



Sapphire

FITNESS ACADEMY

ACCREDITED BY :



Skill India
कौशल भारत - कुशल भारत

AFFILIATED WITH :





OUR MISSION

- Provide Fitness education with most affordable fee structure.
- Promoting safe & effective Training for all.
- Evaluate, Certify and facilitate employment of trainees in India and Abroad.
- Build a strong community of qualified fitness professionals contributing in improving Nation's health.
- Active & Healthy Lifestyle for all individuals of the society.

OUR VISION

To educate more people about Healthy lifestyles and also eliminate the misconceptions about Nutrition & fitness .With this vision we also run Educational Weekend Program for FREE on weekends to reach our goal.

ABOUT US

Sapphire Fitness Academy was established in 2019. SFA is Central India's leading Academy known for the quality of our Fitness trainers and the scientific rigor of our program. Sapphire fitness academy is India Education Partner of NETA (National Exercise Trainer association), Offers NCCA accredited Certified Personal trainer Course. Sapphire Fitness Academy is also offering Govt. Approved Fitness Trainer Courses Accredited by SPEFL-SC / SKILL INDIA and also the authorized training Center of KnowCPR. Our courses have developed by using a system based on scientific, evidence-based research. These courses maximize your skills and ability to help your clients excel beyond ordinary expectations, while improving your career opportunities. Our courses are designed not only to provide students with up-to-date theoretical knowledge in the health and fitness industry, but also to give them a chance to practically apply all the tools and information that they have gathered from the theory sessions.

All the lectures are conducted in our institute which has A.V. equipped classroom and fully equipped Practical gym floor. SFA provides Lecture though Live Face to Face Online & Offline formats according to convenience of the students. We also believe that education must be Affordable that's why we make our all courses pocket friendly.



ACCREDITATION & CREDENTIAL

Sapphire fitness academy is India Education Partner of NETA (National Exercise Trainer association), Offers NCCA accredited Certified Personal trainer Course. Sapphire Fitness Academy is also offering Govt. Approved Fitness Trainer Courses Accredited by SPEFL-SC / SKILL INDIA and also the authorized training Center of KnowCPR ,which provides you CPR/AED & FIRST AID certification of INTERNATIONAL Standards.

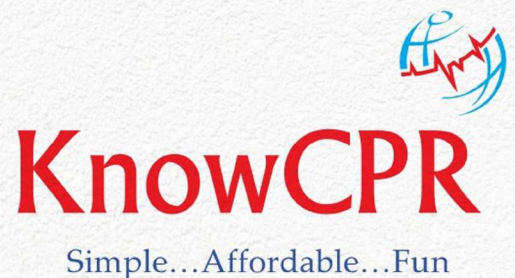
SPORTS PHYSICAL EDUCATION& LEISURE - SECTOR COUNCIL [SPEFL-SC]

SPEFL-SC is formed by Ministry of Skills Development and Entrepreneurship (MSDE) and this council is promoted by National Skill Development Corporation (NSDC) & Federation of Indian Chambers of Commerce and Industry (FICCH). Both are Government Bodies. Basically Indian Government formed SPEFL to train and certify 15 crore youth in fitness field under their Skill India Mission, As Indian Fitness industry is the next booming industry which will generate lot of employments for the youth, so Indian government has decided to train and certify fitness aspirants and help them build their career in the fitness industry and make them financially independent.



KNOWCPR

Know CPR has trained over 100,000 people since 2002. They have training and courses for everyone. Know CPR offers the most convenient and affordable CPR, First Aid, and AED Training. All programs follow the most up-to-date AHA Guidelines, and are taught by certified instructors who are experienced teaching classes with mixed language skills and backgrounds.



NATIONAL EXERCISE TRAINER ASSOCIATION [NETA]

Founded in 1977 by Michael Wollman, the National Exercise Trainer Association (NETA) is a non-profit organization and recognized leader in the health and fitness industry. Originally introduced as the National Dance-Exercise Instructors Training Association (NDEITA), the organization officially changed its name in 2004 to reflect the comprehensive scope of the professional programs we offer. Over the course nearly four decades, NETA has provided career education, training and certification to more than 160,000 fitness professionals and our credentials are recognized by most fitness facilities nationwide.

Today, NETA's Group Exercise Instructor and Personal Trainer certifications are both accredited by the National Commission for Certifying Agencies (NCCA).



WHO & WHAT IS NCCA?

The National Commission for Certifying Agencies (NCCA) is the accreditation body of the Institute for Credentialing Excellence (ICE). ICE, established in 1977, is the leader in setting quality standards for credentialing organizations. Through its annual conference, regional seminars, and publications, ICE serves its membership as a clearinghouse for information on the latest trends and issues of concern to practitioners and organizations focused on certification, licensure, and human resource development. Certification programs may apply and be accredited by the NCCA if they demonstrate compliance with each of the 23 rigorous accreditation standards. The standards are designed to assure that the certifying agency can accurately and fairly measure a certificant's professional competence through standardized testing

ACCREDITED
CERTIFICATION PROGRAM



NCCA BY ICE

OUR TEAM

We are a group of Qualified and experienced fitness professionals, committed to educate the trainer's, make them aware of the new trends in the fitness industry and making them at par with the global standards.



