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Sapphire
**FITNESS
ACADEMY**

AFFILIATED WITH



AUTHORIZED TRAINING CENTRE



INDIA EDUCATION PARTNER




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OUR MISSION

- **Provide fitness education with the 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 to improving the nation's health.**
- **Active & healthy lifestyle for all individuals in 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 workshops 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 an India Education Partner of NETA (National Exercise Trainer Association) and offers an 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 an audio-video-equipped classroom and a fully equipped practical gym floor. We also believe that education must be affordable; that's why we make all our courses pocket-friendly.

ACCREDITATION & CREDENTIAL

Sapphire Fitness Academy is an India Education Partner of NETA (National Exercise Trainer Association) and offers an 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 with CPR/AED & FIRST AID certification of INTERNATIONAL Standards.

SPORTS, PHYSICAL EDUCATION, FITNESS AND LEISURE SKILLS 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, the Indian Government formed SPEFL to train and certify 15 crore youth in the fitness field under their Skill India Mission. As the Indian fitness industry is the next booming industry that will generate a lot of employment for the youth, the Indian government has decided to train and certify fitness aspirants, help them build their careers 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 of 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).



National Commission for Certifying Agencies (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



OUR TEAM

We are a group of qualified and experienced fitness professionals committed to educating the fitness trainers & sports nutritionists, making them aware of the new trends in the fitness & nutrition industry, and making them at par with the global standards.



MR. KUNAL KHATRI

Director & Fitness Science Lecturer

- NETA-CPT
- International Registered Exercise Professional (ICREPS)
- Certified Sports Nutritionist
- Certified CPR/AED & First Aid Instructor from ECSI & KnowCPR
- Certified Personal Trainer for Special Population
- More than 8 years experience

MS. ANURADHA DESHPANDE

Director of Operations

- International Registered Exercise Professional (ICREPS)
- Certified Sports Nutritionist
- Certified Personal Fitness Trainer Level -5 From SPEFL
- More than 8 years experience



MR. ANIKET THAKARE

Nutrition Science Lecturer

- M.Sc in Chemistry
- Bachelor in Microbiology
- Certified Personal Trainer
- Certified Sports Nutritionist
- More than 8 years experience

MR. MAHIPAL SINGH SISODIYA

Practical Faculty

- Certified Personal Trainer
- Certified Sports Nutritionist
- SPEFL-SC Fitness Trainer Level-4
- Expert in Ergonomics of gym equipments
- More than 7 years experience



WHY CHOOSE US?



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



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



**100% Job & Career
Assistance**



**India Training center of
KnowCPR**



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



**Easy & Quick EMI
Options**



**Lifetime Access of
Theory lectures**



**India Education Partner
of NETA**



Experienced Faculties



50+ Placement Partners

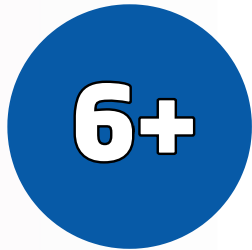


Google Review 4.9



Lifetime Support

OUR COURSE HIGHLIGHTS



More than 6 Courses



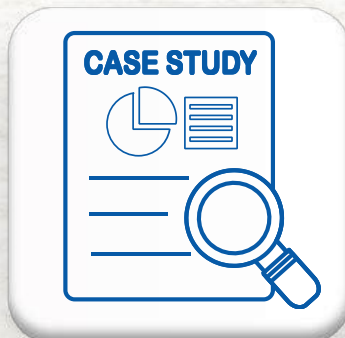
**Include Marketing &
Business
Development**



**Practical +
Demonstration**



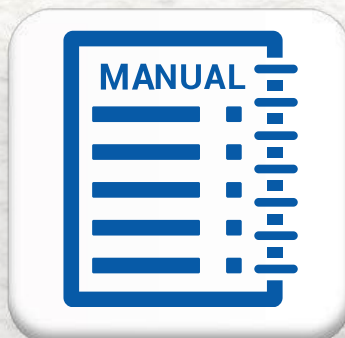
**Recordings for missed
lectures**



**Case Study
Discussion**



**Personalized
Attention**



**Detailed Manuals for Every
Course / Workshop**

INFRASTRUCTURE



**AUDIO / VIDEO EQUIPPED
CLASSROOM**



PRACTICAL TRAINING FLOOR



CARDIO FLOOR



GROUP TRAINING FLOOR



**LATEST EQUIPMENTS FOR
PRACTICAL TRAINING**

GALLERY



THEORY LECTURES



CPR TRAINING



PRACTICAL TRAINING



STUDENT SUPPORT



CERTIFIED PROFESSIONALS

STUDENT REVIEWS

TOUGH GENERATION
 Local Guide · 2 reviews · 7 photos

★★★★★ a month ago

Been into fitness industry for more thn 5 years, I choose my teachers very careful as it's my hard earn money. Also time is very crucial for coaches like me. I already done nutrition course from other institutions but after doing nutrition course from SAPPHIRE, I understood the difference between have general knowledge in nutrition and having SCIENTIFIC KNOWLEDGE IN NUTRITION.

Those who are reading this one. Jitana paisa bharoge 3 guna wasool hoga. Go for it👍

Mohit Setpal
 1 review

★★★★★ a month ago

The best Fitness Academy. The lectures given by the faculty are perfect for understanding of all the concepts of fitness. The courses are affordable and are very valuable. Teaching skills of faculty are amazing. Enjoyed the whole course. Also, you will get the best knowledge from this Academy.

azam khan
 1 review

★★★★★ a year ago

Sapphire fitness academy is an excellent fitness academy in terms of training, the faculty in academy has huge knowledge. I am blessed to get knowledge from such a wonderful teacher.

Lovely place.....thanks Sapphire Fitness Academy

Varun Nair
 3 reviews · 7 photos

★★★★★ 2 years ago

Positive: Professionalism, Quality, Value

Enjoyed every minute of learning from sapphire fitness academy and still learning. IT'S A OCEAN OF KNOWLEDGE, While performing each exercise now I think about science and how perfectly I can perform. Form and Techniques teaches here is such a beauty that while performing or planning same for the clients there is zero chance of Injury. Faculties are so polite and friendly we can ask any doubt and they surely make us to understand in our individual level.

Honest review from Certified Personal Trainer and Advance Sports Nutritionist.

