



# **INTEGRATED FITNESS AND SPORTS INSTITUTE**

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### Nikhil Ashtewale (Director)

A lecturer of high esteem and experience with an intense knowledge of fitness and exercise science. He has a huge zeal and enthusiasm to make exercise science as simple and easy to understand by anyone who aspires to become an expert. In this Profession, Nikhil Ashtewale has conducted innumerable seminars and trainer workshops on topics like body transformation, exercise science and special population, for gyms, health clubs, corporates, schools and colleges during his vast career span in fitness industry which started in the year 2001. His vast experience in fitness academies.

Nikhil Ashtewale has great passion for fitness and dedication for his work. He is a good public speaker with an excellent orating skill and these qualities have made him a well known face in the fitness circle.

*Nikhil*



### Kshipra Ashtewale (CEO)

I joined the fitness industry just for the sake of getting a job which would help me to take care of my monthly expenses and also generate a second source of income. In the year 2007, I completed my personal trainer certification and started working as a personal trainer but later I realized that there is much more in the fitness industry. I switched to a managerial role where I first started handling gym sales and also doubled the admin work. Later I was promoted as the admin head and then slowly scaled up to a sales manager position and then as an operations in-charge. After gaining experiences in different domains, I understood my niche which was "Business Expansion, Human Resource Management, PR & Marketing"

I come from a modest economical background where education is of top priority but with minimal financial resources. So it was my dream to build an International standard fitness academy where students can pursue their dreams, get themselves certified and work in top of the line gyms in India & Abroad.

After much apprehension and calculation we decided to start our own venture to provide best of knowledge which will be at par International Standards but at an affordable investment.

I am passionate about fitness and I do follow what I preach and as a woman, I believe that every woman should get themselves equipped with exercise and nutrition certification so that they can take care of their family's health independently with ease.

Also to end with, being a woman entrepreneur, I would advise all the female fitness aspirants who wish to build a career in fitness should get themselves certified and start their journey in the fitness industry as there are huge opportunities in store for female trainers in India as well as in Abroad.

*K. N. Ashtewale*

## Our Mission

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Integrated Fitness and Sports Institute (IFSI)'s Mission is to provide accurate, updated, highest quality and research based education in the field of fitness and sports sciences at affordable fees.

In support of this mission IFSI:

- Trains the trainees and exposes them to the global standards.
- Evaluate, Certify and facilitate employment of trainees in India and Abroad.
- Build a strong community of qualified fitness professionals contributing in improving Nation's health.
- To train and qualify more than 10,000 individuals in next 5 years.

## Our Vision

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Our vision is to nurture our students, provide them experience to some of the most real-time complex situations and offer them a distinctive and progressive platform in fitness. We believe that to excel and to become a world-class fitness education school, we need to make every effort to constantly research, upgrade and adopt the finest ways of imparting knowledge to our students.

## About Us

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Integrated Fitness and Sports Institute (IFSI) was formed in the year 2015 and is headquartered in Mumbai. IFSI is a brain-child of Mr. Nikhil Ashthewale (Director) and Mrs. Kshipra N. Ashthewale (CEO). In India vocational education was once not a mainstream career option to start off your career with. Students usually fell for more expensive, traditional and preferred by parents mode of education streams like engineering, medical or chartered accountancy. With its inception, IFSI has brought a welcome change and an awareness in today's youth and passionate fitness mentors about building a rock solid career in Indian and International fitness industry.

With its continuous growth and expansion in and around Maharashtra, IFSI soon will be venturing out to capture whole of India to help individuals to systematically plan their fitness career and secure their future.

IFSI is one of the most trusted and best fitness training academy which provides Certified and Diploma courses in varied domain skills. We provide wholesome comprehensive, competent, and scientifically curated and updated knowledge to all our students so that they can always stay ahead in the face of any competition. All the Lectures are conducted in our brick & mortar school which has A.V equipped classrooms and fully equipped practical gym floor. IFSI is the only Fitness Academy in India which provides lectures through Online, Offline, and Distance Learning format for the convenience of the students who are highly energetic, competitive, hungry for knowledge and passion driven to make it big in the fitness industry despite their hectic schedule and other life commitments. IFSI students are spread all over India and Overseas and are doing a phenomenal job in their fitness career by being a result oriented fitness professionals which makes us really proud of them.

IFSI believes that education should not burn your pocket, instead it should make you financially independent, confident and help you to fulfill all your dreams and keeping this philosophy in mind all the courses offered in IFSI are budget friendly and tailor made to suit National & International Standards.

## Sports Physical Education & Leisure - Sector Council (SPEFL-SC)

SPEFL-SC is formed by Ministry of Skills Development and Entrepreneurship (MSDE) and this council is promoted by National Skill Development Corporation (NSDC) & Federation of Indian Chambers of Commerce and Industry (FICCI). Both are Government Bodies. Basically Indian Government formed SPEFL to train and certify 15 crore youth in fitness field under their Skill India Mission. As Indian Fitness industry is the next booming industry which will generate lot of employments for the youth, so Indian government has decided to train and certify fitness aspirants and help them build their career in the fitness industry and make them financially independent.

IFSI has tied up with SPEFL by becoming their official training partners and has joined their mission and vision to provide fitness industry with highly knowledgeable and certified fitness professionals.

### Benefits

1. As IFSI is a government recognized institute, student opting for SPEFL exam will be recognized as a Govt. Recognized trainer.
2. It is a Level 4 certification decided by Indian government. So a candidate undergoing SPEFL certification will be recognized as a Level 4 fitness trainer.
3. This certificate will add trust factor and weightage to your existing certification.
4. Indian Government is planning to organize and restructure the entire fitness sector in order to bring standardization in training and safety protocols and also safeguard the rights of Certified Fitness Professionals. In this scenario, getting certified now as a Govt. Recognized Personal Trainer from an authorized fitness academy like IFSI is a right step for any future government developments for the fitness industry.

## EREPS: European Register Of Exercise Professionals

EREPS was launched in the year 2007 as an independent register of instructors, trainers and teachers working in the European health, fitness and physical activity sector.

