions, hypertension, geriatric populations,
arthritic conditions etc.**

**Indications, precautions & contraindications
Research based evidences**



Day-12-Personal training business

**Plans & goals Build business
step by step Use of social media
Hard work VS Smart work**

**Compliances
Success stories
Ethics & morals**

Day-13-Exam Preparation

Doubt clearance

Extra tips & tricks

Mock test & on spot practical

Explanation about gradation

Due fees clearance/ if any

Issuance of examination



Day-14-Final Examination

Theory test-at NIFS at Tab/ laptop/desktop/ mobile-25 mins

Practical at NIFS-each student 5-10 minutes

EXAM

Shift

Day-15-Graduation day

Last call-the session at NIFS

Cake cutting

Certificate distribution

Photo shoot

Feedback



**CONTACT US FOR ALL THE
DETAILS**

**Call Us At
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8697742900**