MR. KUNAL KHATRI
DIRECTOR & FITNESS FACULTY

- ♦ NETA-CPT
- ♦ International Registered exercise professional (ICREPS)
- ♦ Certified Sports Nutritionist
- ♦ Certified CPR/AED & First Aid Instructor from ECSI & KnowCPR
- ♦ Certified Personal Trainer for Special Pop
- ♦ More than 6 years experience

MS. ANURADHA DESHPANDE
DIRECTOR OF OPERATIONS

- ♦ International Registered exercise professional (ICREPS)
- ♦ Certified Sports Nutritionist
- ♦ More than 4 years experience



MR. ANIKET THAKARE
NUTRITION FACULTY

- ♦ Bachelor in Microbiology
- ♦ Certified personal trainer
- ♦ Certified sports Nutritionist
- ♦ More than 6 years experience

MR. MAHIPAL SINGH SISODIYA
PRACTICAL FACULTY

- ♦ Certified Personal Trainer
- ♦ Certified Sports Nutritionist
- ♦ Expert in Ergonomics of gym equipments
- ♦ More than 7 years experience



MR. TUSHAR SHELAR
FACULTY & HEAD OF EXAMINATION

- ♦ NETA-CPT
- ♦ Certified Personal Trainer
- ♦ Certified Advanced Sports Nutritionist
- ♦ Diploma in Yoga Therapy
- ♦ More than 8 years experience



Sapphire
FITNESS
ACADEMY

WHY CHOOSE US?



**Fully integrated study center
with Audio & Video equipped
classrooms.**



**Recognized by
SPEFL-SC / SKILL INDIA**



**All Courses are also
available in FACE to FACE
Live online Format**



**100% Job & Career
Assistance**



**Easy & Quick
EMI Options**



**Courses & SFA Exams
are Fully Translated in
Hindi & English**



Continuing Education



**Experienced
Faculties**



**Lifetime Access of
Theory lectures**



India Education Partner of NETA



50+ Placement Partners



Google Review 4.9



Lifetime Support



OUR COURSE HIGHLIGHTS



**More Than
6 Courses**



**Include Marketing
& business
Development**



**Recorded
Lectures**



**Cover up for
missed lectures**



**Practical +
Demonstration + Case
study Discussion**



**Personalized
Attention**

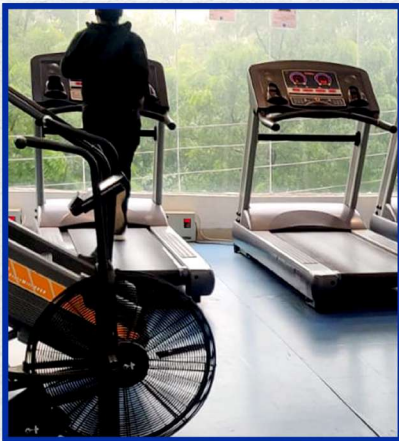


**FREE Lectures on
Various Topics**

INFRASTRUCTURE



GROUP TRAINING FLOOR



CARDIO FLOOR



AV EQUIPPED CLASSROOM

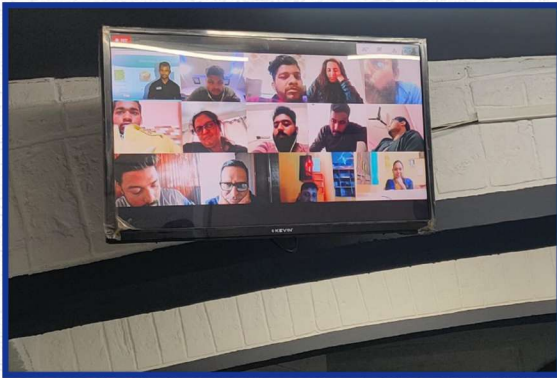


WEIGHT TRAINING FLOOR



LATEST WEIGHT TRAINING EQUIPMENT'S FOR PRACTICAL

GALLERY



LIVE ONLINE LECTURE
"ATTEND CLASS FROM YOUR HOME"



OFFLINE/ONLINE
THEORY LECTURES



CERTIFIED
PROFESSIONALS



PRACTICAL TRAINING



PROCTORED
EXAMINATION



CPR TRAINING

Courses



CERTIFIED PERSONAL TRAINER

Sapphire Fitness Academy is an institute for training and certifying fitness professionals. The Certified Personal Trainer Course is accredited by SPEFL-SC / Skill India. This Course is designed to equip you with the practical day-to-day skills necessary, as well as the theoretical knowledge needed to excel as a personal trainer serving the general public. This certification will teach you everything you need to know about being an effective fitness trainer and helping your clients achieve their fitness goals on a daily basis. Along with the necessary exercise science foundation this program covers client assessment, program design, basic nutrition and many more. This Course is also for people who want to learn to train themselves the right way. On completion of the course you will be required to pass a test, which is made up of multiple choice questions. You also will be required to pass Practical exam and viva. Once you pass, you will earn the Fitness Instructor certification along with Basic First Aid, CPR & AED to enjoy a successful career within the fitness industry. This course also prepared you for NETA- CPT Exam; you can take the Exam after completing this Course.

SYLLABUS

➤ THE ROLE OF FITNESS PROFESSIONALS

- Ideal Qualities and Characteristics
- Ethics and Professional Standards Code of Ethics
- Continuing Education
- Credible Sources of Information

➤ RELATIONSHIP-BUILDING & COMMUNICATION SKILLS

- Rapport
- First Impressions
- Approaching Members
- Impact of a Message
- Active Listening Skills

- Understanding Body
- Language
- Verbal Listening Skills
- Effective Questions
- Reflective Statements

➤ BEHAVIORAL CHANGE & MOTIVATION

- Transtheoretical Model
- Decisional Balance
- Self-Efficacy
- Social Cognitive Theory
- Self-Determination Theory
- Health Belief Model
- Goal-Setting
- SMART Goals
- Motivation and Adherence

➤ INTRODUCTION TO WELLNESS

- *The Art of Wellness Coaching*
- *Motivational Interviewing*
- *The GROW Coaching Model*

