

K11 ACADEMY OF **FITNESS SCIENCES**

WE BUILD CAREERS IN THE FITNESS INDUSTRY

Partners with



Quality Assured by



Educate || Motivate || Inspire

The K11 Academy of Fitness Sciences is a premier institute for training and certifying Fitness Professionals. It has a fully equipped gym, and classrooms for theory lectures. The single most distinguishing feature of the K11 Academy is its constant endeavour to teach the students not just the science, but also the practical applicability of scientific theories on the gym floor. The Academy offers courses on almost every aspect related to fitness.

The K11 Academy of Fitness Sciences, in its bid to vanquish all obstacles in the way of fitness education is the only academy in the country to offer courses in vernacular mediums as well. Most of the courses are offered in Marathi & Hindi apart from English.



KAIZZAD CAPADIA

Co- Founder & Director
K11 Academy of Fitness Sciences



The K11 Personal Trainer Course is the perfect option for all those who want to start a career in fitness as a Personal Trainer or a Gym Instructor. Most students prefer this fitness course because jobs in India and abroad are guaranteed after getting a Personal Trainer Certificate from K11.

To do this course all you need is a passion for fitness and a willingness to change people's lives – we take care of the rest.

A career as a Personal Trainer / Gym Instructor is both financially and emotionally rewarding. What could be more rewarding than helping people get fit and living a better life everyday.



- Introduction to the Fitness Industry
- Anatomy
- Physiology
- Kinesiology
- Introduction to Special Populations
- Introduction to

General Physical Preparedness

- Introduction to 5 components of Fitness
- Fat loss
- Resistance training: Work Load & Intensity
- K11 Selection Criteria for Resistance Exercise
- Resistance Exercise - Body Part 1
(Quadriceps, Gluteal group, Hamstrings & Calves)
- Demo 1 - Advanced Leg Workout
- Resistance Exercise - Body Part 2
(Latissimus Dorsi, Trapezius, Erector Spinae)
- Demo 2 - Advanced Back Workout
- Resistance Exercise - Body Part 3
(Pectoralis major, Deltoid group, Rotator Cuff group)
- Demo 3 - Advanced Chest, Shoulder Workout
- Resistance Exercise - Body Part 4
(Biceps Brachii, Triceps Brachii, Brachialis, Brachioradialis, Wrist Extensors & Flexors)
- Resistance Exercise - Body Part 5
(Rectus Abdominis, Internal & External Obliques, Transversus Abdominis, Multifidus & Quadratus Lumborum)
- Understanding Flexibility & Types of Stretching
(Stretching with practical demonstration)
- Cardiovascular Regulations
- Fitness Testing
- Scheduling & Programming
- Basic Nutrition
(Macro & Micro Nutrients)
- Sports Nutrition & Supplementation
- The Concept of Functional Training
- Equipment Appreciation
- Fitness as a Career and Business Options
- First-Aid & CPR
- Practical Module - 21 full-fledged personal training sessions with K11 Master Trainers



This PT for Special Populations Course will give all students an edge over others in their Personal Training Career by providing superior qualification that is unparalleled in the fitness industry.

With the help of this PT for Special Populations Course, Personal Trainers / Gym Instructors will be better equipped to handle and program exercises for clients with common health problems or injuries such as heart ailments, diabetes, back problems etc.

Students that are awarded the K11 PT for Special Populations Certificate will see tremendous growth and recognition in the fitness industry. In order to do this PT for Special Populations Course, it is advisable to have cleared the K11 Personal Trainer Course first.



- Orientation on Special Populations
- Orthopedic problems dealt with joint wise - Spine, Shoulder, Elbow, Wrist, Hip, Knee, Ankle
- Inflammatory diseases of the joints, Fractures, Dislocations, Injuries of ligaments and muscles specific to each joint, Problems related to abnormal posture
- (Affecting the spine and other joints)
- Basic introduction to common health problems & defining them :
 - Diabetes mellitus
 - Hypertension
 - Heart problems
 - Gout
 - Obesity
 - Epileptic Seizures
 - Osteoporosis
 - Hypoglycemia
 - Low BP
 - Gynaecological problems
 - Spinal problems
 - Asthma
 - Multiple Sclerosis
 - Arthritis of the common types (Osteo/Rheumatoid)
- Immediate action & first aid in case of :
 - Muscle Tear, Strains, Sprains, Dislocation, Spinal Injury
 - Dizzy spells
(From Hypoglycemia, Drop in BP, Heat Exhaustion)
 - Dehydration
(Correct Rehydration techniques)
 - Epileptic Fits
 - Cardiac Arrests
 - First aid Maneuver, Tying of Slings Bandages, Immobilizers
 - Applying Ice, Compression & Elevation
 - Technique of Carrying or Lifting the injured person depending on nature of injury
 - CPR
 - BP Readings with Sphygmomanometer



SPORTS NUTRITION

The K11 Sports Nutrition Course is specially designed to help qualified Nutritionists, Personal Trainers / Gym Instructors and Group Fitness Instructors obtain the knowledge required to prescribe diets for active, exercising individuals & even competitive Athletes.