EREPS recognizes the qualifications and skills of exercise professionals and is an important assurance for the public and employers that their instructor or employee holds the appropriate qualifications to perform their role safely and effectively. To be eligible for this certification, students have to clear the SPEFL examination.

### Benefits

1. EREPS certified students' names will be registered in the EREPS portal through which any gym owner or client can directly approach the student for job opportunities in India as well as in Abroad.
2. Students get portability to work in 37 European countries.
3. Students will be recognized as an internationally accredited Personal Trainer.
4. This certification will add you in the group of Elite & Premium category of Personal Trainers which help you to instantly increase your Personal Training Fees and reduce negotiation chances with the clients.

## EREPS: Life Long Learning (LLP)

The EREPS Lifelong Learning Programme (LLP) is designed to support the students wishing to progress and thrive within their sector of professional practice.

A commitment to lifelong learning or continued professional development can be seen as having a number of purposes and benefits:

- Keeping up-to-date to ensure safe practice.
- Improving and broadening knowledge and skills.
- Developing personal qualities necessary to execute professional and technical duties.

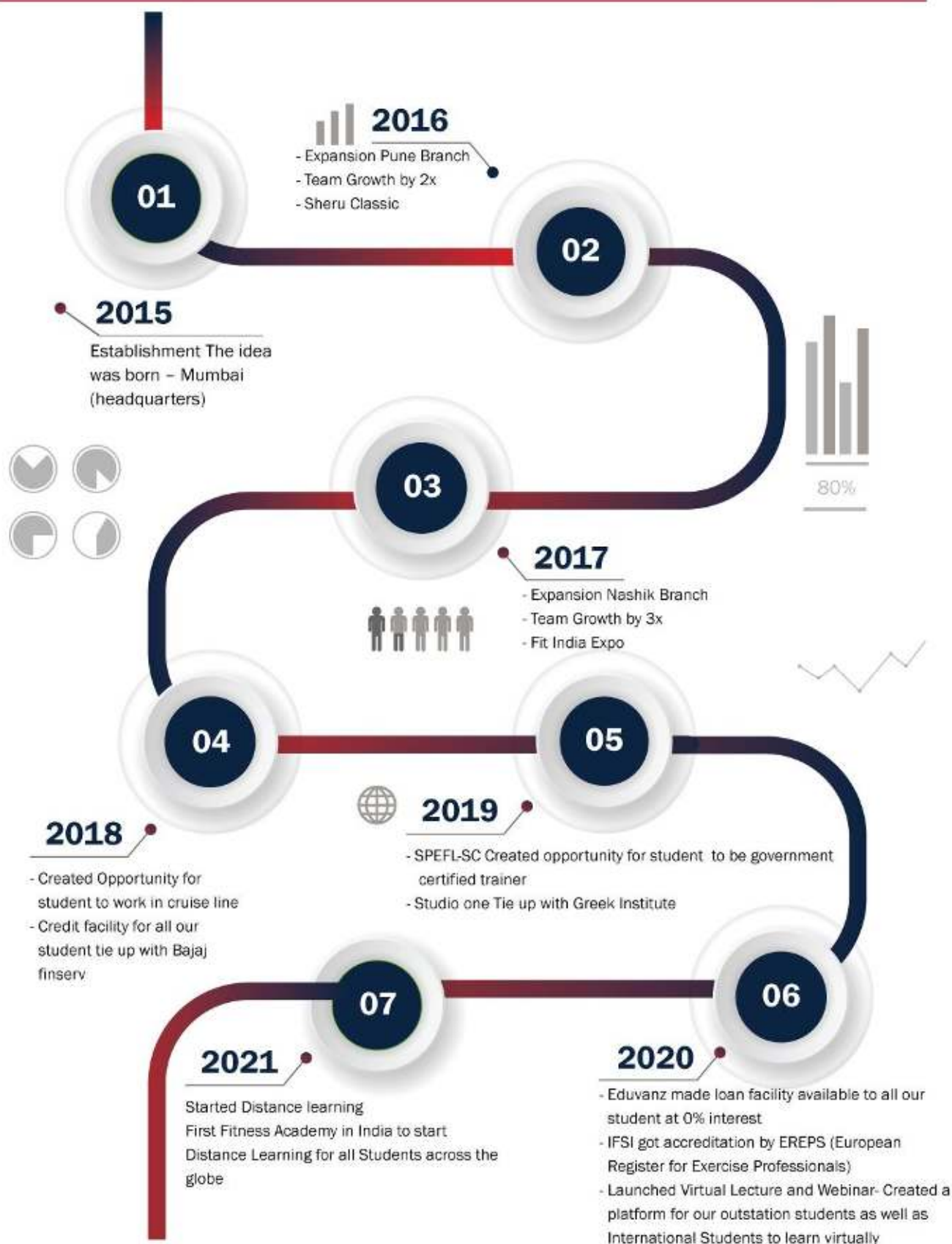
## Future of fitness industry

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Massive influx of new gyms and fitness facilities in India, has exposed the users to new options as against the three to four gyms or group activities, they had to choose from a few years ago in a particular location. The decision to enrol in a gym, which was earlier based on pricing alone, has now changed to understanding the quality of personal trainers, accurate training, current trends, infrastructure & superior facility, etc. Major cities & locations in India are witnessing a high growth rate in fitness and nutrition sector because of increasing risk factors in health caused due to obesity, diabetes, cardiovascular issues, and pandemic situation. As per reports released in a newsletter, there are six million active users in India who are spending on an average **\$350 to \$400** annually towards fitness services, amounting to **\$2.6 billion** market size. The market size is estimated to hit a **whopping \$6 billion in next couple of years**. IFSI makes sure that all our students prosper in the fastest growing fitness industry of India. IFSI develops overall skills of every student which equips them to grab opportunities & build a fabulous career at national and international level. The international accreditation builds confidence in our students, also provides quality assurance to gym owners and clients through their scientific approach in training & guiding the clients to improve their quality of life. IFSI covers every aspect of exercise science which helps them to develop expertise in fitness industry. IFSI is known for its advance training techniques which is simplified and made easy to understand for every student. This approach is absolutely crucial to build a successful career in fitness industry.



