Certified Fitness Trainer Course (CFTC)

- **Brief Description:** This is the best introductory training program for Fitness Trainers in India. This course follows two Syllabus one NSQF LEVEL 4 and another MIHFM Fitness Trainer course Syllabus. Level 4 National Skill Qualification Framework aims to prepare learners to work in a familiar environment where the nature of the job is not new, quite familiar, and can be performed on routine basis training. MIHFM Training course will help the trainee to develop skill to identify mistakes in training and develop proper training techniques for demonstration.
- Certifications: 5 certificates

  Three vocational course certifications

  1. NSQF Level 4
  2. MIHFM Fitness Training certificate
  3. Certified Advance Strength Training Specialist

  Two Short Term Specialist Certification

  1. Exercise & Fitness Psychology Specialist,
  2. Mobility & Stretching Manoeuvre Specialist)

- **Minimum age:** 18 YEARS
- **Personal Attributes:** The job requires individual 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 350 hours or not less than 3 months
- **Job Role:** Fitness Trainer, Gym Trainer,
- **Requirement/ Eligibility**: For admission in the course it is suggested/desired that the candidate should have passed 10thstandard/ Secondary School Certification from a recognized board or equivalent, Or ITI with one-year experience or NSQF LEVEL 2 with one-year experience.
- **Level:** NSQF Level 4
- **Affiliation:** SPFL-SC
- **Opportunities:**
  - Job Opportunities to apply abroad through REPS India and EREPS
  - This certificate enables the trainers to register on the NSDC portal and Sportz Grid which will help them get employment in the industry both in India.
  - This Course also qualifies the professional for Govt. Schemes to help them in securing easy loans so that they can start their own venture and become self-reliant.
- Syllabus:

Syllabus

1: NSQF Level 4:

2: Mantra Fitness Trainer course:

Syllabus : 2

Mantra Fitness Trainer course

1. Advance Strength Training Course (ASTC)

- **Definition of strength, all factors of strength:** Strength is ability of body to contract its muscles with (maximum).
- **Methodology of strength training** : Definition and working procedure of absolute strength , limit strength ,power (Starting strength , Explosive strength) , anaerobic Strength, aerobic Strength (Linear Anaerobic/Aerobic Strength Endurance , Non-linear Anaerobic/Aerobic Strength Endurance)
- **Types of Strength -** specification of General strength, Specific strength, Special strength, Functional strength
- **The Strength Curve**: Training to improve Strength Curve
- **Weight Training**: Difference between training with Free Weights and Machines.
- **10 Principles of Strength Training–** To build strength or mass, we have to train specifically for strength or mass building. Working procedure with Principle of Individual Differences, Principle of Over compensation, Principle of Overload, SAID Principle, Use / Disuse Principle, Specificity Principle, GAS Principle – General Adaptation Syndrome ,Principle of Central Nervous Control, FITT Principle, 5 Rs (ROM , resistance , reps , rest ,recovery)
- **Periodization of Strength training**: Periodization is most widely used in resistance program through Training cycle, Muscle Confusion, Progressive Overload, Holistic Training.
- Programming of exercise prescription: Introduction to exercise prescription: design to avoid over-training and to systematically alternate high loads of training with decreased loading phases to improve components of muscular fitness. Sets, Reps and Rest theory : application of Set system, Superset , Compound, Tri-sets, Giant Set, Staggered Sets, Rest-Pause, Muscle Priority, Pre-exhaustion, Pyramid, Descending Sets, Compensatory Acceleration, SOP of Exercise Prescription : activities necessary to prepare a good exercise chart .
- **Training for Muscle Mass** : Isolation, Quality training, Cheating, Continuous Tension, Forced Reps, Flushing, Burns, Partial reps, Retro-gravity, Peak contraction, Super speed and Iso-tension are few steps to achieve the goal of muscle mass .
- **Seven rules of Weight Training:** seven common rules which effect any strength training program, they are - Prevent Overtraining**,** Overreaching, Overtraining, Stressors, Environmental, Psychological – psychosocial, Physiological – biochemical**.**
- **Training Loads - How much weight should you lift?** Training load depends on Recovery time, Muscle fibers, Movement, Age, Sex etc.
- **Olympic Lifting : Clan, jerk, Snitch**
- **Lifting Mantras for Strength Training:** The top ten lifting Mantras for strength training that will make your training program much more effective are **Frequency of training**, **Number of Exercise** , **Same muscle group , Upper body & lower body , Total Body Work out , Variety in exercises** , **Opposing muscle group** , **Know your limit , Mental relaxation** , **Nutrition**

Syllabus

- **Glossary of Exercise**

2. 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 helps students to build more confident 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 10thstandard/ Secondary School Certificate from a recognized board or equivalent, with two years of working experience.

