



SCHOOL OF
FITNESS SCIENCES

PROSPECTUS

About Us

K11 School of Fitness Sciences, owned and managed by K11 Education Private Limited, was founded in the year 2003 and Headquartered out of Mumbai, the K11 School of Fitness Sciences is India's foremost academic institution in the space of vocational education, as it pertains to vocations in the fitness industry. It is dedicated to the cause of building stellar careers for individuals who aspire to have a bright future in the fitness industry.

Every course offered by the school is conceptualized through an in-depth and exhaustive scientific research and are benchmarked against industry standards.

K11 School of Fitness Sciences adopts and provides an extremely immersive learning experience for its students. The infrastructure at every school in India provides state-of-the-art, brick & mortar/learning centers, that have Interactive A.V. equipped classrooms for theory and a fully equipped laboratory (Gym Floor) for practicals.

This is the reason why K11 Courses, should not be confused as an equivalent to any, online certifications that abound in the Fitness Sciences Education Space.



COAT OF ARMS

Coat of Arms is a shield that generally has a clear-cut message or rather a bedrock philosophy that governs the institution. This shield gives the 3 main pillars on which K11 education is based.

The first word is **CURIOSITY**.

Curiosity is what gives rise to the strongest urge to know more, and if the curiosity is alive, the quest for knowledge will keep on yielding more and more information.

Hence, it all starts off with curiosity, and it is this curiosity that gives birth to the next pillar, which is **KNOWLEDGE**.

Contrary to popular belief, knowledge is not a source of power; knowledge is potential power.

Only and only when it's applied is the potential power of knowledge realised and experienced.

Hence the 3rd Pillar **APPLICATION** emanates from the 2nd.

Therefore, these three words make sense in this order - Curiosity leading to Knowledge and knowledge leading to power, only if it transcends into Application.

The words beautifully depict what the K11 School of Fitness Sciences envisages as ideal education.

KAIZZAD FARROKH CAPADIA

Principal,
K11 School of Fitness Sciences

Principal's Message

Dear K11 Student,

I wish to remind you of the philosophical principles on which K11 basis its teachings & line of thought. As a K11 Fitness Professional, you must constantly & tirelessly endeavor:

1. To inspire your client/gym member to aim for improvement in functionality & athletic ability even in the absence of a desire for the same in them
2. To make your client/gym member aware of the true meaning of fitness by emphasizing & showing to him/her the contributions of all 5 components of fitness in improvement of functionality no matter what the sport, profession, age, gender of the individual
3. To make your client/gym member understand that the universal goal of a fitness lifestyle is improvement in quality of life through better functionality by ultimately fighting the aging process
4. To desist from engaging your client/gym member in any activity, form of exercise that pretends to be a part of a fitness regime but does not aid in improvement of functionality
5. To practice what you preach in the strictest possible sense & become a role model for your clients/gym members by being a striking example of the benefits of leading the fitness lifestyle
6. To have unlimited patience with your client/gym members in resolving their doubts, dogmas, myths & misunderstandings about the true meaning of fitness

The scientific teaching at K11 School are based on the following philosophical premises:

1. There must be a valid scientific reason for every action that comprises a workout on the gym floor. In a workout nothing must be done just for the pleasure of doing the activity. Enjoyment must be derived from the choice of the type of labour
2. All actions taken on the gym floor must have a direct bearing on improvement in functionality. Otherwise they are a criminal waste of energy and effort
3. All exercise choices are based on pure sciences such as Anatomy & Physiology and Applied Sciences such as Kinesiology. Execution of exercises is based on the laws of the purest of the sciences - Physics. Theory cannot be segregated from practical
4. There is no meaning in learning HOW to do a particular activity if you don't know WHY it should be done. The ability of the students to grasp the HOW is enhanced by the fact that they have been convinced of the WHY of doing it
5. Form without function has no meaning & form devoid of function is always ugly



KAIZZAD FARROKH CAPADIA
Co-Founder and Principal

OUR VISION

Making people, across the globe,
physically MORE ENDURING;
LEANER; STRONGER; FASTER;
by providing the Fitness Industry
with - scientifically educated,
knowledgeable, skilled,
driven-by-passion to teach -
Registered Exercise Professionals
and Nutritionists.

OUR MISSION

Bring back passion in teaching that reignites curiosity dampened by 'formal education' in the students aspiring to be Professional Personal Trainers and Nutritionists.