## IFSI's Journey



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## IFSI in Media



**"UPGRADING KNOWLEDGE AND  
DEVELOPING TRAINING SKILLS  
ARE THE KEY TO BUILD AN  
OUTSTANDING CAREER IN  
FITNESS INDUSTRY"**

**- BY NIKHIL ASHTEWALE**

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## 21 Reasons - Why IFSI is a Leader in Fitness Education Training

1



Recognised by  
Government of  
India

2



Internationally  
Accredited from  
European Regis-  
ters for exercise  
Professionals

3



Recognised and  
accepted by gym  
owners all over  
India

4



EREPS Life Long  
Learning Program

5



Easy and quick  
Finance option  
available

6



Earning Potential -  
Average income of  
IFSI'tes is anywhere  
between 35k to 50k  
within 6 to 8 months  
of course completion

7



Return On Investment  
- IFSI'tes recover  
their course Invest-  
ment within 2 to 3  
months after getting  
placed

8



4.8 Ratings

9



7000+ Fitness  
Professionals  
Trained And  
Placed

10



Faculty With 10+  
years teaching  
experience

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## 21 Reasons - Why IFSI is a Leader in Fitness Education Training

**11**



100 % Job Assistance

**12**



Lifetime Post Training Support

**13**



6+ industry Oriented Courses

**14**



6 + Continuing Education Webinars & Seminars Certification

**15**



Three Mode of Language Available (English, Marathi, Hindi)

**16**



Content Expert-Centrally Controlled Content Created as per Indian And International Standards

**17**



Dedicated Gym floor with best-in-class equipment for student's practical sessions

**18**



Widest Network- 3 Fully Functional Training Centres

**19**



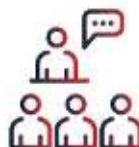
Live Training- Learn Best Practices with hand's on Practical and Case-studies

**20**



Marketing and Communication Skills- (Special Lecture Conducted to improve student's communication and confidence to boost employability.)

**21**



Three Format Training- Student can opt for Virtual Course Format (Live Online Lectures) or Offline Course Format (Classroom Training) or Distance Education Course Format (Recorded Lectures)

## Course Highlight



Student App  
(compatible with iOS,  
Android)



**50+** Placement Partner



Industry based case  
studies



Recorded Practical  
training Videos for  
practise



Weekday and  
Weekend batches



**6+** Professional  
Certifications



**6+** years of Experience



Post Training Support



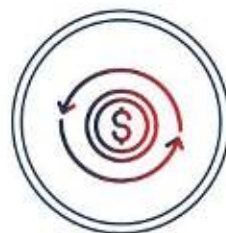
Cover-up for Missed  
Lectures



Practical + Class test +  
Case Study



Personalised Attention



Max instalment facility  
available

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## Online vs Offline vs Distance

<b>Online (Virtual Lectures) Format Suitable for:</b>	<b>VS (Classroom Lectures) Format Suitable for:</b>	<b>VS Distance Learning (Recorded Lectures) Format Suitable for:</b>
Working Professionals	People who can visit the academy on a regular basis to attend lectures	Working Professionals
Frequent outstation travellers	Who won't travel or shift to other cities or countries between the course	Frequent outstation travellers
Individuals located in different parts of the cities or countries	Who are 100% dead sure after attending an online demo lecture that they won't understand the online format.	Individuals located in different parts of the cities or countries
		People who have rotational shifts

This information should help you take a right decision for yourself. Kindly contact our education counsellor to assist you further with any unanswered queries.

<b>Sr. No</b>	<b>Student Benefits</b>	<b>Online format (live lectures)</b>	<b>Offline format (classroom lectures)</b>	<b>Distance learning program (recorded lectures)</b>
01	Live theory lectures with powerpoint presentation	Yes	Yes	Partially Yes
02	Same number of theory lectures as offline format	Yes	Yes	No
03	Highly Experienced Faculties	Yes	Yes	Yes
04	Cover-up for missed theory lectures through recordings	Yes	No	No
05	Cover-up For Missed Theory Lectures Through Face To Face Lecture	No	Yes	No
06	2 format practicals: A) Online recorded sessions for practice B) Offline practical sessions on gym floor	A	B	N/A
07	Maximum fees installment facility	Yes	Yes	No
08	3rd party finance facility	No	Yes	No
09	Travelling time and effort saved	Yes	No	Yes
10	E-manuals and E-notes provided	Yes	No	Yes
11	Case Studies	Yes	Yes	Yes
12	Student Teacher Interaction	Yes	Yes	Partially Yes
13	Professional Certification	Yes	Yes	Yes
14	Live Q & A and query resolution	Yes	Yes	No
15	Vernacular learning mediums	Yes	Yes	Yes
16	Practical & viva examinations	Yes	Yes	Yes
17	100% placement assistance	Yes	Yes	Yes
18	Student support	Yes	Yes	Yes
19	Student app facility	Yes	No	Yes

\*IFS has the authority to change the above points

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## Fitness Trainer Level 3



If you wish to start your career in fitness Industry then IFSI Certified Fitness Trainer is the best course to start with. It is a basic foundation level course to enter into fitness industry. Certified Fitness Trainer Course is suitable to start your career in gyms and/or health clubs.

- At IFSI we have an excellent yet easy to understand and researched based studies, capable and qualified faculties (Including Tutor and Assessor).
- Certified Fitness Trainer Course (CFT) is scientific and the most comprehensive course which takes your passion and your career to the next level.
- Certified Fitness Trainer (CFT) course covers an introduction to Fitness trainer and exercise science. Exercise Science includes anatomy, exercise physiology, kinesiology and biomechanics lectures.
- Principle and Technique of exercises provide guidelines for cardiorespiratory, strength and flexibility training.

### Job role

The role of a Fitness Trainer/Instructor is to lead, train and motivate individuals or groups in exercise activity inclusive of cardiovascular exercises, strength training and stretches. A Fitness trainer/Instructor help individuals to improve their physical condition.