➤ INTRODUCTION TO FITNESS & PHYSICAL ACTIVITY

- *General Benefits of Exercise*
- *Role of Personal Trainer*
- *Health vs Fitness*
- *Degeneration of Tissue or Aging*
- *Relation between Sports & Fitness*
- *Skill Related Fitness components*
- *Principle of Training*

➤ HEALTH RELATED COMPONENTS OF FITNESS

- *Cardiorespiratory Endurance*
- *Muscular Endurance*
- *Musculoskeletal Strength*
- *Flexibility*
- *Body Composition*

➤ HUMAN ANATOMY

- *Anatomical Organization*
- *Prebiotics & Probiotics*

➤ THE SKELETAL SYSTEM

- *Axial & Appendicular Skeletal System*
- *The Vertebral Column*
- *Anatomy & Functions of Bone*
- *Classification of Bones*
- *Types of Cartilage*
- *Classification of Articulations (Joints)*

➤ THE MUSCULAR SYSTEM

- *Muscle Functions*
- *Structure of Skeletal Muscle*
- *Sliding Filament Theory*
- *Motor Unit*
- *Types of Skeletal Muscle Fibers*
- *Types of Muscle Contraction*
- *Adaptation to resistance Training for Hypertrophy (Muscle Gain)*
- *Role of Muscle During action*

➤ THE CARDIOVASCULAR SYSTEM

- *Overview of Human Heart*
- *The Pathway of Blood Flow*
- *Blood & Blood Vessels*
- *Blood Pressure*
- *Terminology*
- *Chronic Adaptation of Aerobic Exercise for cardiovascular system*

➤ THE RESPIRATORY SYSTEM

- *Oxygen Consumption*
- *Oxygen Deficit and Debt*
- *Terminology*
- *Chronic Adaptation of Aerobic exercise for cardiorespiratory system*

➤ THE ENERGY SYSTEM

- *Adenosine Tri Phosphate (ATP)*
- *Aerobic & Anaerobic systems*
- *ATP-CP System*
- *Lactic acid / Glycolytic System*
- *Aerobic System*

➤ THE NERVOUS SYSTEM

- *Central Nervous System*
- *Peripheral Nervous System*
- *Neurons*
- *Stress Response*

➤ APPLIED KINESIOLOGY & BIOMECHANICS

- *Movement Terminology*
- *Newton's Laws of Motion*
- *Types of Lever Systems*
- *Principles of Applied Biomechanics*
- *Anatomical Plane*
- *Kinesiology of the all Joints & Actions*

➤ CORRECT EXERCISE SELECTION

- *Classification of Exercise by involved Joints & Muscles*
- *Classification of Exercise by involved Limbs*
- *Free Weight & Machine Selection*
- *Training Accessories Selection*
- *Important Points for selection of correct Exercise*

➤ FLEXIBILITY

- Factors Affecting Flexibility
- Ways to Improve Flexibility
- Benefits of Stretching
- Sensory Receptors & Stretching Mechanism
- Types of Stretching

➤ BODY COMPOSITION

- Composition of Fat & Muscle Cell
- Ideal Body Fat Percentage for Adult Male & Female
- Effects of Losing Muscle & Gaining Fat on Body
- Function of Carbohydrates, Fat & Protein
- Basal Metabolic Rate (BMR)
- Body Types
- Total Daily Energy Expenditure (TDEE)
- EPOC Effect

➤ CARDIORESPIRATORY TRAINING

- Benefits of Cardiorespiratory Training
- Modes of Cardio Training
- Commercial Cardio Equipments & Selection
- Types Cardio Training & Effects on Energy systems
- Estimating Intensity for Cardio Training; Target Heart Rate
- Methods to Monitor Exercise Intensity

➤ RESISTANCE TRAINING

- Benefits of Resistance Training
- Anatomy & Exercise of Lower Body, Chest, Shoulder, Back, Abs & Arms
- Demonstration of Lower Body, Chest, Shoulder, Back, Abs & Arms

➤ PROGRAMMING

- Importance of Programming
- FITT Principle for Cardio, Flexibility & Resistance Training
- Supercompensation
- Exercise Planning for Beginner, Intermediate & Advanced Intensity
- Periodization

➤ HEALTH SCREENING ASSESSMENTS

- Physical Activity Readiness Questionnaire (PAR-Q)
- Personal Health and Lifestyle Questionnaire
- Signs and Symptoms of Disease
- Medical Clearance
- Risk Factors for CVD
- Resting Heart Rate
- Resting Blood Pressure
- Body Mass Index
- Waist-to-Hip Ratio
- Circumference Measurements

➤ HEALTH RELATED PHYSICAL FITNESS ASSESSMENT

- Assessment of Body Composition
- Assessment of Cardiorespiratory Endurance
- Assessment of Muscular Strength
- Assessment of Muscular Endurance
- Assessment of Muscular Flexibility

➤ POSTURAL ANALYSIS

- Posture and the Kinetic Chain
- Pelvic Alignment
- Spinal Misalignments
- Static Postural Screening
- Dynamic Posture
- Postural Distortion Patterns
- Dynamic Postural Screening

➤ OVERVIEW OF MEDICAL CONDITIONS & SPECIAL POPULATIONS

- Asthma
- Arthritis
- Diabetes Hypertension
- Osteoporosis
- Pregnancy
- Youth and Adolescents
- Older Adults

➤ **RISK MANAGEMENT FOR FITNESS PROFESSIONALS**

- *Standard of Care*
- *Negligence*
- *Liability Exposures Scope of Practice*
- *Risk Management Plan*

➤ **DOCUMENTATION & RECORD KEEPING**

- *Participant Files*
- *Confidentiality and HIPAA*
- *Waiver and Release of Liability*
- *Informed Consent*
- *Preparticipation Screening Questionnaires*
- *Progress (SOAP) Notes*
- *Additional Forms and Record Keeping*