Provide an immersive learning experience with fully interactive, face-to-face, classroom-laboratory instruction, via state-of-the-art, online, remote mediums, as well as brick-mortar schools.

KAIZEN

**CUSTOMER
CENTRICITY**

CLARITY

SIMPLIFICATION

POWERofNOW

OBJECTIVITY

TRUST

OWNERSHIP

CARE

EFFICIENCY

TRANSPARENCY

Kii TEACHING PHILOSOPHIES

No point in teaching How, without first and foremost teaching the Why

If it is not applicable, then it is not worth teaching

We as K11 teachers, do not Practice What We Preach...

We in fact, Preach What We Practice...

There is no such thing as "Too many questions"

The only way to teach is with Examples

If a teacher loses his or her Patience; then that teacher never really had Patience

Opinions are a human's birthright and even K11 teachers have Opinions...

But in the K11 classroom - Only Facts are expressed; whereas Opinions are reserved for Tea-Time Chats...

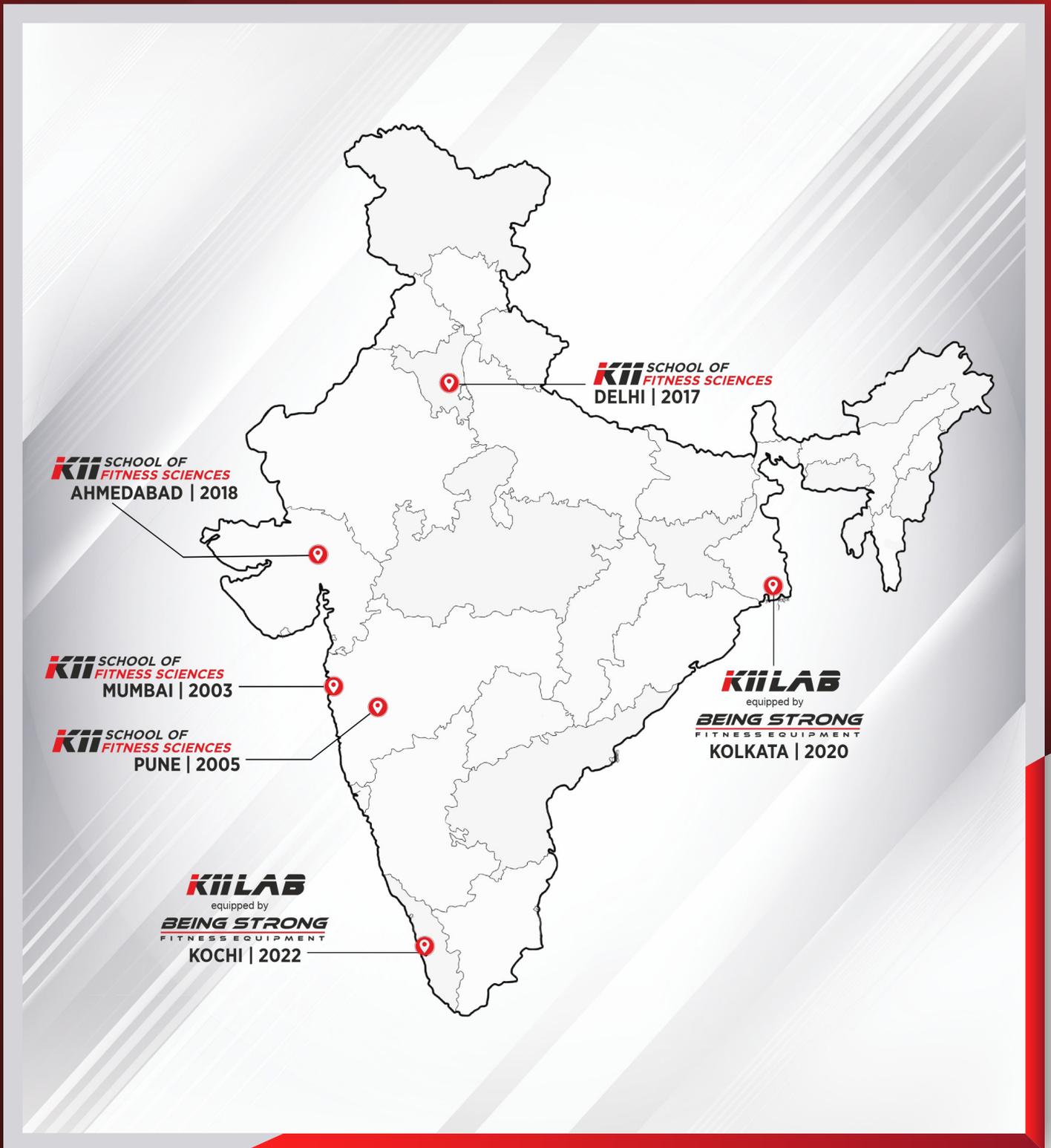
Everything taught in every single lecture is based on the universal philosophies of Efficiency & Optimization...