Aadi Thakur
 2 reviews

★★★★★ 9 months ago

Thank you so much "SFA" & specially thanks to "Kunal Khatri Sir" to teach me alot i've never seen before like this institute & faculties too Very Very friendly atmosphere, i would highly recommend who wants to become a fitness trainer & making a career in this field, this institute will help you alot like me..i am so grateful to be a part of SFA...Thanks again from the bottom of my heart🙏😊

Kiran Shinghaniya
 2 reviews

★★★★★ 2 years ago

Updated knowledge.you can attend the class online & offline , Reasonable price.easy parking. the vibes from SFA are just amazing.the owner of the academy mr.Kunal Khatri sir. he is master of the field, curious, smart thinker , drive for the self improvement, Show Empathy, life long learning, knowledgeable. The nutrition science teacher is mr. Aniket Thakre. He is encouraging in your fitness journey.always so Upbeat, value of the time.they will teach you professionalism in fitness industry. Teaching pattern is very good. Miss. Anuradha Deshpande mam .she is serious about her work . Effective councillor, Strong communication. More work In Less time ,more profit. Invest in your mind & higher knowledge.

Danish fitness
 1 review · 1 photo

★★★★★ 5 months ago

I strongly recommend the Sapphire fitness academy CPT course to everyone interested in running a successful Trainer .

I can't tell you how happy I am with the course.I would like to thank you for the helpful guidance provided by the Academy department.

I am happy with my sapphire fitness academy who is very efficient and shared his knowledge and experience with me.

I just want to say, that I was provide with excellent support and information by Kunal khatri sir, He is really helpful and efficient, and Yes I had excellent service by Anuradha mam.

Thankyou ..

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 will also be required to pass the 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 the NETA-CPT Exam; you can take the exam after completing this course.

SYLLABUS

PART 1: COMMUNICATION, INTERPERSONAL RELATIONSHIPS, & BEHAVIORAL SCIENCE

➤ 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

➤ 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

PART 2: EXERCISE SCIENCE

► HUMAN ANATOMY

- The Skeletal System
- The Vertebral Column
- Types of Articulations
- The Muscular System
- Structure of Skeletal Muscle
- Sliding Filament Theory
- Types of Muscle Action
- Muscle Functions

► APPLIED KINESIOLOGY & BIOMECHANICS

- Movement Terminology
- Kinesiology of the Shoulder Complex and Upper Extremities
- Kinesiology of the Torso Muscles
- Kinesiology of the Hips and Lower Extremities
- Newton's Laws of Motion
- Biomechanics of Torque
- Types of Lever Systems
- Types of Mechanical Stress
- Deformation Response to Force
- Posture and the Kinetic Chain
- Principles of Applied Biomechanics

► EXERCISE PHYSIOLOGY

- The Cardiorespiratory System
- The Pathway of Blood Flow
- Oxygen Consumption
- Oxygen Deficit and Debt
- The Bioenergetics Systems
- The Phosphagen System
- Anaerobic Glycolysis
- The Aerobic System
- Anaerobic Threshold
- The Neuromuscular System
- Skeletal Muscle Fiber Types
- The Motor Unit

► ORIGIN AND INSERTIONS OF THE MUSCLES

- Muscles of the shoulder
- Muscles of the Anterior Upper Body
- Muscles of the Posterior Upper Body
- Muscles of the Upper Arm
- Muscles of the Torso
- Muscles of the Hip
- Muscles of the Hip Adductors
- Muscles of the Deep Hip Rotators
- Muscles of the Upper Leg
- Muscles of the Lower Leg

PART 3: PRINCIPLES OF NUTRITION

► ESSENTIAL NUTRIENTS FOR HEALTH AND PERFORMANCE

- The Digestive System
- Carbohydrates
- Protein
- Fat
- Vitamins
- Minerals
- Water

PART 4: HEALTH AND FITNESS ASSESSMENTS

➤ INITIAL INTAKE AND PREPARTICIPATION SCREENING

- Informed Consent
- Physical Activity Readiness Questionnaire (PAR-Q)
- Personal Health and Lifestyle Questionnaire
- ACSM Preparticipation Screening Recommendations
- Disease-Related Indicators or Symptoms
- Medical Clearance
- Risk Factors for CVD (Cardiovascular Disease)

➤ HEALTH SCREENING ASSESSMENTS

- Resting Heart Rate
- Resting Blood Pressure
- Body Mass Index
- Waist-to-Hip Ratio
- Circumference Measurements

➤ POSTURAL ANALYSIS

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

PART 5: FITNESS PROGRAMMING

➤ PHYSICAL ACTIVITY AND HEALTH

- Physical Activity's Health Advantages
- Recommendations for Physical Activity to Improve Health
- Physical Activity Intensity and METs
- Physical Fitness Components
- Principles of Training

➤ 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

➤ MUSCULAR FITNESS PROGRAMMING

- Resistance Training Benefits
- Resistance Training Types
- General Adaptation Syndrome
- Guidelines of Resistance Training
- Models for Resistance Training Program Design
- Training Periodization

➤ CARDIORESPIRATORY FITNESS PROGRAMMING

- Elements of the Cardiorespiratory Exercise Session
- Guidelines for Cardiorespiratory Exercise
- Monitoring Intensity via Heart Rate
- Monitoring Intensity via Perceived Exertion
- Strategies for Cardiorespiratory Programming

➤ FLEXIBILITY PROGRAMMING

- Sensory Receptors
- Types of Flexibility Exercises
- Benefits of Stretching
- Flexibility Training Guidelines

PART 6: MEDICAL CONSIDERATIONS AND SPECIAL POPULATIONS

➤ SPECIAL POPULATIONS

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

➤ PRACTICAL SESSIONS (19)

- Correct Form & Technique of Back & Biceps Exercises
- Correct Form & Technique of Chest, Shoulders, & Triceps Exercises
- Correct Form & Technique of Lower Body Exercises
- Correct Form & Technique of Abs
- Cardio Equipment Selection & Setup
- Fitness Assessments
- Evaluate Intensity in Cardio & Resistance Training

PART 7: ADMINISTRATIVE AND LEGAL CONSIDERATIONS

➤ 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

➤ AED / CPR & FIRST AID

➤ EXAM PREPARATION

SESSIONS

Theory: 38
Practical: 19

TOTAL LEARNING HOURS

200+ Hours

DURATION

Weekdays - 4 Months
Monday - Friday

EXAMINATION

Theory Examination (SFA)
Practical & Viva Examination (SFA)
Theory & Viva Examination (SPEFL-SC)