➤ **BASIC NUTRITION**

- *Carbohydrates*
- *Protein*
- *Fat*
- *Vitamins & Minerals*

➤ **INTRODUCTION TO SUPPLEMENTATION**

- *Pure Protein Supplements*
- *Fat Supplements*
- *Mass Gainer*
- *Vitamins & Minerals Supplements*
- *BCAA*
- *Performance Enhancing Supplements*
- *Fat Burners*

➤ **FIRST AID, AED & CPR**

➤ **EXAM PREPARATION**

➤ **PRACTICAL SESSIONS**

SESSIONS :

Theory - 36

Practical - 17

**LIVE ONLINE/OFFLINE (FACE TO FACE) OF
Theory & Practical Lectures**

TOTAL LEARNING HOURS :

130-150 Hours

DURATION :

**Week days - 3 Months
Monday to Friday**

EXAMINATION :

- 1. Theory Examination by SFA**
- 2. Theory Examination by SPEFL-SC**
- 3. Practical & Viva by SFA**
- 4. Viva by SPEFL-SC**

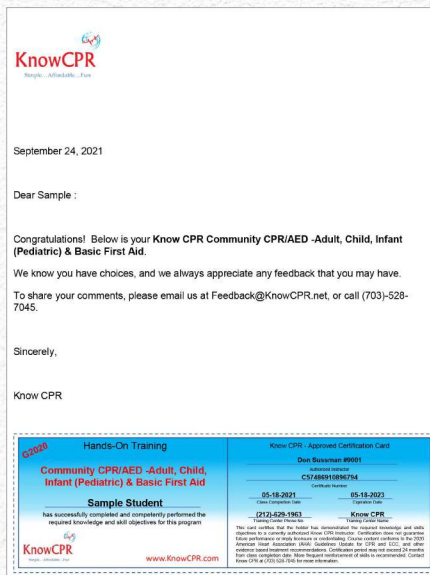
CERTIFICATES



Certified Personal Trainer from SFA



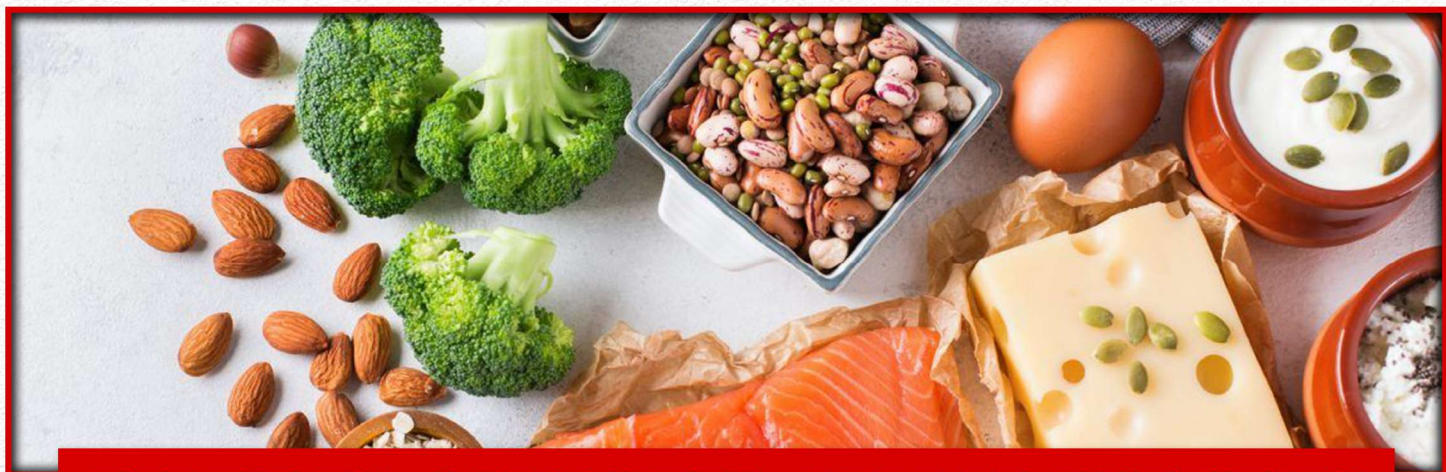
Certified Fitness Trainer (Level-4) from SPEFL-SC



Certified First Aid, AED & CPR Trainer from KnowCPR

FEES: INR 35000/-

EASY EMI OPTION AVAILABLE



CERTIFIED ADVANCED SPORTS NUTRITION

In the Sports Nutrition course, you will learn how to put your clients on the healthiest route towards their best selves. By Sports Nutrition certification, you will have the knowledge and abilities to design and deliver top-quality, individualized nutrition coaching for your clients. You will be able to use your nutrition coaching skills to increase success in their health- and fitness-related goal. This Course provides in-depth knowledge on Food Selection, Macro Nutrient Ratios, Micro Nutrients, calculations of macro and micro calculation and various other components related to Human Nutrition which helps to achieve most optimal body composition.