Stand, Eye-contact, No Power-point...

Only Powerful Oratory...

THAT IS HOW WE TEACH

K11 FOOTPRINT



INFRASTRUCTURE



K11 EXERCISE LABS

The K11 Schools of Fitness Sciences are one of a kind brick and mortar schools for people who wish to become professional personal trainers and nutritionists. Since its inception in 2003, K11 has always attracted students from across the country who would relocate from various towns and cities for over 6 months and sometimes more than a year to complete their education.

The K11 Exercise Lab is a place that consists of a fully equipped Gym Floor, dedicated only for conducting the practical training module of the Diploma in Personal Training Course.

Thanks to the Attend Class From Home concept along with the standalone K11 Exercise Labs, aspiring students of the Diploma in Personal Training Course can pursue the entire theory part of the course very effectively from anywhere in the world through a live, two-way, interactive, remote classroom and only having to relocate for the practical module.

Aspiring students of the Diploma in Personal Training Course belonging to towns or cities where a full-fledged K11 School is not available, the relocation period for them has dropped down drastically from 6 months or a year to just a couple of months at the most.

The Practical Module of the Diploma in Personal Training Course cannot be effectively conducted over remote platforms. The K11 Exercise Labs are indispensable, owing to the K11 way of teaching form and technique, which is hands-on, where one Master Trainer teaches no more than 6 students in one batch, in the dedicated gym floors (Exercise Labs) without music or any other disturbance.

As of now, there are 2 K11 Exercise Labs in Kolkata and Kochi, along with the 4 full-fledged K11 Schools in Mumbai, Pune, Delhi, and Ahmedabad.

It's only fitting that the K11 Exercise Labs are in collaboration with the leading equipment manufacturer in the country, **Being Strong Fitness Equipment**, a company that is responsible for producing biomechanically correct and robust gym equipment.

The Exercise Labs along with the Attend Class From Home mode of learning ensures that the quality of education and the learning experience for every K11 student remain absolutely uncompromised.

THE K11 SCHOOL OF FITNESS SCIENCES IS

**PD:Approval
Accredited**

Independently
audited & accredited by
PD: Approval

Internationally recognized by
Register for Exercise Professionals
India Foundation (REPS India)



Approved Training
Partners with the
National Skill
Development
Corporation (NSDC)

Affiliated to the
Sports, Physical Education, Fitness,
and Leisure Skills Council (SPEFL-SC)



Accreditation

PD:Approval Accredited

The International Confederation of Registers for Exercise Professionals (ICREPS) appoints an external auditing body, PD: Approval (UK), to ensure that a training provider/educational institute meets the Internationally Benchmarked Standards for qualifications of an Exercise Professional. K11 School of Fitness Sciences is accredited by PD: Approval (UK) with the following Badges of Honour.

Badges of Honour: The K11 Diploma in Personal Training Course has been accredited with an Outstanding Grade and the K11 School of Fitness Sciences has been conferred the status of a Centre of Excellence.



Recognition



Recognized by REPS INDIA

The accreditation by PD: Approval gives recognition to the K11 School of Fitness Sciences from The Register for Exercise Professionals India Foundation (REPS India). For professionals, the REPS India Membership denotes the fact that the Exercise Professional has received his or her education from an Approved, Accredited, and thus Recognized Training Provider/School/Academy/Institute that provides education as per International standards as laid down by ICREPs.

The Register for Exercise Professionals, India Foundation (REPS India) has Portability tie-ups with the national Registers for Exercise Professionals (REPs) of other countries affiliated to ICREPs, such as UAE, Australia, New Zealand, Ireland, Poland, and South Africa.

Every K11 student who clears all the Assessments of the Diploma in Personal Training Course, conducted by the K11 Assessment Department, by default becomes a member of REPS India for the First Year after course completion.