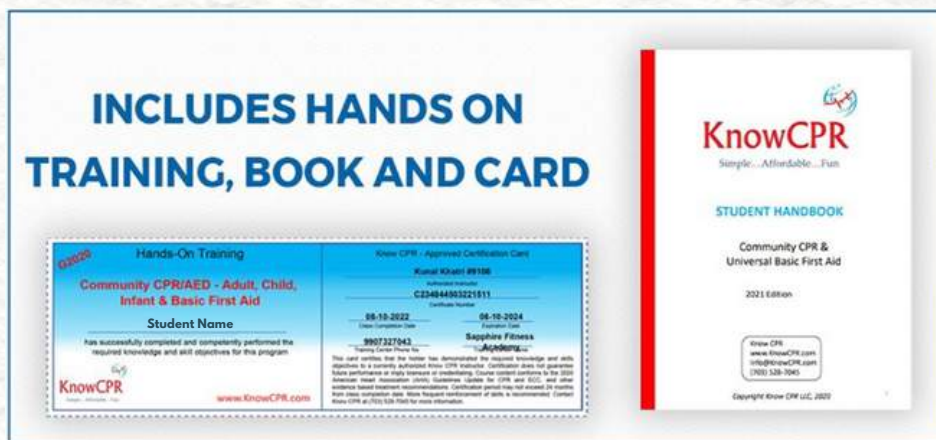
CERTIFICATES AFTER COMPLETION



CERTIFIED PERSONAL TRAINER



SPEFL-SC FITNESS TRAINER LEVEL-4



AED / CPR & FIRST AID CARD & E-BOOK



CERTIFIED ADVANCED SPORTS NUTRITION

In the Sports Nutrition course, you will gain a comprehensive understanding of how to guide your clients toward achieving their optimal health and fitness goals through evidence-based nutritional strategies. By earning a Sports Nutrition certification, you will acquire the expertise to design personalized nutrition plans tailored to the unique needs and preferences of each client. This course will equip you with the skills to analyze and optimize food selection, ensuring that your clients consume the right balance of macronutrients—carbohydrates, proteins, and fats—as well as essential micronutrients like vitamins and minerals. You will learn how to calculate and adjust macro and micro ratios based on individual requirements, enhancing their overall performance and body composition. The curriculum delves into the science of human nutrition, covering topics such as nutrient timing, the role of hydration in athletic performance, and the impact of nutrition on recovery and injury prevention. By the end of the course, you will be empowered to deliver top-quality nutrition coaching that not only supports your clients' health and fitness goals but also promotes long-term well-being and success in their athletic endeavors. This certification will position you as a knowledgeable and trusted expert in the field of sports nutrition.

SYLLABUS

➤ INTRODUCTION TO NUTRITION SCIENCE

- Intro to Macro Nutrients
- Intro to Micro Nutrients
- Recommended Dietary Allowances (RDA)

➤ ANATOMY & PHYSIOLOGY

- Anatomy of Cell (Cytoplasm, Cell Membrane, Nucleus, Mitochondria, Ribosomes, Endoplasmic Reticulum, Golgi Apparatus, Lysosomes)
- Introduction to Endocrine System
- Physiological Role of Insulin Hormone
- Physiological Role of Thyroid Hormone
- 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

➤ 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

- Introduction to Energy System
- ATP-PC System
- Glycolytic System
- Aerobic Glycolysis & Krebs Cycle
- Production of ATP in Different Energy Systems
- Nutritional Ketosis and Production of Ketones

► INTRODUCTION TO MICRONUTRIENTS

- Fat Soluble Vitamins (Vitamins A,D,E,K)
- Water Soluble Vitamins (Vitamins C & B-Complex)
- Functions of Vitamins & Minerals (Antioxidant)
- Types of Minerals (Macro, Micro & 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 SUPPLEMENTS

- Whey Protein
- Casein Protein
- Albumen Protein
- Soya Protein
- Pea Protein

► PROTEIN BLEND SUPPLEMENTS

- Whey Protein Blend
- Other Plant-Based Protein Blend

► MEAL REPLACEMENT SUPPLEMENTS

- Mass Gainer
- Weight Gainer
- Lean Mass Gainer

► PURE CARBOHYDRATES SUPPLEMENTS

- Maltodextrin
- Vitargo
- Waxy maize Starch
- Amylopectin Starch

► PURE FAT SUPPLEMENTS

- MCT Oil (Medium Chain Triglycerides Oil)
- Fish Oil Supplement
- Krill Oil Supplement
- Algal Oil Supplement
- Cod Liver Oil
- Flaxseed Oil

► AMINO ACID SUPPLEMENTS

- BCAA
- Leucine Supplement
- Glutamine

► PERFORMANCE ENHANCING SUPPLEMENTS (ERGOGENIC SUPPLEMENTS)

- Creatine Supplement
- Citrulline Malate / Arginine Supplement
- Beta Alanine Supplement

➤ **FAT BURNERS (THERMOGENIC SUPPLEMENTS)**

- Stimulant Fat Burners (Caffeine, Yohimbine)
- Non-Stimulant Fat Burners (L-Carnitine, CLA (Conjugated Linoleic Acid))

➤ **IMMUNE BOOSTING SUPPLEMENTS**

- Vitamin A, Vitamin B, Vitamin C, Vitamin D, & Vitamin E Supplements
- Alpha Lipoic Acid (ALA)
- CoQ10
- Multivitamin Supplements
- Mineral Supplements
- Anti-Inflammatory Supplements (Omega-3, Curcumin)

➤ **BONE DENSITY SUPPLEMENTS**

- Calcium Supplement
- Magnesium Supplement
- Vitamin D3 Supplement
- Vitamin K2 Supplement

➤ **INTRODUCTION TO HERBS**

- Ashwagandha, Ginseng, Rhodiola Rosea, Green Tea Extract, Maca Root, Cordyceps, Mucuna Pruriens

➤ **INTRODUCTION TO TESTOSTERONE BOOSTERS**

- Common Ingredients of Testosterone Boosters (Fenugreek, Zinc, Maca, Ashwagandha)
- Shilajit
- Tribulus Terrestris

