



GUJARAT TECHNOLOGICAL UNIVERSITY  
INTERNATIONAL INNOVATIVE UNIVERSITY



भारतीय शारीरिक शिक्षा संस्थान  
Physical Education Foundation of India

GTU - CCE & PEFI PRESENTS

# CERTIFICATE COURSE FOR GYM TRAINER

01st Dec. 2022 - 30th May 2023

Associate Partner



# About Us

## Gujarat Technological University Centre for Continuing Education



**GUJARAT TECHNOLOGICAL UNIVERSITY**  
INTERNATIONAL INNOVATIVE UNIVERSITY

GTU has set up a Centre for Continuing Education (GTU-CCE) in the month of September 2019 with the objective of providing a platform for specialized short-term certificate courses based on the needs of companies.

As per the National Education Policy 2020 (NEP 2020), multidisciplinary learning for individuals across the sciences, social sciences, and humanities, will be increasingly in greater demand. Society needs multidisciplinary and a holistic education across the sciences, social sciences, arts, humanities, and sports for a multidisciplinary world in order to ensure the unity and integrity of all knowledge.

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# About Us

## Physical Education Foundation of India (PEFI)



Physical Education Foundation of India (PEFI) is a National Organization of qualified experts and professionals in the field of Physical Education and Sports Sciences is duly recognized by the Ministry of Youth Affairs and Sports as National Sports Promotion Organization, on the basis of its (PEFI's) contribution to the development of sporting culture in the education sector - schools, colleges, and universities in the country.

It is one of the apex professional groups of the country's top physical education teachers and it has done outstanding work during the last decade for uplifting the profession of Physical Education & Competitive Sports and dealt with all kinds of problems of the profession as well as problems of physical education teachers in the country. By dint of hard work, the profession of physical education has achieved many milestones and it has taken a shape on the lines of professional organizations in other disciplines.

The PEFI is based in Delhi and it has a huge network in the country with 22 state chapters. It has almost more than Fifty Thousand registered members and the number is gradually increasing. All the top physical educationists including former Vice Chancellors, Principals of many colleges of Physical Education, Directors of University Departments of Physical Education, former officials of the Sports Authority of India, Officers of the Association of Universities, and a large number of physical education teachers working in schools, colleges and universities all over the country are associated with this organization in a different capacity.





# About Certificate Course for Gym Trainer

The course has been designed to build expertise in the field of fitness training. The present condition of the certified trainer is deeply required. This course will be essential for the trainer giving training in the gym and guidance for the health of the country. The physical education Foundation of India always focuses on the upliftment of the latest awareness and upgrading the knowledge so that appropriate assessment can be done. The health of the citizen has been the utmost priority for us the organization. This helps the person to avoid excessive medical bills through proper health guidance and awareness of proper exercise. People exercise in a way that provides no medical risk and also ensures that they reach their fitness goals leading to a healthy life. This requires some experience, which is what certification is meant to ensure. With the fitness industry growing so rapidly. it becomes increasingly important that persons at all levels in the industry have specific training to do their jobs competently. The Certificate Course in Fitness offers knowledge and Skills including health assessments.

## Objectives:

- To prepare professionals in personality trainer
- To enhance awareness of Nutrition.
- To be aware of the elementary yoga instructor.
- To be a fitness trainer.
- To be a Fitness assessor.