Funded Partners with NSDC



Currently funded partners with the National Skill Development Corporation (NSDC), a body established by the Ministry of Skill Development and Entrepreneurship (MSDE), K11 School of Fitness Sciences is shouldering the responsibility of developing Skilled human resources in the field of fitness. Through this partnership, K11 School of Fitness Sciences will be responsible for generating more than 55,000 skilled work-force in the fitness industry by the year 2028.

NSDC through this partnership has funded K11 to the tune of INR 80 million to set up the state-of-the-art K11 schools and Labs across the country. With the funding provided, K11 School of Fitness Sciences is now operational in 4 additional cities of India (Delhi, Ahmedabad, Kolkata, Kochi) along with the already existing centers in Mumbai and Pune - a total of 6 locations. K11 will soon be present in many other cities across the length and breadth of the nation.

Affiliated with SPEFL-SC



SPEFL-SC is a Not-for-Profit organization formed by the Ministry of Skill Development & Entrepreneurship (MSDE). The council has been promoted by the National Skill Development Corporation & Federation of Indian Chambers of Commerce & Industry (FICCI).

The syllabus of the courses offered by the K11 School of Fitness Sciences is aligned with the National Occupational Standards (NOS) as laid down by the Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC). This Sector Skill Council, operating under the National Skill Development Corporation (NSDC) has approved the syllabus and has been granted the status of “affiliates”.



Diploma in Personal Training (DPT)

The DPT 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.

Equal emphasis on the Theoretical & the Practical, is what sets this course apart from the other Personal Trainer Certification providers out there.

Add to this, the fact that the Practical Module is conducted in dedicated, fully equipped labs, at the Brick & Mortar K11 Schools of Fitness Sciences, and stand-alone K11 Labs, equipped by BEING STRONG Fitness Equipment; further add the fact that the Practicals are conducted, hands-on by the K11 Master Trainers, each conducting small batches of no more than 6 students; what you have is the best experience in terms of Practical Education, you can find anywhere in the world.

This is what ensures that a K11 DPT Holder stands apart from other Certified Professionals, as the ONLY certified freshers that can truly be termed as JOB READY.

Since the course is recognised by the Register for Exercise Professionals, India (REPS INDIA), it will provide you with a Registered Exercise Professional Status.

A Personal Trainer with a REPS INDIA Membership belongs to a global fraternity of Personal Trainers that have been educated as per Global Standards laid down by the International Confederation of Registers for Exercise Professionals (iCREPS).

Due to the inter-register portability between the countries that have National Registers for Exercise Professionals affiliated to iCREPS, all K11 DPT holders, being members of REPS INDIA, under Category-A (Personal Trainer), are qualified to apply for jobs in the Fitness Industries of countries such as Australia, New Zealand, UAE, South Africa, Poland and Ireland.

Thus, once you successfully achieve the K11 DPT, you are not just any other Certified Personal Trainer; you are a JOB READY, Registered Exercise Professional.



Diploma in Personal Training (DPT)

Syllabus

- Introduction to General Physical Preparedness
- Body Composition
- Musculoskeletal Anatomy
- Kinesiology
- Exercise Physiology
- Understanding Special Populations & Professional Boundaries
- 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, Brachioradialis, Wrist Extensors & Flexors)
- Basic Nutrition
- Supplementation
- Nutrition Assessment
- Cardio Regulations
- Health Screening and Fitness Testing
- Scheduling
- Motivation and Adherence
- Health and Safety in Gym Environment
- Training Program Delivery
- Application of Exercise Science to Programme Planning
- Principal's Address on Professional Ethics & Personality Development
- CPR & AED
- Practical Module



Diploma in Personal Training (DPT)

Students undergo practical training sessions under the guidance of the **K11 Master Trainers** where they are taught the correct form and technique (Biomechanics) of all Resistance Exercises. For intensive **personal attention**, irrespective of the total batch strength, the **Teacher to Student Ratio is kept at 1:6**. This is achieved by dividing into groups of 6 students each, with each group assigned one Master Trainer.