➤ **NUTRITIONAL LABEL READING**

- Macros Composition
- Calories
- Ingredients

➤ **METABOLIC HEALTH & DISORDERS**

- Insulin Resistance, Prediabetes, & Diabetes
- Hypothyroidism & Hyperthyroidism
- Hashimoto's Thyroiditis & Goiter
- Polycystic Ovary Syndrome PCOS/PCOD
- Non-Alcoholic & Alcoholic Fatty Liver
- High Cholesterol
- Uric Acid
- Obesity

➤ **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

➤ **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

➤ TRAINING INTENSITY IN PERFORMANCE

- Intensity Determination in Weight Training & Cardio Training
- Various Intensity techniques
- Protein, Carbs & Fat Requirement as per Intensity

➤ 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)

➤ MACRO'S & MICRO NUTRIENT CALCULATION APPROACH

- Sedentary
- Medical Conditions
- Performance Athletes
- Fat Loss & Muscle Gain
- Sample Calculation Plans

➤ DIETARY GUIDELINES & ENERGY BALANCE

- BMR Calculation
- Total Daily Energy Expenditure (TDEE) Calculation
- Concept Behind Maintenance Calorie, Calorie Deficit & Calorie Surplus

➤ DIET PLANNING

- Ketogenic Diet (High Fat Very Low carbohydrate diet)
- Low Carb Diet for Fat Loss
- Moderate Carb for Lean Muscle Gain
- High Protein Diet for Athletes
- Calorie Surplus & Calorie Deficit Diet
- Vegan Diet
- Intermittent Fasting

➤ ALCOHOL EFFECTS ON FAT LOSS & MUSCLE GAIN

- Alcohol Consumption & it's Effects on Fat Loss & Muscle Gain
- Metabolism of Alcohol
- Alcohol Effects on Body's Metabolism
- Interference with Fat Loss & Muscle Gaining Process
- Benefits of Abstaining from Alcohol for Fat Loss & Muscle Gain

➤ EATING DISORDERS

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant / Restrictive Food Intake
- Other Eating Disorders

➤ **FOOD HYGIENE & SAFETY**

- Importance Of Food Hygiene
- Preserving Food Hygiene
- Shelf Life of Different Foods
- Types of Cooking Methods
- Burning Point of Cooking Oils

➤ **COOKING RECIPES**

➤ **CASE STUDIES & DIET PRESENTATIONS**

➤ **BUSINESS MARKETING**

➤ **MOTIVATION & ADHERENCE**

- Extrinsic vs. Intrinsic Motivation
- Possible Barriers
- Strategies to Increase Motivation and Adherence

➤ **DETAILED FOOD EXCHANGE LIST (AS PER INDIAN FOODS)**

➤ **EXAM PREPARATION**

SESSIONS

Theory: 60

TOTAL LEARNING HOURS

170+ Hours

DURATION

Weekdays – 3 Months
Monday – Friday

EXAMINATION

Theory Examination (SFA)
Calculations & Viva Examination (SFA)
Theory & Viva Examination (SPEFL-SC)

CERTIFICATES AFTER COMPLETION



**CERTIFIED ADVANCED
SPORTS NUTRITIONIST**



**SPEFL-SC SPORTS NUTRITIONIST
LEVEL-6**



CERTIFIED SUPPLEMENT COACH



METABOLIC HEALTH & DISORDERS



CERTIFIED SPECIAL POPULATION COACH

In the personal training industry, the training of special populations is one of the most rapidly expanding segments. A special population refers to specific populations with particular fitness and exercise requirements, often necessitating increased levels of monitoring. This category includes those who have conditions such as cardiovascular disease, diabetes, and other common medical conditions. It also covers those who experienced injuries or are in particular situations, such as pregnancy, postpartum, and older adults. Certified Special Population Coach (CSPC) are personal trainers that apply a personalized approach to evaluate, encourage, educate, and guide clients with specific health and fitness requirements across all age groups. They work proactively and in cooperation with healthcare professionals to fulfill the needs of special population clients. They create workout plans that are both safe and efficient, offer assistance to assist clients in reaching their specific health and fitness goals, and are capable of recognizing and responding to emergency situations. CSPC, or Certified Special Population Coach, acknowledge their own specific areas of expertise and receive referrals from and give referrals to other healthcare professionals when it is suitable.

ELIGIBILITY: CERTIFIED FITNESS TRAINER OR RELEVANT CERTIFICATIONS & VALID CPR CERTIFICATION

SYLLABUS

► LOGICAL CONSIDERATIONS FOR TRAINING SPECIAL POPULATIONS

- The Advantages of Exercise
- The Specific Exercise Programming for Special Populations
- The Field of Practice for Individuals Working with Special Populations
- Opportunities for Professional Development for Individuals Who Train Special Populations
- Expectations for the Training of Special Populations
- Environments that are suitable for training special populations

► HEALTH SCREENING AND FITNESS ASSESSMENTS

- Medical and Health History Screening
- Fitness Assessment
- Fitness Assessment Protocols
- SMART Goal Setting
- Motivational and Coaching Techniques

► MUSCULOSKELETAL CONDITIONS

- Skeletal System
- Fractures
- Soft Tissue injuries

► THE SPINE COMPLEX

- The Curvature of Spine
- Joints in Vertebral Column
- Ligaments Stabilize The Spine
- Posture Assessment
- Postural Abnormalities
- Exaggerated Lordotic Posture or Anterior Pelvic Tilt
- Flat Back Posture or Posterior Pelvic Tilt
- Sway Back Posture
- Hyperkyphotic Posture
- Forward Neck Posture
- Scoliosis
- Other Conditions of The Spine
- Prolapsed Intervertebral Disc (PID)
- Spondylosis
- Spondylolisthesis
- Lumbarization and Sacralization
- Spinal Stenosis

► THE SHOULDER COMPLEX

- Components of the Shoulder Complex
- Shoulder Dislocation
- Fracture of Clavicle
- Fracture of Scapula
- Fracture of the Shaft of the Humerus
- Lesions of the Rotator Cuff
- Subacromial Bursitis
- Biceps Tendinitis
- Painful Arc Syndrome or impingement Syndrome
- Frozen Shoulder

