

# **K11** SCHOOL OF **FITNESS SCIENCES**

**BUILDING STELLAR CAREERS SINCE 2003**



## The K11 School of Fitness Sciences is

**Recognised by**



**Accredited by**

**PD:Approval**  
Accredited

**Funded Partners with**



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# DIPLOMA IN PERSONAL TRAINING (DPT)



The Diploma in Personal Training Course is the foundation course in Exercise Science that provides comprehensive theoretical and

practical education, equipping the student with the knowledge base and tools to professionally practice as a qualified, certified Personal Trainer in the fitness industry.

This Diploma is Internationally recognized by REPs India (Member of International Confederation of Registers for Exercise Professionals: ICREPs) under Category- Personal Trainer and is aligned to India's NSQF Level - 4 (Fitness Trainer) which awards the Certification from the Sports, Physical Education, Fitness and Leisure Skill Council (SPEFL-SC).

Successful passing of all examinations will make K11 Diploma holders eligible to be part of the REPs India register and thus gain portability for employment in the Fitness Industries of UK, UAE, Australia, New Zealand, South Africa, Ireland, and Poland.

- Introduction to General Physical Preparedness
- Body Composition
- Musculoskeletal Anatomy
- Kinesiology
- Exercise Physiology
- Introduction to Special Populations
- Exercise Selection Criteria
- Workload & Intensity
- Stretching
- Body Part 1 - Back  
(Latissimus Dorsi, Trapezius, Erector Spinae)
- Demo Workout
- Body Part 2 - Legs  
(Quadriceps, Gluteal group, Hamstrings & Calves)
- Demo Workout
- Body Part 3 - Chest Shoulder  
(Pectoralis major, Deltoid group, Rotator Cuff group)
- Demo Workout
- Body Part 4 - Abdominal Group  
(Rectus Abdominis, Internal & External Obliques, Transversus Abdominis, Multifidus & Quadratus Lumborum)
- Body Part 5 - Arms Group  
(Biceps Brachii, Triceps Brachii, Brachialis,

- Extensors & Flexors)
- Basic Nutrition
- Supplementation
- Nutrition Assessment
- Cardio Regulations
- Health Screening & Fitness Testing
- Scheduling
- Motivation & Adherence
- Health & Safety in Gym Environment
- Training Program Delivery
- Application of Exercise Science to Programme Planning
- Principal's Address on Personality Development
- CPR & AED
- Practical Module

#### Sessions:

- Theory - 48
- Practical - 25

#### Total Face to Face (FtF) learning hours: 222 hours

- FtF Learning hours for Theory: 145
- FtF Learning hours for Practical: 77

#### Non Face to Face (FtF) learning hours:

A student is expected to practice for a minimum of 85 hours based on examinations given by the teachers

#### Examination:

- Theory Examination
- Practical & Viva 1 - Exercise Execution
- Practical & Viva 2 - Training Program Delivery & Assignment Submission
- NSQF Level 4 (Fitness Trainer) Examination by SPEFL-SC

#### Certificates:

- K11 Diploma in Personal Training (REPs Category - Personal Trainer)
- Certificate from Accrediting Body - PD:Approval
- NSQF Level 4 (Fitness Trainer) Certification from SPEFL-SC
- CPR & AED

#### Fees:

Course Fee	INR 82,000
CPR & AED	INR 1,200
<b>Total Fees</b>	<b>INR 83,200</b>

#### Easy EMI Option:

- 9 MONTHS EMI
- INR 9,112/- PER MONTH
- 6 MONTHS EMI
- INR 13,667/- PER MONTH
- 3 MONTHS EMI
- INR 27,334/- PER MONTH



# CPT FOR SPECIAL POPULATIONS (CPT-SP)

The human body comprises of various joints, tissues and complex systems working together to carry out its functional day to day activities.

A human body can suffer from different issues/ injuries impacting the entire functioning of the body.

Any compromise in the functioning of one system or part affects the entire well-being or the performance in day to day life.

Currently, there is a dearth of Fitness Professionals who can handle clients with such cases.

CPT for Special Populations gives Certified Personal Trainers the added knowledge of various metabolic, musculoskeletal disorders and the contra-indications vis-a-vis those medical

conditions. Thus a CPT-SP is capable of appropriate programming for people with chronic ailments and/ or history of acute condition. The course is developed to give all students an edge over others in their Personal Training Career by providing a knowledge base that allows them to expand their market to include helping people strengthen, and achieve an improvement in physical performance despite their medical issues. Students that are awarded the K11 CPT-SP Certificate will see tremendous growth and recognition in the fitness industry.

In order to do the CPT for Special Populations Course, it is advisable to have cleared the K11 Diploma in Personal Training Course (DPT) first.