SESSIONS:

Theory - 51

Practical - 25

TOTAL FACE TO FACE (FTF) LEARNING HOURS: 225 Hours

- 1 Rules & Regulations Session that is not counted in the learning hours
- 49 Classroom Sessions of 3 hours each totaling 147 hours
- 1 CPR & AED Session

Learning Hours of Theory = 150 Learning Hours of Practical = 75

Non Face to Face (FTF) learning hours: A student is expected to practice for a minimum of 85 hours based on assignments given by the teachers



Diploma in Personal Training (DPT)

EXAMINATIONS:

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

CERTIFICATES:

1. K11 Certificate of Diploma in Personal Training (REPs Category - Personal Trainer)
2. Certificate from Accrediting Body - PD : Approval
3. NSQF Level - 4 (Fitness Trainer) Certification from SPEFL-SC
4. CPR & AED from Australian Lifesaving Academy

The theory lectures are conducted in the following formats:

- **ACFS** (Attend Class from School) - State-of-the-Art AV Equipped classrooms
- **ACFH** (Attend Class from Home) - Live, Interactive, Face-to-Face, Remote Classroom System

FEES

Course Fee: INR 82,000

CPR & AED: INR 1,200

Total Fees: INR 83,200

**EASY EMI OPTIONS
AVAILABLE**



Personal Training for Special Populations (PT-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.

PT 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 PT-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 PT-SP Certificate will see tremendous growth and recognition in the fitness industry. In order to do the PT for Special Populations Course, it is compulsory to have cleared the K11 Diploma in Personal Training Course (DPT) first.



Personal Training for Special Populations (PT-SP)

Syllabus:

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

SESSIONS:

Theory - 40

TOTAL FACE TO FACE (FTF) LEARNING HOURS:

117 Hours of Classroom study

EXAMINATIONS:

1 Theory Examination

CERTIFICATES:

- K11 Certificate Personal Trainer for Special Populations
- CPR & AED from Australian Lifesaving Academy

FEES

Course Fee: INR 60,000

CPR & AED: INR 1,200

Total Fees: INR 61,200

**EASY EMI OPTIONS
AVAILABLE**



Human Performance Nutrition (HPN)

The K11 Human Performance Nutrition (HPN) Certification course is specially designed to help qualified Nutritionists, Personal Trainers/Gym Instructors and Group Fitness Instructors obtain the knowledge required to provide Nutrition consultancy and plan.

This Nutrition Course provides in-depth knowledge on food selection, macronutrient ratios, micronutrients 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 the exercise science, provides Fitness Professionals complete hold over clients 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 Professionals 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 Human Performance Nutrition (HPN) Course will guide you on how to design and prescribe diets that perform all of these functions.

The K11 Human Performance Nutrition (HPN) is the most up to date and cutting edge course in the Industry.

SESSIONS: Theory - 42

TOTAL FACE TO FACE (FTF) LEARNING HOURS: 123 Hours of Classroom study



Human Performance Nutrition (HPN)

Syllabus:

- Introduction to Sports Nutrition
- Introduction to General Physical Preparedness
- Workload & Intensity
- Body Composition
- Introduction to Macronutrients
- Hormones
- Protein
- Carbohydrates
- Fats
- Bioenergetics - Anaerobic and Aerobic
- Understanding Nutrition
- from an Evolutionary Perspective
- History of Conventional Wisdom in Nutrition
- Muscle Gain
- Sports Application
- Body Composition Assessment
- Macro Calculations & Meal Planning
- Water
- Vitamins & Minerals
- Amino Acid Supplements and Ergogenic Aids
- Nutrition Planning
- Assessment Preparation & Revision
- Counseling Techniques and Understanding Professional Boundaries
- Introduction to Cooking Techniques
- Importance of Food Hygiene & Sanitation
- Effect of Cooking on Nutritional Value of Food
- Lacto-Ovo Cooking Demonstration
- Non-Vegetarian Cooking Demonstration

EXAMINATIONS: Theory Examination
Practical (Nutrition Planning)

CERTIFICATES: K11 Human Performance Nutritionist (HPN)

FEES

Total Course Fee: INR 60,000

**EASY EMI OPTIONS
AVAILABLE**

K11 Schools

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

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

Delhi: 25-B, Pusa Road, Next to Kalyan Jewellers, Karol Bagh, Opposite Metro Pillar No-117, New Delhi - 110005

Ahmedabad: 4thFloor, 'B' Wing, Iscon Center, Shivranjani Char Rasta, Satellite, Ahmedabad - 380015

K11 Exercise Labs

Kolkata: No. 16, 4th Floor, Above M-Bazar, Kolkata Bazar, Leela Roy Sarani, Gariahat Kolkata - 700019

Kochi: Martin Eva Holy Tuesday Shopping Mall, Door no 44/2214/C-1, Between St.Anthony Church & Matrubhoomi Press, Kaloor, Kochi - 682017, Kerala, India