➤ THE ELBOW COMPLEX

- The Factors that Stabilize the Elbow Complex
- The Carrying Angle
- The Three-Point Relationship
- Injuries Around The Elbow
- Compression Injuries
- Distraction Injuries
- Varus / Valgus Injury
- Overuse Injuries
- Fractures in and around the Elbow Joint
- Tennis Elbow
- Golfer Elbow

➤ THE WRIST AND HAND COMPLEX

- Carpal Tunnel Syndrome
- Ganglion
- Fracture In and Around the wrist joint
- Monteggia Fracture-Dislocation
- Galeazzi Fracture Dislocation
- Colles Fracture
- Fracture Scaphoid

➤ THE HIP COMPLEX

- Iliopsoas Tendinitis or Iliopsoas Bursitis
- Trochanteric Bursitis / Gluteus Medius Syndrome
- Groin Strain / Adductor Muscle Strain
- Piriformis Syndrome
- Sacroiliac Joint Dysfunction
- Fracture and Dislocation Around the Hip Complex
- Fracture the Neck Of The Femur
- Avascular Necrosis
- Anterior Dislocation Of the Hip
- Central Fracture

➤ THE KNEE COMPLEX

- Knee Deformities
- Genu Valgum (Knock Knee)
- Genu Varum (Bow Legs)
- Genu Recurvatum
- Knee Joint Bursae
- Patellofemoral Pain Syndrome:
 1. Patellar Mal-tracking
 2. Patellar Tendinitis/Jumpers Knee
 3. Chondromalacia Patellae
 4. Prepatellar Bursitis/Housemaids Knee
 5. Osgood Schlatter Disease
- Injury to Collateral Ligaments
- Injury to Anterior Cruciate Ligament
- Injury to Posterior Cruciate Ligament
- Meniscal Injury
- Patella Alta
- Patella Baja
- Squinting Patella
- Fracture Around the Knee Complex

JOINT REPLACEMENT

- Knee Replacement
- Hip Replacement

➤ ANKLE AND FOOT COMPLEX

- Injuries Around the Ankle And Foot Complex
- Ankle Sprain
- Plantar Fasciitis and Calcaneal Spur
- Injuries to the Tendo-Achilles
- Shin Splints:
 1. Compartment Syndrome
 2. Tibial Stress Fracture
- Metatarsalgia
- Morton's Neuroma
- Fractures around the Ankle And the Foot

➤ DISORDERS OF SKELETAL SYSTEM

- Osteoporosis
- Osteoarthritis
- AVN

➤ IMMUNOLOGIC AND HEMATOLOGIC DISORDERS

- Rheumatoid arthritis
- Swan Neck Deformity
- Boutonniere Deformity
- Ankylosing Spondylitis
- Gouty arthritis

➤ CARDIOVASCULAR CONDITIONS AND DISORDERS

- Hypertension
- Peripheral Arterial Disease
- Angina
- Chronic Heart failure
- Myocardial infarction
- Atrial Fibrillation
- Pacemakers and Implantable Cardioverter Defibrillators
- Valvular Disorders
- Cardiovascular Surgical Procedures:
 1. Coronary Artery Bypass Graft and
 2. Percutaneous Transluminal Coronary Angioplasty
- Common Terms Related to Cardiac Problem:
- Arteriosclerosis
- Atherosclerosis
- Coronary Artery Disease
- Ischemic Heart Disease
- Angina Pectoris
- Acute Coronary Syndrome
- Acute Myocardial Infarction or Heart Attack
- Cardiac Arrest (Sudden Cardiac Death)
- Hypertension

➤ PULMONARY DISORDERS AND CONDITIONS

- Asthma
- Chronic Obstructive Pulmonary Disease

➤ NEUROMUSCULAR CONDITIONS AND DISORDERS

- Multiple Sclerosis
- Parkinson's Disease
- Muscular Dystrophy
- Cerebral Palsy
- Traumatic Brain Injuries
- Stroke
- Spinal cord injuries
- Epilepsy

➤ METABOLIC CONDITIONS AND DISORDERS

- Obesity
- Type 2 Diabetes Mellitus
- Type 1 Diabetes Mellitus
- Dyslipidemia
- Hypothyroidism and Hyperthyroidism
- Chronic Kidney Disease

➤ CANCER

- Pathology of Cancer
- Pathophysiology of Cancer
- Specific Management and Treatment of Individuals With Cancer
- Common Medications Given to Individuals With Cancer
- Effects of Exercise in Individuals With Cancer
- Exercise Recommendations for Clients With Cancer

➤ CHILDREN AND ADOLESCENTS

- Trends in Youth Physical Activity
- Benefits of Physical Activity for Children and Adolescents
- Growth, Maturation, and Physical Activity
- Effects of Exercise in Children and Adolescents
- Exercise Recommendations for Children and Adolescents

➤ OLDER ADULTS

- Exercise Recommendations for Older Adults
- Common Medications Given to Older Adults
- Effects of Exercise in Older Adults
- Exercise Recommendations for Older Adults
- Recommended Strategies for Instructing Older Adults

➤ FEMALE-SPECIFIC CONDITIONS

- Female Athlete Triad
- Pregnancy and Postpartum
- Menopause and Post menopause

➤ OTHER CONDITIONS

- Vertigo
- Hernia
- Varicose Veins

➤ AED / CPR & FIRST AID

➤ EXAM PREPARATION

SESSIONS

Theory: 35+

TOTAL LEARNING HOURS

100+ Hours

DURATION

Weekdays - 2 Months
Monday - Friday

EXAMINATION

Theory Examination (SFA) Theory Examination (SPEFL-SC)

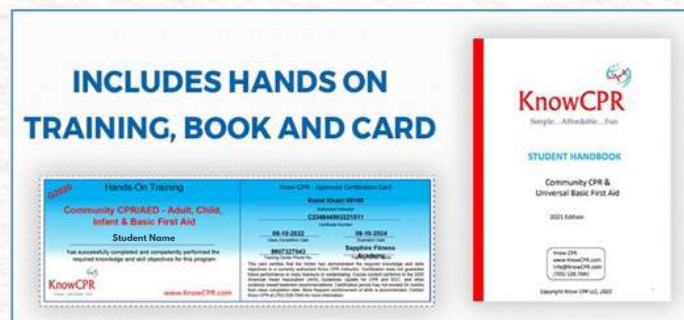
CERTIFICATES AFTER COMPLETION



**CERTIFIED SPECIAL
POPULATION COACH**



**FUNDAMENTALS OF SPECIAL
POPULATION FITNESS CERTIFICATION**



AED / CPR & FIRST AID CARD & E-BOOK (OPTIONAL)