### Pre requisites / Eligibility

- Must have basic understanding of English
- Must be over 18 years of age
- Capable of Physical activity
- Must have cleared Xth standard or equivalent

### Course syllabus

#### The role of fitness trainer

- Support the development and delivery of fitness programme
- Assist member to achieve individual goals
- Assist in maintaining and improving the goals of the organisation
- Ensure the safety of clients during training sessions
- Conduct an initial assessment of client's body measurements
- Show the correct form of exercise.

#### Introduction to fitness

- What is fitness?
- Elements of fitness
- Body Types
- BMR Concept
- Importance of Exercise
- Hypertrophy
- Workload & Intensity

- Types of Exercise
- Selection of Exercise

#### Anatomy (skeletal)

- Meaning of anatomy
- Anatomical position
- Anatomical terms
- Types of bones, joints
- Name of the bones
- Axial skeleton & Appendicular skeleton

#### Kinesiology

- Meaning of kinesiology and its importance for personal trainers
- Understanding the joint actions (flexion, extension, abduction etc...)
- Types of planes and their significance in exercise

#### Physiology

- Meaning of physiology
- The muscular system

- The skeletal system
- The Central Nervous System
- Energy system
- Endocrine system
- Cardiovascular system

- Sliding filament theory
- Types of muscle
- Types of contractions (concentric, eccentric, Isometric, Isokinetic)
- Hypertrophy (sarcoplasmic & myofibril)

#### Biomechanics

- Importance of Biomechanics for personal trainers
- Levers, fulcrum, loading arm and effort arm
- Types of levers in Human body
- Moment arm
- Biomechanics of lifting weights
- Understanding Mechanical concepts
- Weight training using machines

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## Fitness Trainer Level 3

### Resistance Training

- Importance of resistance training
- Benefits of resistance training
- Precautions to be taken in resistance training
- Anatomy & Exercise of Legs, Back, Chest, Shoulder, Abs and Arms
- Demonstration of Legs, Back, Chest, Shoulder, Abs and Arms

### Cardiovascular Training

- Importance of Cardiovascular training
- Benefits of Cardiovascular training
- Various exercises of Cardiovascular training

### Lifestyle Management

- Understand the benefits of cardio respiratory, muscular and flexibility related benefits of physical activity and how it is beneficial in reducing the risk of disease
- Understand the importance of suitable exercise activity required for health and fitness benefits
- Understand the hurdles and factors for exercise participation by clients and learn the factors and motivators for exercise participation.

- Understand the exercise method for health and physical fitness
- Understand how to encourage a healthy lifestyle
- Understand about basic nutrition, importance of water and supplements
- Understanding about adaptations and progression
- Demonstrating knowledge on safe and effective exercises
- Learning how to modify the exercise plan
- Demonstrating knowledge on health and safety and dealing with accidents and emergencies
- Understanding legal requirements and emergency procedures

### Communication Skills

- Learning how to talk to a new client, how to greet them
- How to choose words wisely for communication
- Understand how to motivate the clients
- Be patient and keep calm in stressful situations
- How to ask questions to the clients

### Programming

- How to plan an exercise schedule plan of client after understanding the requirement of a client
- Learn different types of exercise programmes for Beginner, Intermediate and Advance Clients
- How to modify exercise plan.
- Group exercise plan.

### Basic Nutrition

- Introduction to Carbohydrates, Proteins, Fats, Vitamins & Water
- Essential nutrients for weight control, body composition and performance
- Practical consideration related to eating for exercise performance

### Supplementation

- Introduction of Supplements like Whey Protein, Weight gainer, Vitamins, Minerals
- Benefits of Supplementations.

### Course structure:

Certified Fitness Trainer course is a combination of Theory, Demonstration, Practical Training, Home assignments, Self-Study.

Particulars	Online format
Total learning hours	150 to 180 hours
Total face to face learning hours	120 to 130 hours
Self-study hours	50 to 60 hours
Theory	30
Practicals	23
Exam	Theory exam, Viva exam Practical exam (Exercise performance)

## Personal Trainer Level 4



The INTEGRATED FITNESS & SPORTS INSTITUTE Certified Personal Trainer course prepares students, physiotherapist, fitness professionals and fitness enthusiasts to practice as a professional Personal Trainer. It also prepares you for professional interactions with the clients. Our certification program starts with exercise science of the fitness and assessment of fitness levels of the clients and ends with the legal and safety issues. We have designed this program based on client's need and fitness goals. This program will guide you as a trainer to teach assessment and exercise application in a manner that enhances learning while respecting safety, injury prevention and effectiveness. We also teach you anatomy, biomechanics, kinesiology, exercise physiology, nutrition, exercise prescription, etc. Examination includes multiple choice questions and 5 short essays which assess you deeply to understand whether you have understood the topic or not and practical assessment of your form and technique as well as your teaching skills.

The INTEGRATED FITNESS & SPORTS INSTITUTE Certified Personal Trainer can train healthy clients who are able to exercise independently to enhance quality of life, improve health-related physical fitness and performance, manage health risk, and promote healthy lifestyle.

The Personal Trainer Course is the scientific and comprehensive course which takes your passion and your career to the next level.

### Course prerequisite(s) / eligibility

- Completed HSC board exam
- Capable of Physical activity
- Candidate should be passionate to learn exercise science.
- Candidate should have access to a smart phone, tablet/ laptop/ PC.
- Candidate should have a secure and solid internet connection
- Candidate must have Aadhar Card Issued by Govt. of India.