SYLLABUS

➤ INTRODUCTION TO NUTRITION SCIENCE

- *Intro to Macro & Micro Nutrient*
- *Recommended Dietary Allowances (RDAs)*

➤ ALL ABOUT METABOLISM & METABOLIC DISORDERS (HORMONES)

- *Anatomy of cell*
- *(Cytoplasm, Cell Membrane, Nucleus, Mitochondrion, Ribosomes, Endoplasmic reticulum, Golgi apparatus, Lysosomes)*
- *Introduction to endocrine system*

- *Physiological role of Insulin Hormone*
- *Insulin Resistance & Diabetes*
- *Physiological role of Thyroid Hormone*
- *Pathological conditions; Hypothyroidism & Hyperthyroidism, Hashimoto's thyroiditis & Goiter*
- *Polycystic ovary syndrome PCOS/PCOD*
- *Physiological & Pathological role of Stress Hormones (Cortisol, Adrenalin, Nor-Epinephrine)*
- *Physiological & Pathological role of Sex Hormones (Estrogen, Testosterone, Progesterone)*
- *Role of Sex Hormones in human body for muscle gain and fat loss.*

➤ **BODY COMPOSITION**

- Composition of Muscles
- Composition of Fat
- Essential Fat Vs. Adipose Tissue
- Types of Body Fat
- Ideal Body Fat Percentage for Male & Female
- Problems of Gaining Fat tissue and losing muscle tissue
- Basal Metabolic Rate (BMR) & Body Types

➤ **INTRODUCTION TO FITNESS SCIENCE**

- What is Fitness?
- General Benefit of Exercise
- Health vs. Fitness
- Degeneration Forces and Aging
- Physical Capability
- Relation between Sports & Fitness
- Components of health related physical fitness

➤ **TRAINING INTENSITY IN PERFORMANCE**

- Intensity determination in weight training & cardio Training
- Various Intensity Techniques
- Protein, carb & fat requirement as per intensity

➤ **NUTRIENTS PROBLEM WITH INDIAN DIET**

➤ **INTRODUCTION TO CARBOHYDRATES**

- Nutritional Value in Indian dietary pattern
- Classification of carbohydrates
- Digestion & Absorption of Carbohydrates
- Glycemic Index & Glycemic Load
- Impact of Insulin hormone on Low & High Glycemic Foods
- Food Exchange List of Carbohydrates
- Sugar Alcohol or Sweeteners
- Prebiotics & Probiotics

➤ **INTRODUCTION TO PROTEIN**

- Functions of Protein, Essential & Non-Essential Amino Acids.
- Digestion of Protein
- Protein Synthesis
- Protein Quality Check (PDCAAS, Chemical score, Protein efficiency ratio, Biological Value)
- Difference between Complete & Incomplete Protein
- Food Exchange List of Protein

➤ **INTRODUCTION TO DIETARY FAT**

- Functions of Fat
- Type of Dietary Fats (Triglycerides, Phospholipids, Cholesterol)
- Digestion of Fat
- Functions of Cholesterol
- Transporters of Cholesterol & Total Cholesterol (LDL, VLDL, HDL, Triglycerides)
- Classification of fatty acids (Saturated & Unsaturated fatty acids)
- Indian Diet & Cooking Oil
- Essential Dietary fat
- Hydrogenated oil
- Food Exchange list of Dietary Fats

➤ **INTRODUCTION TO WATER**

- Importance & Functions of Water & Fluid
- Osmosis Pressure
- Functions of Electrolytes (Sodium & Potassium)
- Effects of Low & High Level of Sodium & Potassium
- Symptoms of Dehydration
- Fluid Requirement For Sedentary & Performance Athletes

➤ **ENERGY SYSTEM**

- Intro to Energy
- ATP-PC System
- Glycolytic System
- Aerobic Glycolysis & Krebs Cycle
- Production of ATP in different Energy System
- Nutritional Ketosis and production of ketones

➤ **INTRODUCTION TO MICRONUTRIENTS**

- Fat Soluble Vitamins (Vitamins C & B-Complex)
- Water Soluble vitamins (Vitamins A, E, D, K)
- Functions of Vitamins & Minerals (Antioxidant)
- Types of Minerals (Macro, Trace & Ultra Trace Minerals)
- Food Source & Deficiency symptoms of Vitamins & Minerals
- Vitamins & Minerals requirements for general population and athletes

➤ **INTRODUCTION TO SUPPLEMENTS**

- Forms of supplements
- Pharmaceutical vs. Nutraceutical

➤ TYPES OF PROTEIN

➤ PURE PROTEIN & VEGAN SUPPLEMENTS

- (Whey protein Casein protein, albumen protein, soya isolate, pea protein)

➤ PROTEIN BLEND SUPPLEMENTS

- (Whey blend & Other Plant based protein blend)

➤ MEAL REPLACEMENT SUPPLEMENTS

- (Mass gainer, weight gainer & lean mass gainer)

➤ PURE FAT SUPPLEMENTS

- [MCT oil (Medium chain triglycerides oil) Fish oil , krill oil , cod liver oil , algal oil , flaxseed oil)

➤ PURE CARBOHYDRATES SUPPLEMENTS

- (Maltodextrin , vitargo , waxy maize starch , Amylopectin starch)

➤ IMMUNE BOOSTING SUPPLEMENTS

- Antioxidant supplements
- (Vitamin A , Vitamin E , Vitamin C , Vitamin D , alpha Lipoic acid (ALA) , CoQ10)
- Multivitamin & Multimineral
- Anti-inflammatory supplements (fish oil, curcumin)

➤ BONE DENSITY SUPPLEMENTS

- Calcium supplement
- Magnesium supplement
- Vitamin D3 supplement
- Vitamin K2 supplement

➤ PERFORMANCE BOOSTING SUPPLEMENTS (ERGOGENIC SUPPLEMENT)

- Creatine supplement
- Citrulline Malate / Arginine supplement
- Beta alanine supplement

➤ AMINO ACID SUPPLEMENT

- BCAA
- Leucine supplement
- Glutamine

➤ FAT BURNERS (THERMOGENIC SUPPLEMENTS)

- Stimulant fat burners (caffeine , yohimbine)

➤ INTRODUCTION TO HERBS & SUPPLEMENTS

➤ NUTRITIONAL LABEL READING

➤ BODY COMPOSITION ASSESSMENT & ANTHROPOMETRIC DATA

- Weight, Height, Waist to Hip Ratio, BMR, Circumferences
- Skinfold Measurement assessment
- Hydrostatic Weighing
- BOD POD
- Bioelectrical Impedance analyzer (BIA)
- Dual energy x-ray absorptiometry (DEXA)