CERTIFIED SUPPLEMENT COACH

In the journey of fitness, both trainers and trainees often encounter plateaus where progress in muscle gains and fat loss stagnates. This is when a well-planned supplement strategy becomes essential. Supplements can provide that crucial boost, helping you overcome hurdles and continue making strides toward your goals. However, the effectiveness of supplements lies not just in their intake but in understanding their specific roles, optimal timing, and correct dosage. Do you truly understand the various kinds of supplements and their distinct functions within the body? Are you strategically pairing supplements to maximize benefits? If these questions resonate with you, this course is precisely what you need. Designed to build a solid foundation for an effective supplement program, this course meticulously covers every aspect necessary for trainers and trainees alike. By diving deep into the science of supplementation, you'll gain the knowledge required to enhance your health, performance, and physique. From understanding the right combinations to determining optimal doses, this course ensures you're equipped with the tools to elevate your training outcomes. Upgrade your expertise and discover how the right supplements can transform your fitness journey.

SYLLABUS

➤ INTRODUCTION TO SUPPLEMENTS

- Forms of Supplements
- Pharmaceutical vs Nutraceutical

➤ TYPES OF PROTEIN SUPPLEMENTS

- Whey Protein
- Casein Protein
- Albumen Protein
- Soya Protein
- Pea Protein

➤ PROTEIN BLEND SUPPLEMENTS

- Whey Protein Blend
- Other Plant-Based Protein Blend

➤ MEAL REPLACEMENT SUPPLEMENTS

- Mass Gainer
- Weight Gainer
- Lean Mass Gainer

➤ PURE CARBOHYDRATES SUPPLEMENTS

- Maltodextrin
- Vitargo
- Waxy Maize Starch
- Amylopectin Starch

➤ PURE FAT SUPPLEMENTS

- MCT oil (Medium Chain Triglycerides Oil)
- Fish Oil Supplement
- Krill Oil Supplement
- Algal Oil Supplement
- Cod Liver Oil
- Flaxseed Oil

➤ AMINO ACID SUPPLEMENTS

- BCAA
- Leucine Supplement
- Glutamine

➤ PERFORMANCE ENHANCING SUPPLEMENTS (ERGOGENIC SUPPLEMENTS)

- Creatine Supplement
- Citrulline Malate / Arginine Supplement
- Beta Alanine Supplement

➤ FAT BURNERS (THERMOGENIC SUPPLEMENTS)

- Stimulant Fat Burners (Caffeine, Yohimbine)
- Non-Stimulant Fat Burners (L-Carnitine, CLA (Conjugated Linoleic Acid))

➤ IMMUNE BOOSTING SUPPLEMENTS

- Vitamin A, Vitamin B, Vitamin C, Vitamin D, & Vitamin E Supplements
- Alpha Lipoic acid (ALA)
- CoQ10
- Multivitamin supplements
- Mineral supplements
- Anti-inflammatory supplements (omega-3, curcumin)

➤ BONE DENSITY SUPPLEMENTS

- Calcium Supplement
- Magnesium Supplement
- Vitamin D3 Supplement
- Vitamin K2 Supplement

➤ INTRODUCTION TO HERBS

- Ashwagandha, Ginseng, Rhodiola Rosea, Green Tea Extract, Maca Root, Cordyceps, Mucuna Pruriens

➤ INTRODUCTION TO TESTOSTERONE BOOSTERS

- Common Ingredients of Testosterone Boosters (Fenugreek, Zinc, Maca, Ashwagandha)
- Shilajit
- Tribulus Terrestris

➤ NUTRITIONAL LABEL READING & Q&A

SESSIONS

Theory: 10

TOTAL LEARNING HOURS

20+ Hours

DURATION

**Weekdays
Monday – Friday**

EXAMINATION

Theory Examination (SFA)

E-CERTIFICATE AFTER COMPLETION



CERTIFIED SUPPLEMENT COACH



CERTIFIED FUNCTIONAL & GROUP TRAINING COACH

Our Group and Functional Training Course is designed to equip fitness professionals with the expertise to create and deliver dynamic, effective, and engaging group training sessions. This comprehensive course delves into the principles of functional training, teaching you how to utilize various equipment and techniques to design exercises that challenge clients and help them achieve their fitness goals. Throughout the course, you'll learn how to craft training sessions that are both safe and stimulating, ensuring that each participant maintains proper form while pushing their limits. You'll gain the skills to coach and motivate clients in a group setting, fostering an environment of support, energy, and achievement. Whether you're interested in offering circuit training, bootcamp, HIIT, or other group classes, this course will provide you with the tools to diversify your offerings and cater to a broad range of clients. In addition to learning how to tailor sessions to accommodate different fitness levels, ages, and abilities, you'll also discover strategies to enhance client engagement and retention. By expanding your skill set with group and functional training, you'll not only boost your career and income but also provide a valuable service that helps clients enjoy the benefits of functional, enjoyable, and results-driven workouts.

SYLLABUS

➤ INTRODUCTION TO FUNCTIONAL TRAINING

- Defining Functional Training
- What is Functional Strength?
- Advantages of Functional Training
- Why Engage in Functional Training?
- Myths About Functional Training
- Popular Equipment Used in Functional Training

➤ FOUNDATION OF TRAINING PRINCIPLES

- Adaptation
- Overload
- Specificity
- Reversibility
- Generalisation
- Periodisation

➤ MODERN FUNCTIONAL TRAINING CONCEPTS OF HUMAN MOVEMENT PATTERNS

- Squat Pattern
- Lift Pattern
- Press Pattern
- Pull & Rotation Pattern
- Smash Pattern
- Moving and Carrying Load Pattern
- Gait and Locomotion Pattern
- Fighting Pattern

➤ THE PRINCIPLES OF FUNCTIONAL TRAINING & COMMONLY USED EQUIPMENT'S FOR FUNCTIONAL TRAINING

- Functional Workout with Body Weight
- Functional Workout with Bands, Cable, & Pulleys
- Functional Workout with Suspension Systems
- Functional workout with Tyres, Hammers, & Sledge
- Functional Workout with Dumbbells & Kettlebells
- Functional Workout with Medicine, Stability Balls, & Slambell
- Functional Workout with Agility Ladder, Hurdles & Battle Ropes
- Functional & Group Program Designing