### Syllabus

#### Introduction to personal training

- What is a personal trainer?
- What is personal training and how to define it?
- What is a personal trainer expected to do?
- What are the skills and attributes of personal trainers?
- What are the Duties and Responsibilities?
- The characteristics of a personal trainer and Personal trainer roles

- The Future of personal training
- Exercise is Medicine
- The Profession of personal training
- Professional work environments
- Establishing your knowledge base

#### Human Anatomy

- Introduction of Human Anatomy
- The Skeletal system
- The Muscular System
- Muscles of the Upper extremity, Lower extremity, Trunk, and Head and Neck (Origin, Insertion, Joint of Action)

#### Kinesiology

- Joint primary and accessory movement
- Joint stability, actions, descriptions and structure
- Upper limb, lower limb and spine-joints, movement, muscles and exercises

#### CHAPTER 4: Biomechanics

- Introduction

- Newton's law of motion
- Lever systems
- Describe Biomechanical Terminology
- Understand Mechanical concepts
- Mechanical application in strength training
- Force time, force length, force velocity
- Weight training using machines
- Explaining inertia, the moment of inertia and angular acceleration
- Describe ground reaction forces

#### Exercise Physiology

- Introduction and overview of below systems:
- The Cardiovascular System and acute response to the system
- The Respiratory System (read more about Bioenergetics)
- The Muscular system
- The Skeletal system
- The Nervous System
- Exercise Adaptation- Strength, Cardiovascular and Flexibility Training



## Personal Trainer Level 4

### Assessment And Program Planning

#### Fitness Assessment and Evaluation

##### Subjective Assessment

- Personal information
- General history
- Medical history
- Occupation
- Lifestyle
- Past injuries and surgeries
- Chronic conditions
- Objective Assessment

##### Sequence of assessment

##### Body Composition

- Height/Weight
- BMI
- Waist to Hip Ratio
- Bioelectrical Impedance

##### Cardiorespiratory Fitness Assessment

- Resting Heart Rate
- Resting Blood Pressure
- VO2 Max
- 1 Mile walk test
- Queens college step test Muscular strength Assessment
- 1 RM Muscular Endurance Assessment
- Partial curl-up
- Push up
- Flexibility Assessment
- Sit and Reach tests

#### Goal setting/Fitness plan

- Discuss the results of fitness evaluation with a client to determine needs and goals

#### Injury prevention

- Common Workout injuries
- Injury Risk factors and Preventing Measures
- Emergency Procedure
- Understanding emergency
- CPR

### Personal Training For Special Population

#### Special Populations

- Osteoarthritis of the knee
- Slip disc
- Frozen Shoulder
- Golfers Elbow
- Tennis Elbow
- High blood pressure

### Leadership Guidelines and Qualities

#### Leadership

- Basics of Exercise Psychology-Behaviour change
- Relationship
- Accountability
- Behaviour Modification Theory

- Different strategies for different workout
- Relationship: Client – Personal trainer
- Motivation
- Principles of Adherence and motivation

### Business Principles

#### Principles of Personal Trainer Business

- How to Success in Personal Training Business
- Updates current knowledge
- Management of fitness department
- Develop Business plan
- Establish Budget and policies
- Marketing, sales and prices

### Legal Issues and Professional Responsibilities

- Understanding legal issues and responsibilities
- Area of personal trainer liability
- Legal responsibilities
- Manage Risk exposure

### Course structure:

Certified Personal Trainer course is a combination of Theory, Demonstration, practical training, Home assignment, Self-study.

Particulars	Online format
Total theory lecture	43
Total practical sessions	24
Total learning hours	275 - 330
Face to face learning hours	88-110
Self-study hours	187-220

## Nutrition for Fitness, Performance and Sports



This course completely covers macros and micros, supplementations, diet framing for individuals with sedentary lifestyle, athletes, and metabolic disorders. Course also covers various new diet patterns which makes the diet more exciting and less monotonous for the clients. Course is tailor made keeping in mind indian diet style merging it with international advanced nutrition science.

### Lecture covered (online & offline)

- |  |   |   |
|--|---|---|
| 1. Body transformation & understanding scientific approach for effective fatloss & Muscle gain - 1 | 13. Protein calculation   | 31. Muscle Gain Diet Plan Practise With Carbs, Protein, Fats, Vitamins & Minerals |
| 2. Body transformation & understanding scientific approach for effective fatloss & Muscle gain - 2 | 14. Introduction to fats  | 32. Supplementation-part 1  |
| 3. Intensity of the exercise   | 15. Function of fats, role in diet plan, cooking oil                          | 33. Supplementation-part 2  |
| 4. Fitness testing & body fat measuring technique - part 1   | 16. Calculation of protein, fats & carbs                                      | 34. Supplementation-part 3  |
| 5. Fitness testing & body fat measuring technique - part 2   | 17. Revision of fats, carbs & protein   | 35. Supplementation-part 4  |
| 6. Factors affecting bmr   | 18. Calculation for fatloss diet  | 36. Diet Framing For Extreme Over-weight  |
| 7. Digestive system  | 19. Calculation for muscle gain   | 37. Diet Framing For Extreme Under-weight   |
| 8. Introduction to carbohydrates, classification of carbs  | 20. Water & fluid   | 38. Diet Modification For Few Medical Conditions-1                                |
| 9. Glycemic load, glycemic load of carbs and exchange list   | 21. Diet plan for muscle gain   | 39. Diet Modification For Few Medical Conditions-2                                |
| 10. Revision lecture   | 22. Diet plan for fat loss  | 40. Revision Lecture  |
| 11. Introduction to protein, functions, classification & biological value                          | 23. Diet plan for sedentary lifestyle   | 41. Ketogenic Diet-1  |
| 12. Protein digestion, absorption, requirement, exchange list                                      | 24. Vitamins  | 42. Ketogenic Diet-2  |
|  | 25. Minerals  | 43. Carbs Cycling-1   |
|  | 26. Counselling technique   | 44. Carbs Cycling-2   |
|  | 27. Counselling technique practise session                                    | 45. Vegan Diet  |
|  | 28. Class test  | 46. Class Test  |
|  | 29. Diet plan practise session for calculation of fatloss & muscle gain       |   |
|  | 30. Fatloss Diet Plan Practise With Carbs, Protein, Fats, Vitamins & Minerals |   |

Particulars	Online format	Offline format
Duration	5-6 Months	5-6 Months
Eligibility	12th Passed or appeared 18+ years Passionate to learn about fitness and transform clients	12th Passed or appeared 18+ years Passionate to learn about fitness and transform clients
Theory	43	43
Practicals	25 real life case studies	25 real life case studies
Exam	Theory, Viva, Practical (case studies)	Theory, Viva, Practical (case studies)

## PT for special population course



This course is designed to cater the needs of the people who fall under special population category (pre-teens, teens, aged, and medically challenged). Course comprehensively covers advance theories of human body, chronic disorders, acute medical conditions, auto-immune disorders, and signs & symptoms of the medical conditions, its prevention, precaution, and rehabilitation through a proper scientific exercise program. Various medical conditions and much more which are based on latest researches and rehab techniques.