➤ CLIENT CONSULTATION & SMART GOAL SETTING

- Informed Consent
- Diet Recall, Food Choices & Supplement Use
- Medical History & Current Medication
- Lifestyle Habits
- Activity Level Evaluation
- Short Term, Mid Term & Long Term Goal setting)

➤ MOTIVATION & ADHERENCE

- Extrinsic vs. Intrinsic Motivation
- Possible Barriers
- Strategies to increase motivation and adherence

➤ MACRO'S & MICRO NUTRIENT CALCULATION APPROACH INCLUDING

- Sedentary,
- Medical conditions,
- Performance Athletes,
- Fat loss & Muscle Gain
- Sample Calculation plans

➤ DIET PLANNING

- Ketogenic Diet (High fat Very Low carbohydrate)
- Low carb Diet for Fat loss
- Moderate Carb Diet for lean Muscle Gain
- Vegan Diet Planning

DIETARY GUIDELINES & ENERGY BALANCE

- *BMR Calculation*
- *Total Daily Energy Expenditure (TDEE) calculation*
- *Concept behind Maintenance calorie, Calorie deficient & calorie surpluses*

CASE STUDIES & DIET PRESENTATIONS

DETAILED FOOD EXCHANGED LIST AS PER INDIAN FOOD

CONCEPT OF COOKING & RECIPES (COOKING VIDEO)

BUSINESS & MARKETING

SESSIONS :

Theory - 50

LIVE ONLINE/OFFLINE (FACE TO FACE) OF

Theory & Practical Lectures

TOTAL LEARNING HOURS :

130-150 Hours

DURATION :

**Week days-3 Months
Monday to Friday**

EXAMINATION :

- 1. Theory Examination**
- 2. Practical Examination**
- 3. Viva Examination**

CERTIFICATES



Certified Advanced Sports Nutritionist



Certified Supplement Coach



Certification of Metabolic Health and Disorders



FEES: INR 34000/-

EASY EMI OPTION AVAILABLE



CERTIFIED SUPPLEMENT COACH

As a Trainer or a trainee, we sometimes find that our gains and fat burning have slowed or stopped. Now we need that extra boost. We need a good supplement strategy to get us on the road to gains and burning fat as well as good health. But do you know various kinds of supplements and their role in the body? Are you strategizing it correctly to achieve maximum benefits? Do you know how much and when to take them? Are you pairing up the right supplements? If you have related questions, so this workshop is for you, it will build foundation for a solid supplement program; This Workshop is detailed and tactfully assembled for maximum benefit for you as trainer or trainee. Know what's inside the box and upgrade your knowledge because the right supplements can help to improve your health, performance, and physique.

SYLLABUS

➤ INTRODUCTION TO SUPPLEMENTS

- *Forms of supplements*
- *Pharmaceutical vs. Nutraceutical*

➤ TYPES OF PROTEIN SUPPLEMENTS

➤ PURE PROTEIN & VEGAN SUPPLEMENTS

- *(Whey protein Casein protein, albumen protein, soya isolate, pea protein)*

➤ PROTEIN BLEND SUPPLEMENTS

- *(Whey blend & Other Plant based protein blend)*

➤ MEAL REPLACEMENT SUPPLEMENTS

- *(Mass gainer, weight gainer & lean mass gainer)*

➤ PURE FAT SUPPLEMENTS

- *(MCT oil (Medium chain triglycerides oil)
Fish oil , krill oil , cod liver oil , algal oil ,
flaxseed oil)*

➤ PURE CARBOHYDRATES SUPPLEMENTS

- *(Maltodextrin , vitargo , waxy maize starch , Amylopectin starch)*

➤ IMMUNE BOOSTING SUPPLEMENTS

- Antioxidant supplements
- (Vitamin A , Vitamin E , Vitamin C , Vitamin D , alpha Lipoic acid (ALA), CoQ10)
- Multivitamin & Multimineral
- Anti-inflammatory supplements (fish oil, curcumin)

➤ BONE DENSITY SUPPLEMENTS

- Calcium supplement
- Magnesium supplement
- Vitamin D3 supplement
- Vitamin K2 supplement

➤ PERFORMANCE BOOSTING SUPPLEMENTS (ERGOGENIC SUPPLEMENT)

- Creatine supplement
- Citrulline Malate / Arginine supplement
- Beta alanine supplement

➤ AMINO ACID SUPPLEMENT

- BCAA
- Leucine supplement
- Glutamine

➤ FAT BURNERS (THERMOGENIC SUPPLEMENTS)

- Stimulant fat burners (Caffeine , yohimbine)

➤ INTRODUCTION TO HERBS & SUPPLEMENTS

➤ NUTRITIONAL LABEL READING

➤ QUESTIONS & ANSWERS

SESSIONS :

Theory - 08

LIVE ONLINE/OFFLINE (FACE TO FACE) OF

Theory & Practical Lectures

TOTAL LEARNING HOURS :

15+ Hours

DURATION :

Week days- 08 Days
Monday to Saturday

EXAMINATION :