## Outcomes:

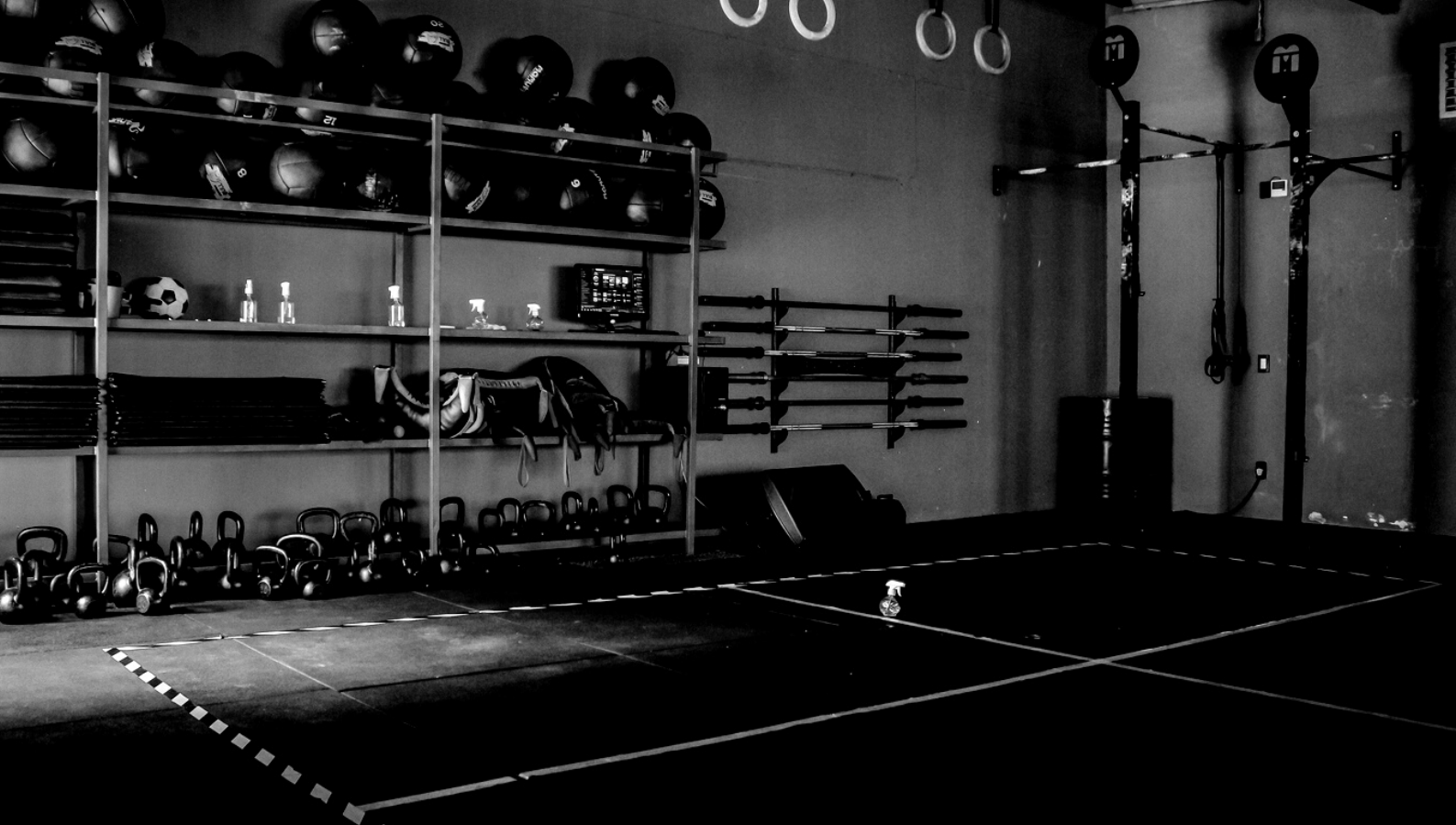
- Awareness about Human body Structure to trainers.
- To understand the health risk.
- To study and understand rehabilitation
- To assess the health complications.
- To eliminate injuries caused by wrong training methods.

## Significance

- Reduce your risk of heart disease
- Stronger and more efficient heart (increase stroke volume)
- Lower heart rate at rest, during exercise, and recovery
- Lower blood pressure at rest, during exercise, and during recovery
- Lower cholesterol (lower total, raise HDL)
- Improved body composition, burn fat

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## FURTHER DETAILS OF THE COURSE

**06**  
MONTHS  
**Course Duration**

**01st Dec. 2022**  
Start Date

**31st May 2023**  
End Date

**REGISTRATION STARTS - 12TH NOVEMBER 2022**

REGISTRATION LINK - <https://rzp.io/l/NCmnCwG1j5>



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## Eligibility: \_\_\_\_\_

The student for the admission of certificate course for Gym Trainer should be 10 + 2 from a recognized Board.

## INTAKE CAPACITY: 50 STUDENTS

**FEES STRUCTURE: COURSE FEES RS 8000/- PER STUDENT**

**EXAMINATION FEES: RS 1500/-**

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## WORKING HOURS

5 HRS. / DAY SATURDAY & SUNDAY \* 24 WEEKS 120 HRS.

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SPARKUS FITNESS, 12-13 SHRI RAM NAGAR  
MAIN GT ROAD SHAHDARA DELHI - 110032

## REGISTRATION STARTS - 12TH NOVEMBER 2022

REGISTRATION LINK - <https://rzp.io/l/7nWNxjN>

### More Details

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REGISTRATION