### Lecture covered (online & offline)

1. Knee joint and various medical conditions and their rehabilitation-part 1
2. Knee joint and various medical conditions and their rehabilitation-part 2
3. Knee joint and various medical conditions and their rehabilitation-part 3
4. Spine joint and various medical conditions and their rehabilitation-part 1
5. Spine joint and various medical conditions and their rehabilitation-part 2
6. Spine joint and various medical conditions and their rehabilitation-part 3
7. Spine joint and various medical conditions and their rehabilitation-part 4
8. Shoulder joint and various medical conditions and their rehabilitation-part 1
9. Shoulder joint and various medical conditions and their rehabilitation-part 2
10. Shoulder joint and various medical conditions and their rehabilitation-part 3
11. Wrist joint and various medical conditions and their rehabilitation
12. Hip joint and various medical conditions and their rehabilitation-part 1
13. Hip joint and various medical conditions and their rehabilitation-part 2
14. Ankle joint and various medical conditions and their rehabilitation
15. Elbow joint and various medical conditions and their rehabilitation
16. Fractures
17. Rheumatoid arthritis, its type and their management
18. Diabetes (juvenile diabetes, niddm)
19. Physiology of heart, cardiovascular disorders
20. Hypertension
21. Hernia and its type
22. Types of bones in human body
23. Anatomical characteristics of bones
24. Acute chronic disorders
25. Physiology of various medical conditions
26. Sports injuries

Particulars	Online format	Offline format
Duration	4-5 Months	4-5 Months
Eligibility	DPT Course	DPT Course
Theory	26	26
Exam	Theory and Viva (case studies)	Theory and Viva (case studies)

## Master of Exercise Course



IFS's most sought after, prestigious and practically most challenging and demanding course which is our principal's brain child i.e. "Master of exercise course". This course predominately covers the practical aspects of all the technically advanced lifts such as olympic lifting, competitive powerlifting, and kettle bell. Course comprehensively covers various important elements of fitness such as speed, agility, balance, co-ordination which is required to become functionally fit. This advance level course will upgrade your teaching skills and help you grow in the fitness industry. Personal trainers can immediately hike their fees and provide value added service in their client's fitness journey.

### Lecture covered (offline)

- |   |  |   |
|---|--|---|
| 1. Biomechanic of lift (said principle types of proprioceptors for lifting)   | 16. Olympic lifting -(hang snatch)   | 29. Revision lecture                                |
| 2. Clean & jerk ( starting position -first Pull, second pull, power position) | 17. Olympic lifting (hang snatch progression overhead squat)                     | 30. Powerlifting (sumo deadlift)power lifting style |
| 3. Rack position, receiving position, & Split jerk                            | 18. Olympic lifting (snatch starting position, 1st pull, second pull, high pull) | 31. Olympic lifting (push press)                    |
| 4. Split jerk   | 19. Power lifting (squats)   | 32. Yoga lecture                                    |
| 5. Split jerk   | 20. Olympic lifting (snatch progression)   | 33. Snatch revision                                 |
| 6. Clean & jerk practice session  | 21. Kettle bell -1   |   |
| 7. Clean & jerk practice  | 22. Kettle bell-2  |   |
| 8. Clean & jerk practice session  | 23. Olympic lifting -(snatch progression)  |   |
| 9. Push press   | 24. Olympic lifting -(push jerk, clean & jerk)                                   |   |
| 10. Push jerk   | 25. Powerlifting (bench press & power lifting style)                             |   |
| 11. Olympic lifting (first pull, second pull)                                 | 26. Olympic lifting -(push jerk, clean & jerk)                                   |   |
| 12. Olympic lifting (power position & Catch)                                  | 27. Battle rope  |   |
| 13. Olympic lifting   | 28. Power lifting -(conventional deadlift power lifting style)                   |   |
| 14. Olympic lifting - split jerk-1.   |  |   |
| 15. Power lifting -(conventional dead lift power power lifting style)         |  |   |

Particulars	Offline format
Duration	6-8 Months
Eligibility	DPT + NUT OR DPT + APT & interview with the head faculty
Theory	3
Practicals	30
Exam	Theory, Viva, Practical

## Certified Yoga Trainer Course



This course gives you an overview of various forms of yoga.

We focus on therapeutic application of yoga as well as a solid foundation for entrepreneurship in this industry. You will be given a deep understanding of the application of traditional meditation, breathing and yoga techniques (as well as philosophies) that will help you prescribe a life of wellness and fulfillment to yourself and your clients. Based on your personality, liking and preference, you may choose to follow a specific path of yoga philosophy or approach it holistically. Our trainings are one to one interactions that provide in-depth understanding of the yogic science. This course prepares you in all aspects of a thriving yoga career including how to setup and run your own yoga classes. You will graduate as a fully-fledged yoga practitioner with a vast knowledge of the art.

### Lecture covered (offline)

- |   |                            |
|---|----------------------------|
| 1. Yoga – meaning, definition, origin, Aims                     | 4. Musculo-skeletal system |
| 2. History & development of yoga                                | 5. Digestive system        |
| 3. Introduction to patanjali yoga sutra                         | 6. Circulatory system      |
| 4. Misconception about yoga                                     | 7. Respiratory system      |
| 5. Comparison of yoga & exercise                                | 8. Nervous system          |
| 6. Importance of diet, yogic diet                               | 9. Excretory system        |
| 7. Intro of asan, pranayama, bandh & Mudra, kriya (only theory) | 10. Reproductive systems   |
| 8. Asanas in standing position                                  |                            |
| 9. Asanas in supine position                                    |                            |
| 10. Asanas in prone position                                    |                            |
| 11. Asanas in inverted position                                 |                            |
| 12. Asanas in sitting position                                  |                            |

