

SYLLABUS

Certified Fitness Physiology Specialist (CFPS)

This course will help the students to understand the personality and temperament of the clients more comprehensive way and this understanding will help students to build more confidence among them to drill different personality of the client successfully

Certifications: MIHFM certification

Minimum age: 18 Years and above

Personal Attributes: The job requires individuals to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathy, language proficiency.

Duration of course: Not less than 15 hrs

Job Role: Sports coach, Gym trainer, Fitness Trainer, Fitness trainer role in all sports and game.

Requirement/ Eligibility: For admission in the course it is suggested/desired that the candidate should have passed 10th standard/ Secondary School Certificate from a recognized board or equivalent, with two years of working experience.

Course Fees	Rs 3000/- (Three Thousand)
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Opportunities: Sporting club, Sports academy, Health club

Syllabus

- **Understanding of temperament and personality of the client:** Understanding of temperament and personality will help trainer to set goal of a client, Understanding of the big 5 factor of personality.
- **Fitness goal setting according to temperament & personality of participant:** Principles of SMART goal **Performance** goal, Process goal, Outcome goal.
- **Client motivations techniques:** Extrinsic Motivational techniques, Intrinsic Motivational techniques
- **Proper communication techniques in realm of Fitness Industry :** Analytical Communication, Methodical Communication, Fact retention communication
- **Concept of Placebo & Nocebo:** Verbal, Action and Social placebo effect, Detrimental Nocebo effect on health