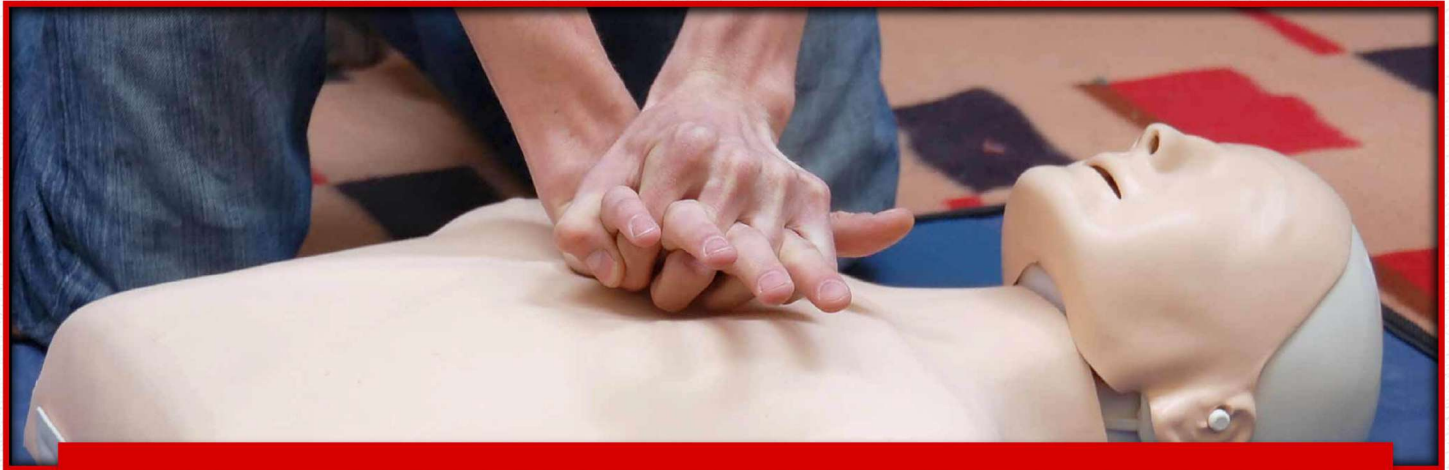
1. Theory Examination

CERTIFICATES



**Certified Supplement
Coach**

FEES: INR 5000/-



CPR/AED & FIRST AID INTERNATIONAL CERTIFICATION

Cardiopulmonary resuscitation (CPR) is an emergency procedure that can help save a person's life if their breathing or heart stops. About 9 in 10 people who have cardiac arrest outside the hospital die. But CPR can help improve those odds. If it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival. Sapphire Fitness Academy is offering internationally Recognized CPR/AED & First Aid Certification Provided by KnowCPR. The information contained in this Course is based on generally available information, updated to reflect the most recent 2020 AHA ECC Guidelines. This course consists of Theory as well as hands-on training by a certified instructor.

SYLLABUS

► BASIC FIRST AID

- Universal Precaution
- Good Samaritan Laws
- Activating EMS
- Primary Assessment
- Recovery Position
- Heart Attack
- Symptom of Heart Attack
- Stroke & Symptoms of Stroke
- Heart Attack & Stroke Risk Factors
- Shock
- Care for Shock
- Nose Bleeds
- Burns
- Head, Neck, & Back Injuries – Adults

- Head, Neck, & Back Injuries -Children
- Child Care: Prevention Job 1
- Muscle & Bone Injuries
- Bleeding Control
- Impaled Objects & Protruding Organs
- Some Sudden Illnesses
- Seizure
- Severe Allergic Reaction
- Poisons
- Severe Allergic Reaction
- Hypothermia & Frost Bite
- Heat Stroke
- Chemical in Eyes
- Snake & Spider Bites
- Bee Stings
- Tooth Avulsion

➤ **COMMUNITY OR LAYMAN CPR**

- *Respiratory & Cardiovascular Systems*
- *Cardiopulmonary Resuscitation (CPR)*
- *Adult Chain of Survival*
- *Child/infant Chain of Survival*
- *Adult CPR Skills (Ages 8+/Puberty+)*

- *Child CPR Skills (Ages 1-8/Puberty)*
- *Infant CPR Skills (Newborn to 1)*
- *Adult/Child Conscious Choking*
- *Infant Conscious Choking*
- *Unconscious Choking*
- *Automated External Defibrillator (AED)*

SESSIONS :

Theory & Practical

TOTAL LEARNING HOURS :

5+ Hours


LIVE ONLINE/OFFLINE (FACE TO FACE) OF

Theory & Practical Lectures

EXAMINATION :

- 1. Theory Examination & Skill Assessment**

CERTIFICATE



Know CPR
Simple... Affordable... Fun...

September 24, 2021

Dear Sample :

Congratulations! Below is your **Know CPR Community CPR/AED -Adult, Child, Infant (Pediatric) & Basic First Aid**.

We know you have choices, and we always appreciate any feedback that you may have.

To share your comments, please email us at Feedback@KnowCPR.net, or call (703)-528-7045.

Sincerely,

Know CPR


2020

Hands-On Training

Community CPR/AED -Adult, Child, Infant (Pediatric) & Basic First Aid

Sample Student

has successfully completed and competently performed the required knowledge and skill objectives for this program

 **Know CPR**
Simple... Affordable... Fun...

www.KnowCPR.com

Know CPR - Approved Certification Card

Don Sussman #9001

Authorized Instructor

C57486910896794

Certificate Number

05-18-2021 **05-18-2023**

Class Completion Date Expiration Date

(212)-625-1963 **Know CPR**

Training Center Phone No. Training Center Name

This card certifies that the holder has demonstrated the required knowledge and skills objectives to a currently authorized Know CPR instructor. Certification does not guarantee future performance or imply licensure or credentialing. Course content conforms to the 2020 American Heart Association (AHA) Guidelines. Updates for CPR and ECC, and other evidence based treatment recommendations. Certification period may not exceed 24 months from class completion date. More frequent reinforcement of skills is recommended. Contact Know CPR at (703) 528-7045 for more information.