➤ TRAINING VARIABLES

- Reps and Intensity
- Sets and Volume
- Rest and Recovery
- Tempo
- Exercise Selection & Order
- Periodisation
- Functional Training Programming

➤ INTRODUCTION TO GROUP EXERCISE

- The Basics of Group Exercise
- Leadership Training Before Class
- Cardiorespiratory Intensity Monitoring

➤ GROUP EXERCISE FORMATS AND COMPONENTS

- Formats for Group Exercise Classes
- Components of a Class
- Cardiorespiratory Segment
- Muscular Conditioning Segment
- Cool-down
- Flexibility Segment

➤ LEADERSHIP, COMMUNICATION, AND MOTIVATION

- Pre-Class Leadership
- Creating The Class Environment
- Keys to Successful Feedback
- Motivation
- Types of Learning

➤ TEACHING A GROUP EXERCISE CLASS

- NAMSET
- Ensuring Safe Exercise
- Cueing
- Movement Cues
- Technique and Safety Cueing
- Class Design

➤ 3 DIFFERENT GROUP FITNESS FORMATS

- Boot Camp
- HIIT
- Resistance Training for Muscular Strength & Endurance
- Sample Group Training Programs

SESSIONS

Theory & Practical

TOTAL LEARNING HOURS

16+ Hours

DURATION

Weekdays – 10 days

Weekends – 2 Days

EXAMINATION

Theory Examination (SFA)

Case Study and Program Design (SFA)

E-CERTIFICATE AFTER COMPLETION



**CERTIFIED FUNCTIONAL & GROUP
TRAINING COACH**



CERTIFIED KETTLEBELL TRAINING COURSE LEVEL – 1

Our Kettlebell Training Course Level 1 is the perfect starting point for anyone looking to master the fundamentals of kettlebell workouts. This course is designed for fitness enthusiasts, trainers, and individuals eager to expand their exercise repertoire with one of the most versatile tools in fitness. Whether you're a beginner or looking to refine your technique, this course will equip you with the foundational skills necessary to safely and effectively incorporate kettlebells into your training routine. Throughout the course, participants will learn proper form, essential movements, and key exercises such as swings, cleans, presses, and squats. The focus will be on developing core strength, improving balance, and enhancing overall fitness through kettlebell-specific techniques. Our experienced instructors will guide you through each movement, ensuring you build confidence and reduce the risk of injury. By the end of the course, you will have a solid understanding of kettlebell mechanics and be ready to implement these powerful exercises into your personal workouts or training programs. This Level 1 course lays the foundation for more advanced kettlebell training and will provide lasting benefits for strength, conditioning, and functional fitness. Join us and take the first step toward mastering kettlebell training!

SYLLABUS

➤ TYPES OF KETTLEBELL

- Competition Kettlebells
- Fitness Kettlebells
- Kettlebell Weights
- Anatomy of a Bell

➤ THE BENEFITS OF KETTLEBELL TRAINING

- Cardiovascular Benefits
- Strength, Endurance and Power Endurance
- Creating an Efficient Link Between The Upper and Lower Torso
- Grip and Forearm Strength and Endurance
- Mental Focus Under Physical Stress

➤ GETTING STARTED & SAFETY CONSIDERATIONS

- Efficiency in Kettlebell Training
- Spinal Position and Core Activation

➤ DIFFERENT GRIPS AND POSITIONS

- Type of Grips

➤ KETTLEBELL WARM-UP

- Low-intensity Mobilization Drills
- Loaded Mobilization Drills
- Dynamic Mobilisation Drills

➤ PREPARATION EXERCISES

- The Bodyweight Squat
- The Barbell Overhead Squat
- The Barbell Romanian Deadlift (RDL)

➤ FOUNDATION EXERCISES

- Two Hand Swing
- One Hand Swing
- One Hand (Swing) Snatch
- One Hand (Swing) Clean
- One Hand Front Squat
- One Hand Overhead Press
- One Hand Windmill

➤ EXERCISE PROGRESSIONS & MOVEMENT PATTERNS

- Swing Variations
- Deadlift Exercises
- Snatch Variations
- Squat Pattern
- Press Pattern
- Pull Pattern
- Rotation Pattern
- Smash Pattern
- Crunch Exercise
- Moving or Carrying Load Pattern
- Supplementary Drills

➤ TRAINING RECOMMENDATION, PARAMETERS AND APPLICATION

- Training Principles
- Plateau Busters
- Categorization of Kettlebell Exercises
- Intensity, Repetitions , Tempo, Sets and Volume, Rest Periods, Order

➤ EXAMPLE TRAINING SESSIONS

- Beginner Sessions
- Intermediate Sessions
- Advanced Sessions

➤ COMPETITIVE KETTLEBELL TRAINING

SESSIONS

Theory & Practical

TOTAL LEARNING HOURS

16+ Hours

DURATION

Weekdays – 10 days

Weekends – 2 Days

EXAMINATION

Theory Examination (SFA)

Case Study and Program Design (SFA)

E-CERTIFICATE AFTER COMPLETION



**CERTIFIED KETTLEBELL TRAINING
COURSE LEVEL-1**



AED / CPR & FIRST AID INTERNATIONAL CERTIFICATION

Cardiopulmonary resuscitation (CPR) is a critical emergency procedure designed to save lives when someone's breathing or heart stops. The importance of CPR cannot be overstated, as approximately 9 out of 10 people who experience cardiac arrest outside of a hospital setting do not survive. However, when CPR is administered promptly, especially within the first few minutes of cardiac arrest, it can significantly improve survival rates, potentially doubling or even tripling a person's chances of recovery. Understanding the vital role of CPR in emergencies, Sapphire Fitness Academy is proud to offer an internationally recognized CPR/AED & First Aid Certification course, provided by KnowCPR. This comprehensive course is based on the most recent 2020 American Heart Association (AHA) Emergency Cardiovascular Care (ECC) Guidelines, ensuring that participants receive the most up-to-date and accurate information. The course is designed to be thorough, combining theoretical knowledge with hands-on practical training led by a certified instructor. Participants will not only learn the crucial skills needed to perform CPR but also gain confidence in using Automated External Defibrillators (AED) and providing essential first aid. This certification empowers individuals to act decisively in emergencies, making a real difference in saving lives.