- Posture Assessment
- Arthritis
- Poliomyelitis, Vertigo
- Hernia, Diabetes Mellitus, Varicose Veins
- Training in Prenatal & Postpartum Period

**Sessions:**

- Theory - 35

**Examinations:**

- Theory Examination

**Total Face to Face (FtF) learning**

**hours:**

- 102 hours of Classroom study

**Certificates:**

- K11 Certified Personal Trainer for Special Populations  
- CPR & AED

**Fees:**

**Course Fee**     **INR 57,500**

**CPR & AED**     **INR 1,200**

**Total Fees**     **INR 58,700**

**Easy EMI Option:**

- 6 MONTHS EMI  
- INR 9,584/- PER MONTH  
- 3 MONTHS EMI  
- INR 19,167/- PER MONTH

- Introduction to CPT-SP
- Vital Systems of the Human Body
- Basic Concepts in Bio-Mechanics
- Skeletal System
- Osteoporosis
- Soft Tissues of the Human Body
- Fascia Conditioning
- Ankle & Foot Complex
- Knee Complex
- Hip Complex
- Spine
- Wrist & Hand Complex
- Elbow Complex
- Shoulder Complex



The K11 Certified Sports Nutritionist (CSN) Course is specially designed to help qualified Nutritionists, Personal Trainers/ Gym Instructors and Group Fitness Instructors obtain the knowledge required to prescribe

Nutrition Plans for Active, Exercising Individuals & even Competitive Athletes. This Nutrition Course provides in-depth knowledge on Food

Selection, Macronutrient Ratios, Micro Nutrients and Human Physiology related to digestion and metabolism of food. It is about learning Nutrition that is geared towards optimal performance & body composition.

Knowledge of Nutrition along with exercise provides a Fitness Professional complete hold over results. It is a fact that exercise is ineffective in delivering results without it being complemented by sound nutrition.

Once both knowledge bases of Exercise Science and Performance Nutrition are applied, results in clients are assured and the logical conclusion of that is a thriving practice for a Fitness Professional and a dual source of income. Whatever is the personal goal, body composition, metabolism, mindset or specific fitness requirement, the diet prescribed must always be geared towards supporting muscle hypertrophy, loss of body fat and maximizing optimally sustained energy. The Certified Sports Nutritionist Course will guide you on how to design and prescribe diets that perform all of these functions.

The K11 Certified Sports Nutritionist (CSN) is the most up to date and cutting edge course in the industry.

- Energy Systems
- Macro Calculations Fat Loss Cases
- Macro Calculations Muscle Gain Cases
- Water, Fluids and Electrolytes
- Vitamins & Minerals
- Anti - Catabolics, Ergogenics & Fat Loss Aids
- Diet Planning Presentations
- Introduction to Cooking Technique & Importance of Food Hygiene & Sanitation
- Effect of Cooking on Nutritional Value of Food
- Cooking Demonstration
- Career Building, Professional Boundaries, and Counseling Techniques

**Sessions:**

- Theory - 47

**Examinations:**

- Theory Examination  
- Practical (Diet planning)

**Total Face to Face (FtF) learning**

**hours:**

- 135 hours of Classroom study

**Certificate:**

- K11 Certified Sports Nutritionist

**Fees:**

**INR 60,000**

**Easy EMI Option:**

- 6 MONTHS EMI  
- INR 10,000/- PER MONTH  
- 3 MONTHS EMI  
- INR 20,000/- PER MONTH

- Introduction to Sports Nutrition
- Introduction to General Physical Preparedness
- Workload & Intensity
- High-Fat Diets for Health & Fitness
- High-Fat Diets for Sports Performance
- Body Composition & Goal Setting
- Introduction to Macronutrients
- Hormones
- Protein
- Carbohydrates
- Fats

## THE K11 SALIENT FEATURES



K11 School of Fitness Sciences is a REPs India Recognised education provider. This means the K11 Diploma in Personal Training is valid for employment internationally across all REPs member nations

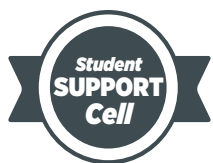


Transforming the skill landscape

K11 School of Fitness Sciences is a “Funded Partner” of the National Skill Development Corporation (NSDC), towards the Skill India initiative of the Ministry of Skill Development & Entrepreneurship (MSDE)



K11 School of Fitness Sciences has a fully integrated study centre with A.V. equipped classrooms for theory lectures & a state-of-the-art gym floor as a laboratory for practical training



K11 School of Fitness Sciences has a dedicated Student Support Cell that resolves, on a daily basis, any problems that a student may face relating to batch timings, examinations, rescheduling of lectures, etc.



K11 School of Fitness Sciences has a dedicated Student Placement Cell under the K11 Education Pvt. Ltd. Human Resource Department. It assists students in kick-starting their careers in the fitness industry



K11 School of Fitness Sciences has courses fully and professionally translated into vernacular mediums. As of date, the courses are fully translated in Hindi and Marathi. The course material is a copyrighted intellectual property of K11 Education Pvt. Ltd.



K11 School of Fitness Sciences has a clear cut demarcation between education providing and examinations. To maintain standards of examinations, the students DO NOT interact with any assessor all through the duration of the course. Our examination systems ensure strict, impartial and unbiased outcomes

**Mumbai School:** Dunhill Corner, 7th Golibar Road, T.P.S-3, Santacruz (East), Mumbai - 400055

**Pune School:** 1202/1, Ratna Building, Ghole Road, Shivaji Nagar, Opp ICICI Bank, Pune - 411004

**Delhi School:** 25-B, Pusa Road, Karol Bagh, Opposite Pillar No-117, New Delhi - 110005

**Ahmedabad School:** 4<sup>th</sup>Floor, 'B' Wing, Iscon Center, Shivranjani Char Rasta, Satellite, Ahmedabad - 380015

**Guwahati School:** Institute of Child Health and Mother Welfare, Bhubaneswar Barua Road, Ulubari Paltan Bazaar, Guwahati, Assam - 781007