### Anatomy and philosophy of yoga

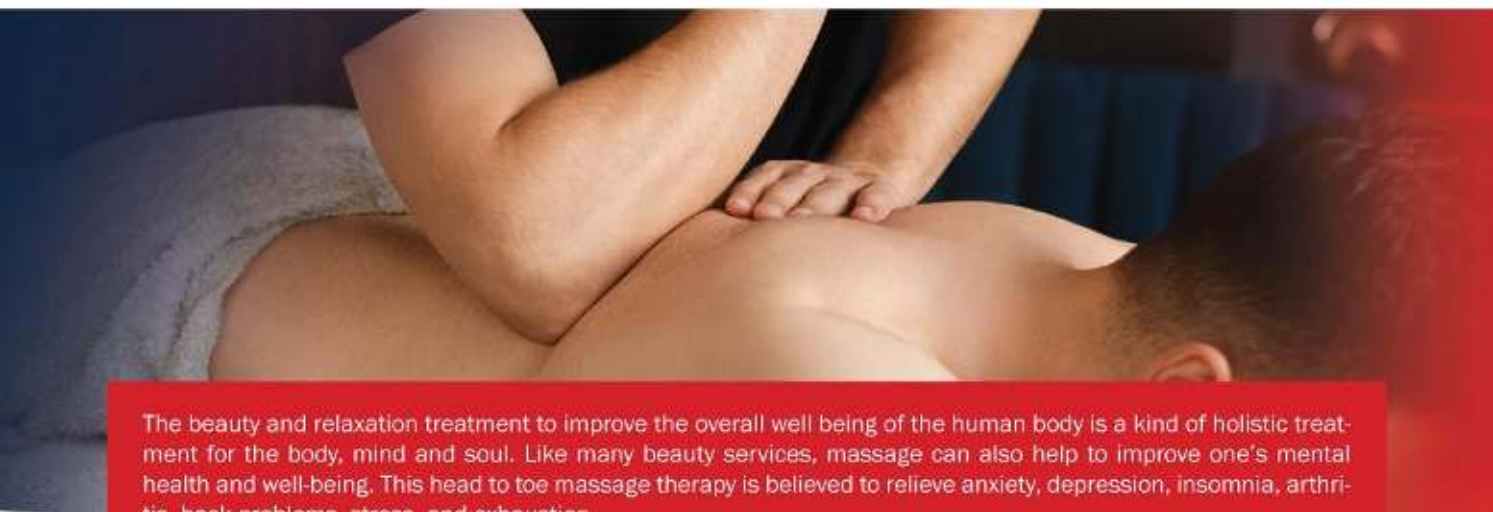
1. Importance of anatomy & physiology
2. Introduction of anatomy (structure) & physiology)
3. Systems of body & effects of yogic practices

Particulars	Online format	Offline format
Duration	3-4 Months	3-4 Months
Eligibility	H.S.C Pass / 18+ years	H.S.C Pass / 18+ years
Theory & Practicals	23 Session	23 Session
Exam	Theory, Viva, Practical	Theory, Viva, Practical

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## Certified Massage Therapist Course



The beauty and relaxation treatment to improve the overall well being of the human body is a kind of holistic treatment for the body, mind and soul. Like many beauty services, massage can also help to improve one's mental health and well-being. This head to toe massage therapy is believed to relieve anxiety, depression, insomnia, arthritis, back problems, stress, and exhaustion.

This course provides you opportunity to interact with and learn from highly qualified and experienced professionals. It is an in-depth course which includes theory as well as practical training. Wellness industry is a booming industry and every human deserves relaxation from the hectic hustle bustle of daily life through a good scientific massage. This course is a value addition in your profile which will make you earn extra income during your free time and can also become your prime time business model.

### Lecture covered (online & offline)

1. Human anatomy & physiology  
(structure, tissues and systems)
- . Benefits of massage, personal hygiene, professional etiquette
- . Swedish massage.
- . Aromatherapy massage.
- . Deep tissue massage.
- . Ayurveda massage.
- . Thai foot massage.
- . Dry head, neck, shoulder and back massage.
- . Body scrub and body wrap.

Particulars	Online format	Offline format
Duration	2 Month	2 Month
Eligibility	S.S.C Pass	S.S.C Pass
Theory	3	3
Practicals	12	12
Exam	Theory, Viva, Practical	Theory, Viva, Practical

## Continuing Education



Continuous Learning is the minimum requirement for success in any field. As rightly said by Legendary American Industrialist, "Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning is young. The greatest thing in life is to keep your mind young"

Following the footsteps IFSI too believes in the same philosophy and for the purpose of constant evolution and upgradation of our student's skills, we have developed many short yet comprehensive, scientifically backed, career enhancing offline seminars and online webinars. Sharpening your skills with short-term webinars/seminars helps you get a competitive edge in the workplace. It showcases your willingness to compete, develop and learn. It is something that every employer looks for in its employees. It's needless to say that it makes you an indispensable resource for any organization.

These webinars and seminars are prepared taking current industry trend in mind which will help our students to stay abreast of all the latest fitness protocols and market demand that will give them a quick spike in their income and designation.

Who can attend this: Working professionals from any field, Current fitness professionals, Students of any fitness academy, Housewives, College students, Individuals who just want to gain knowledge for personal development.

Online Workshop	Offline Workshop
Lifestyle Modification for Diabetes Management	Gym Management Workshop
Lifestyle Modification for Management of High Blood Pressure (The Silent Killer)	Body Building Workshop
Management of High Uric acid level with Exercise and Diet	Powerlifting Workshop
Management of Hypothyroidism with Exercise and Nutrition	Kettlebell Workshop
Lifestyle Management of Polycystic Ovary Syndrome (PCOS) with Exercise and Diet	
Management of kidney stone (Calcium oxalate stone and uric acid stone)	
Natural Bodybuilding Webinar	

## Students Testimonials

“



### EXPERIENCES BEFORE JOINING IFSI :

Before IFSI, I used to workout but I didn't have scientific knowledge forms and techniques , about how biomechanics work, info about nutrition , How to train cliente programming and all.

After IFSI, My Life completely changed.