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
- 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 &
Hands-On Training**

TOTAL LEARNING HOURS

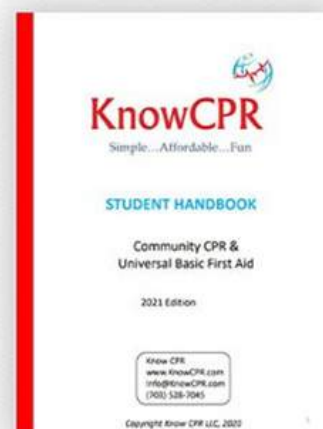
5+ Hours

EXAMINATION

**Theory Examination
Hands-on Examination**

CPR CARD & E-BOOK AFTER COMPLETION

**INCLUDES HANDS ON
TRAINING, BOOK AND CARD**





HYPERTENSION MANAGEMENT WORKSHOP

High blood pressure, often referred to as the "silent killer," affects millions of people worldwide, leading to serious health complications if not properly managed. Our High Blood Pressure Management Workshop is specifically designed for fitness professionals, caregivers, and individuals seeking to take control of their health through lifestyle modifications. This workshop focuses on practical, actionable strategies to effectively manage high blood pressure. Participants will learn about the critical role that diet, exercise, and stress management play in maintaining healthy blood pressure levels. We will explore the impact of nutrition, including the importance of incorporating heart-healthy foods into daily meals. The workshop will also cover tailored exercise routines that are safe and effective for individuals with high blood pressure, along with techniques for managing stress, a key factor in hypertension. Whether you're a fitness trainer helping clients with high blood pressure or an individual looking to make informed lifestyle changes, this workshop will provide you with the tools and knowledge to manage high blood pressure effectively. Join us to empower yourself or your clients with the skills needed to lead a healthier, more balanced life.

SYLLABUS

➤ PHYSIOLOGY OF THE HEART

- Overview of The Heart's Structure and Function
- Explanation of The Circulatory System

➤ ANATOMY OF THE HEART

- Detailing The Different Chambers, Valves, and Blood Vessels
- Illustrating The Pathway of Blood Through The Heart

➤ HIGH BLOOD PRESSURE

- Factors Contributing to Hypertension
- Types of Hypertension
- Lifestyle Choices, Genetics, and Other Risk Factors
- Effects of High Blood Pressure
- Signs and Symptoms
- Complications
- Impact of Sodium & Sugar on Blood Pressure

➤ BLOOD PRESSURE MANAGEMENT

- Importance of Lifestyle Changes (Diet, Exercise, Stress Management)
- Medication (Beta Blockers, Ace Inhibitors, etc.) Options and Their Effects
- Consideration to Maximize Exercise Safety and Efficacy In Hypertension
- Regular Monitoring and its Significance
- Nutrient Management
- High Protein Diet and Their Effects
- Effects of Citrulline Supplement on Hypertension Management

➤ PREVENTIVE MEASURES

- Emphasize Preventive Strategies to Maintain Heart Health
- Promote Regular Health Check-ups

➤ INTERACTIVE SESSIONS

- Q&A Sessions To Address Participants' Queries

SESSIONS

Theory

TOTAL LEARNING HOURS

4+ Hours

EXAMINATION

Theory Test (15 Questions by SFA)

E-CERTIFICATE AFTER COMPLETION



**CERTIFICATE OF COMPLETION OF
HYPERTENSION MANAGEMENT**



OSTEOPOROSIS MANAGEMENT WORKSHOP

Osteoporosis, a condition that weakens bones and increases the risk of fractures, requires careful management to maintain a healthy and active lifestyle. Our workshop on osteoporosis management is designed for individuals seeking practical strategies to strengthen their bones, improve mobility, and reduce the risk of fractures. Whether you are at risk of osteoporosis, caring for someone with the condition, or simply looking to enhance your bone health, this workshop provides valuable insights and actionable advice. Participants will explore various aspects of osteoporosis management, including nutrition, exercise, and lifestyle adjustments that can help maintain and improve bone density. The workshop also emphasizes the importance of fall prevention techniques and posture improvement to minimize injury risks. Through engaging discussions and expert-led sessions, attendees will learn how to create a personalized osteoporosis management plan tailored to their specific needs and lifestyle. This workshop is an excellent opportunity to gain the knowledge and skills necessary to take proactive steps toward better bone health. Join us to empower yourself with practical tools and strategies that can make a meaningful difference in your quality of life and long-term well-being.

SYLLABUS

➤ OVERVIEW OF THE SKELETAL SYSTEM

➤ WHAT IS BONE TISSUE?

➤ WHAT IS OSTEOPOROSIS?

➤ WHAT IS OSTEOPENIA?

➤ HYPOTHALAMIC AMENORRHEA

➤ ANOREXIA NERVOSA

➤ OSTEOPOROSIS PREVALENCE IN INDIA

➤ PATHOPHYSIOLOGY OF OSTEOPOROSIS

➤ COMMON MEDICATIONS GIVEN TO INDIVIDUALS WITH OSTEOPOROSIS

➤ COMMON MEDICATIONS GIVEN TO INDIVIDUALS WITH OSTEOPENIA

➤ EFFECTS OF EXERCISE IN INDIVIDUALS WITH OSTEOPOROSIS

➤ EXERCISE RECOMMENDATIONS FOR CLIENTS WITH OSTEOPOROSIS

➤ THE IMPACT OF PHYSICAL ACTIVITY ON INDIVIDUALS DIAGNOSED WITH OSTEOPENIA

➤ EXERCISE RECOMMENDATIONS FOR CLIENTS WITH OSTEOPENIA

➤ CASE STUDY OF OSTEOPOROSIS

➤ CASE STUDY OF OSTEOPENIA

➤ ROLE OF NUTRITION FOR OSTEOPOROSIS & OSTEOPENIA MANAGEMENT

➤ DEXA SCAN REPORT ANALYSIS

➤ INTERACTIVE SESSIONS (Q&A)

SESSIONS

Theory

TOTAL LEARNING HOURS

4+ Hours

EXAMINATION

Theory Test (15 Questions by SFA)

E-CERTIFICATE AFTER COMPLETION




**CERTIFICATE OF COMPLETION OF
OSTEOPOROSIS MANAGEMENT**



Sapphire
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ACADEMY**

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