This Nutrition Course provides in-depth knowledge on Food Selection, Macro Nutrient Ratios to achieve various body composition & performance goals. It also includes in depth knowledge on Micro & Macro Nutrient supplementation.

While this Sports Nutrition Course doesn't qualify trainers to be a Dietician by profession, the trainers will definitely benefit when they guide their clients not only on exercise but also with regards to diet. This will immensely improve the result-orientedness of the workouts prescribed by the Trainer.

- Introduction to Fitness & need for Sports Nutrition, Fitness Goal, Metabolism & Body Composition Assessment
- Body Composition & BMR
- BMR
- Fatloss & Muscle gain approach
- Introduction to Resistance Training
- Introduction to Protein
- Protein calculation
- Introduction to carbohydrates
- Carbohydrate calculation
- Fats
- Water
- Vitamins & Minerals
- Pre/Post workout nutrition
- Myths about supplementation
- Macronutrient supplementation
- Anti-catabolic supplementation
- Ergogenic & Thermogenic aids
- Diet Planning & Prescription
- Dietary Counseling Techniques

The K11 Master Trainer Course is Kaizzad Capadia's newly born brainchild. He originally designed it to meet the growing demand of Practical Coaches for the ever increasing PT Course batches. These K11 Teachers that handle the Practicals need almost perfect technique. So Kaizzad decided on a Practical intensive course with an unheard of 50 Practical sessions, completely & purely handled by him.

This course is a pre-requisite if you have ambitions of becoming a K11 Master Trainer. But the benefits of doing this course go beyond this as you would get to see Kaizzad in action correcting technique of the entire batch, making you a far more effective Personal Trainer. Post the course, you can immediately increase your PT fees and justify the increase by providing result oriented workouts that improve your clients performance tremendously.

Even if you are not into Fitness professionally the course will ensure that you have increased the workload & intensity of your own workouts exponentially.

Kindly refer to our Testimonials section on www.keleven.com for reading the experiences of the K11 Master Trainer Ex-Students.



Jump / Lunge / Leap to the NEXT LEVEL

Do the K11 Master Trainer Course with Kaizzad Capadia, Co-Founder & Director, K11 Academy of Fitness Sciences





CLUB MANAGEMENT

The K11 CLUB Management Course is the perfect option for all those who want to start a career in fitness as a Gym Owner, Club Manager or a Gym Sales Executive. Most students prefer this course because jobs in India and abroad are guaranteed after getting a Club Management Certificate from K11.

Entrepreneurs in fitness industry looking to invest in commercialized gyms MUST DO the K11 Club Management Course to ensure project profitability. The fitness industry is growing and at the same time gyms are not doing well. This is due to lack of management skills. So before starting a gym your first investment should be towards the K11 Club Management Course.

With the help of this Club Management Course, Gym Managers, Club Sales Executives & Gym Owners will be better equipped to manage a whole health club facility with regards to

- Set ups & Equipment profiling
- Pre – Sales / Sales Planning & Analytics
- Branding & Marketing
- Financial Planning
- Role of Support Functions
(Admin / HR / Accounts)

KALYANI CAPADIA

CEO

K11 Academy of Fitness Sciences



THE K11 ONLYS



K11 is the **ONLY** Fitness Academy to be Partners with the National Skill Development Corporation (N.S.D.C), a Skill Development Programme initiated by the Ministry of Skill Development & Entrepreneurship (M.S.D.E)



K11 is the **ONLY** Fitness Academy to be Assured for Quality by PEARSON (UK). Thus, all courses taught by the K11 Academy of Fitness Sciences are PEARSON ASSURED



K11 is the **ONLY** Fitness Academy in India to have a fully integrated study centre with well-equipped classrooms for theory lectures & A state-of-the-art gym floor for practical training



K11 is the **ONLY** Fitness Academy in India to stand by a 100% Placement Assistance for its Certificate Holders



K11 is the **ONLY** Fitness Academy in India with a presence across 4 cities & 3 states. With NSDC Funding, K11 Academy of Fitness Sciences will soon be PAN INDIA



K11 is the **ONLY** Fitness Academy in India to have courses fully and professionally translated into vernacular mediums



K11 is the **ONLY** Fitness Academy in India to have a Triple Assessment System through its Theory, Practical and Viva exams



K11 is the **ONLY** Fitness Academy in India to have copyrighted in-depth study material as part of its comprehensive syllabus



K11 is the **ONLY** Fitness Academy in India which lets its students stay abreast of ongoing developments in the field of Exercise Science by opting to re attend theory lectures as many times they wish to -AT NO ADDED COST



K11 is the **ONLY** Fitness Academy in India to have a dedicated HR Department and Student Support Cell for all K11 Certified Students

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