I earned valuable knowledge and guidance About Exercise ,Nutrition, Medical conditions. Through the sports nutrition course i gained knoledge about how to design diet for fat loss, muscle gain, and for medical conditions. And Special population course help me to earn extra income And helps me how to traine and rehabilitate medical condition clients. And Masters Course helped me to gets 1 step ahead trough this course I learned power movements and progression in weightlifting. All of this greatly enhanced my counseling. The faculty explained everything very easily.

### Income after completion of courses:

As soon as I completed the courses, I immediately started working as a personal trainer and income was around per month 20k net within the three month . I gained deep knowledge and confidence from IFSI which boosted my morale.

My clients were also completely happy and satisfied with the knowledge I shared with them.

My income too started increasing month after month as more and more clients were adding up and, my confidence is at its peak now since I have understood how much growth this industry can give me in a short span of time.

### How to achieve success in fitness:

For achieving right success in this field is to use the knowledge you got in the course in practice and keep yourself updated and keep learning. You need to be very active and keep a professional approach to stay in this profession.

Mayur Moreshwar Paste

“



### Income before join IFSI

My income before completion of my courses from IFSI was quite uncertain since I was into family business which was in a rough phase and suffering from losses.

### Income after completion of courses

As soon as I completed the courses, I immediately started with my freelancing as a personal trainer and a nutrition counsellor and my income was around 20k net within the first month itself. I gained deep knowledge and confidence from IFSI which boosted my morale. My clients were also completely happy and satisfied with the knowledge I shared with them. My income too started increasing month after month as more and more clients were adding up and within 6 months, I reached the double the amount I earned in the first month. My confidence is at its peak now since I have understood how much growth this industry can give me in a short span of time.

### Job profile

Freelance Personal Trainer/ Pogrammer/Counsellor  
Also, an Outdoor Trekking Instructor

### Experiences before joining IFSI

Before IFSI, I used to workout and was a fitness enthusiast but I did not have scientific knowledge about how bodymechanics work.

### After IFSI, my life completely changed.

I earned valuable knowledge and guidance.

The faculty explained everything so thoroughly and every practical and theory session I attended was complete value for my money and I felt very content.

### How to achieve success in fitness (marketing, promotion)

My mantra for achieving right success in this field is to use the knowledge you got in the course in practice and keep yourself updated and keep learning.

For marketing, I use the social media platform and increase my PR.

You need to be very active and keep a professional approach to stay in this profession. And ofcourse, your own fitness levels have to maintained well

Adwait ghokale (Pune)



## Students Testimonials

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Courses completed with IFSI  
certified fitness trainer  
Certified sports Nutrition

### Before my course completion:

My income before completion of IFSI was zero and since my interest was in gym field, I wanted to develop my knowledge more into it and make my career bloom.

### After my course completion:

I completed my course in CFT and sports nutrition. I not only wanted to train but also wanted to gain my knowledge in proper diet, as workout and diet goes hand in hand. So after my completion my income is 40k to 45k and so I became financially responsible to my family. Through that course I have learned lot of new techniques and also improvised my skills. After completing my course, I started my work as a trainer and then later I became a Freelancer. Due to my capabilities and skill in my profession my clients got the best output. My skills and my clients efforts gave the best results to them.

**Sidhant Bhingardive (Pune)**

Age: 25

“



My name is Jocelyn and I'm from Goa. I'm a certified fitness trainer which I did in IFSI Academy.

I attended the webinar like hypothyroidism and diabetes. I must say these webinars help me to understand the diseases and I will be able to help my clients to modify their lifestyle through exercises and diets. The webinar is a must to attend.

The faculty, staff and the administrator of IFSI Academy are very supportive and give you the important details for the courses and webinar which we wish to participate.

The Lecturers explained in a very basic and simple manner. Thank you and more power to the Academy and continue to bring up the courses to the next level.

**Joyclene Javier**

“



Something which I really appreciate about (INTEGRATED FITNESS AND SPORTS INSTITUTE)

IFSI was even though in lockdown in this Corona pandemic they have shown their work ethic and seriousness towards their students.

They started conducting online lectures which was very innovative and new for us but the positive impact and the way the manner in which they taught each and every topic was very easy to understand each and every doubt or query was cleared at that moment of time.

The way of teaching was quite easy to understand even though it was online and by also providing notes at that moment of time was amazing.

The faculty was also very supportive and enthusiastic they are very fast and was easy to contact them if we have doubt about time of the lecture if we miss the lecture they were ready to arrange the lecture again for us

**Rohan Ben (Mumbai)**

Joyclene Javier

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## Students Testimonials



Jovylene Javier

[Click here for Info](#)



## Parents Feedback video



IFSI\_fitnessstraininginstitute



778 views

Proud Parents of IFSI's students

[View all 3 comments](#)

5 DAYS AGO

Jovylene Javier

[Click here for info](#)



## Fitness Designation



### Training Department

Personal Trainer

Floor manager

Programmer

Sr. Fitness counsellor

Faculty

Sr. Faculty

HOD fitness department



### Sales and Admin

Sales executive

Asst. Manager Sales

Branch manager /  
Sales manager

Operation Head

Management Operator /  
Gym management

Entrepreneur (Gym owner)

Joydip Javir

[Click here for Info](#)



## Recruitment Partners

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lovelyone jayler

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# **INTEGRATED FITNESS AND SPORTS INSTITUTE**

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## **Dahisar**

Ground Floor, Maheshwar Complex - 2, Opp.  
Maheshwar Temple, B. B. Road, Kandarpada,  
Dahisar (W), Mumbai - 400 068,  
Maharashtra, India.

Contact :  
+91 88797 93578 / +91 88797 90056

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## **Pune**

Arkfit Arena Gym, 2nd Floor, Opp. Central Park,  
Near HDFC Bank, Apte Road,  
Pune - 411 004, Maharashtra, India.

Contact : +91 84460 89777 / +91 84464 84777

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## **Nasik**

Euphoria Fitness Club, Krishnaban Colony,  
Attached Canal Road,  
Opp. Sagar Sweets, Govind Nagar,  
Nashik - 422 009, Maharashtra, India.

Contact : +91 92849 80165

[Click here for info](#)