**Certified CPR/AED &
FIRSTAID Trainer**

FEES: INR 2000/-



NCCA ACCREDITED NETA-CERTIFIED PERSONAL TRAINER

(Short Prep Course includes Live workshops and Self Study)

Sapphire Fitness Academy is offering 2 ways to complete NETA-CPT, First way to join and complete full course of CPT which includes total 150 hours of learning, 50 Hours of Practical, Demonstrations, and Case Study etc. It will also prepare you for NETA-CPT exam. There is another way to clear NETA-CPT exam with Our Short Prep course which has more than 32 hours of theory classes. Both ways enables individuals to successfully complete your NETA Certified Personal Trainer certification. SFA

SFA recommendation for joining Short Prep course:-

- Student must have any previous certification or have more than 2 years of experience as fitness professional
- Reading and understanding of English language.
- Dedicated self-study time.

SYLLABUS

➤ **HARD COPY OF 5TH EDITION OF MANUAL**

➤ **22 HOURS OF LIVE LECTURES**

➤ **ROADMAP TO CLEAR NETA-CPT.**

➤ **CONTINUING EDUCATION**

➤ **2 DAY VIRTUAL WORKSHOP WITH NETA EXPERT**

➤ **PRACTICE TEST**

➤ **KNOW CPR - CPR, AED AND FIRST AID INTERNATIONAL CERTIFICATION**

➤ **WORKBOOK**

➤ **MOCK TEST**

SESSIONS :

Theory - 10 from SFA

**LIVE ONLINE/OFFLINE (FACE TO FACE) OF
Theory from SFA**

**2 DAY VIRTUAL WORKSHOP WITH
NETA Expert Presenters Live
from USA**

TOTAL LEARNING HOURS :

32 - 36 Hours

DURATION :

**1 Month
Weekdays & Weekends**


FEES: INR 15,000/-

+

NETA EXAM FEES : INR 25,000/-

TESTIMONIALS



←  **Abhijeet Saranath**
16 reviews

★★★★★ 3 hours ago

A very good place to learn the basics of a lot of things related to fitness. This place just does not focus on theory knowledge, it also focuses on your practical knowledge and helps you get better at the form or posture of an exercise. SFA also helps us gain more knowledge about our dietary habits and ways to keep a healthy lifestyle. Mindblown by the knowledge I have gained so far. The staff at SFA are very friendly, patient at answering your questions and hardworking as well.

←  **Nutritionist Sumit Suralkar**
Local Guide · 10 reviews · 8 photos

★★★★★ a year ago

Positive: Communication, Professionalism, Quality, Value

One of the Best Academy I found in My life for Fitness & Nutrition.
Specially Aniket & Kunal sir while teaching they relate facts about Nutrition. They teach us until we get understood about topic and concepts.
I am completed my course on online platform but never feel like I'm at my home while in lecture.
And always help us for being professional in this industry.
Thank you Sapphire Fitness Academy

👍 1 ➦

←  **Abhay Dubey**
2 reviews · 5 photos

★★★★★ a year ago

Positive: Communication, Professionalism, Quality, Value

Sapphire Fitness Academy is the academy from where you can get complete knowledge of fitness and nutrition science, it is the strongest branch of our central India, If a person wants to study nutrition science and fitness science, then Sapphire Fitness Academy is the best option for him, all the courses here are in low budget. I am very happy that I could become a part of Sapphire Fitness Academy, I have done fitness science one nutrition science course from here.....
In the end, I will say that Sapphire Fitness Academy is the best and strongest academy of Central India and Madhya Pradesh. 😊😊😊😊

👍 1 ➦

←  **NATASHA 27**
3 reviews

★★★★★ 4 months ago

Best fitness academy in town. Overall I love all the classes I am taking through offline and online. All the instructors are kind and patient. They are very experienced in the programs they are teaching. Totally recommended. I am looking forward to taking more classes from Sapphire Fitness Academy

👍 3 ➦

TESTIMONIALS



Rajashree Deshmane
Local Guide · 14 reviews



★★★★★ 8 months ago

Positive: Communication, Professionalism, Quality, Value

Sapphire Fitness Academy is very good in their services. They have a highly qualified and professional team. Their focus is on educating the country about health and fitness. They also conduct free classes, which is a big help to new learners.



Reply

👍 1



abhishek singh
2 reviews · 1 photo



★★★★★ 5 days ago **NEW**

I recently joined Sapphire Fitness Academy. To be really honest the entire team is so well developed and fine they've given a really amazing explanation of body science, and how exactly you can improve your entire lifestyle. They're pretty much informative and provides you an achievable platform in today's fitness industry. Kunal sir's teaching skills are way too impressive he give you the core knowledge about being physically and mentally fit, and the science behind it so that you can use your skills when your onboard and ofcourse that is what we need to know. It's not about being a certified instructor but it's about the right knowledge you receive and deliver it to others, Sapphire's team can be truly relied. The team you can trust!



Mayank kumar
3 reviews



★★★★★ 23 hours ago

One of The best institution in India for learning and applying fitness, faculty teaching and guidance is very connective and highly effective to students for their overall learning and skills development.



Reply



hemant joshi
2 reviews



★★★★★ 6 months ago

Positive: Communication, Professionalism, Quality, Value

Hey guys this is hemant Joshi I'm a fitness professional recently I joined the academy for cfi course and I let you know that if you want to build your career in fitness industry or as a fitness professional then it's the best opportunity for you guys.... honestly the way kunal sir and other faculty teach are awesome they also go out of syllabus and teach students for better understanding of science of fitness...if you want to grow as a fitness professional then I think in central India this is the best platform for you...and also they give guaranteed job placement

100



Reply

👍 1





Sapphire
FITNESS
ACADEMY

 **+91 9977611133**

 **info@sapphirefitnessacademy.com**

 **69 Part 2, Part II, Vijay Nagar, Indore,
Madhya Pradesh 452010**