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

3. Certified Mobility & Stretching Manoeuvre Specialist (CMSMS)

Brief Description: To achieve more strength we need flexibility. Learning stretching manoeuvre of different muscle group will give students an edge of their profession while setting warm up and cool down protocol of their clients.

Minimum age: 18 Years and above

Syllabus

Personal Attributes: The job requires individual 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 10thstandard/ Secondary School Certificate from a recognized board or equivalent, with two years of working experience.

Affiliation: MIHFM

Opportunities: Sporting club, Sports academy, Health club

Syllabus

A) INTRODUCTION

DEFINITION OF FLEXIBILITY: Flexibility relates to Range of Motion (RoM) of and at a specific joint with regard to a particular Degree of Freedom.

B) Name of movement:

1. Flexion ⇔ Extension
2. Internal Rotation ⇔ External Rotation
3. Abduction ⇔ Adduction
4. Traction ⇔ Approximation
5. Protraction ⇔ Retraction
6. Inversion ⇔ eversion
7. **Varus ⇔ Valgus**
8. Pronation ⇔ Supination
9. Anterior Gliding ⇔ Posterior Gliding (rocking)
10. Medial Gliding ⇔ Anterior Gliding (rocking)

C) Techniques to increase Functional Range of Motion (FROM): few techniques are –

Modification of neuromuscular processes that regulate tension and length of the tissues in the muscle complex.

Increase of length and strength of other soft tissues of the muscle complex, particularly the collagenous tissues like the fascia.

Lengthening and shortening of the other soft tissues, particularly those in the joint capsule and ligament.

Restructuring the articular surfaces of the joints, as a natural result of many years of regular, heavy loading in specific movement patterns.

D) **REQUIREMENTS OF GENERAL FITNESS AND SPORTS:** The real-life requirement is active flexibility . passive flexibility may, at best, provide a protective reserve – insurance – in the even a joint is unexpectedly stressed beyond its regular operational range of movement.

Sporting prowess (quantified in terms of competition success) correlates more strongly with active rather than passive flexibility.

E) EFFECTS OF STRETCHING : Optimize the athlete's learning, practice and performance of many types of skilled movements, Increase in range of useful movement , Increase in the level of biomechanical skills and musculoskeletal efficiency**,** Enhances awareness of the body , Decrease in risk and occurrence of injury etc.

F) BODY RESPONSE TO STRETCH: The Muscular and Skeletal Systems are relevant to us in the context of Strength Training and Development. Bones make up the specialised support arrangement for the human skeleton.

G) **NEUROMUSCULAR SYSTEM AND FROM:**

FROM is not only influenced by the musculoskeletal structure and the mechanical properties of their soft tissues but also by the level of MOTOR UNIT ACTIVITY in the relevant muscles,

The muscles and tendons have a large number of two receptors,

Involuntary reflexes are initiated by the action and interaction of the MS and GTO during muscle movement in the following manner

H) **The stretch reflex or, the myotatic reflex:** different type of stretch reflex - Dynamic or phasic stretch reflex, Static or tonic stretch reflex, Negative stretch reflex.

I) **COMPONENTS OF JOINT FLEXIBILITY:** Any joint flexibility (or, stiffness) is influenced by the soft tissues connected to the joint. The components are - Muscles and their fascial sheaths, Structure of the joints, including ligaments, Skin, Tendons and their sheaths etc.

J) Factors of Flexibility: Flexibility depends upon few factors like - Exercise and training history, age, gender, temperature, types of join, types of movement.

K) Soft Tissue Biomechanics and Flexibility :Different methods are required for conditioning muscles, tendons and other soft tissues ,Slow twitch muscles have higher proportion of connective tissue than fast twitch muscle groups ,Higher stiffness and low level of strain of slow twitch muscles is most suitable for continuous support of posture , Different mechanisms in brain and spinal cord control high speed, low speed and topological patterns of muscle activity , Different rates of loading and stretching have different effects on bone, tendon and muscle etc.

L) **Stretching technique**: There are two types of stretching, -

a) Static stretching - Free Static Stretching, Passive Stretching.

b) Dynamic stretching - Ballistic Stretching, Active Stretching, Proprioceptive Neuromuscular Facilitation (PNF) Stretching, Plyometric (Impulsive) Stretching,

M) **Flexibility measurement technique**: For every exercise prescription we need few measurement or result - Sit and Reach Flexibility Test, Chair Sit and Reach Test, Floor Touch Test, Groin Flexibility Test, Calf Muscle Flexibility Test, Trunk Rotation Test, Shoulder Flexibility Test etc.

N) **Stretching glossary (muscle and joint)** : Knowledge of muscle and joint actions will enable more "accurate" stretching . a list of muscles to be stretched and the actions that will enable the stretch