



FITNESS[®]
CRAVERS
GRAVE FOR GOOD ■ GRAVE FOR FITNESS

PROSPECTUS



ABOUT US

Fitness Cravers Academy (under Fitness Cravers) or FCA was founded in 2017 with the foremost aim to certify and educate people who want to enjoy a Career in "Fitness & Sports Industry."

The thrive in this industry has made it a compulsion for the health trainers, coaches, sports masseurs to achieve the knowledge of science behind structure and function of Human Body to minimize the injuries in public thereby promoting a healthy life style ahead! Various National & International certifications i.e. Certification in Personal Training (CPT-ISSA, NASM), Master Personal Trainer Course (MPT), Certification in Sports Nutrition (CSN) and others, make you competent in the existing market with the knowledge of Anatomy, Physiology, Biomechanics and Life saving techniques in a Human Body.

FCA with its Headquarter in Saket, Delhi has aimed to provide an immense experience to its students with the complete theory as well as practical (Online & Offline PAN INDIA) understanding of the exercises and other techniques which in turn will create a confidence within an individual!

CEO & Director's Message

Dear FCA Student,

Our Fitness Programs are designed with maximum efforts to keep in mind the provision of specific information needed. The unique courses you have opted for will provide you an overview of Exercise Science, Anatomy, Physiology, Biomechanics, Nutrition, Corrective Exercise Techniques etc. which we believe you will definitely inculcate in your daily lifestyle as well as for the betterment of the society.

As a FCA Fitness Professional, you must practice faithfully & repeatedly the following:

1. Motivate yourself & then your client/gym member to aim for improvement in activities of daily living & functionality in every circumstances.
2. Spread the true & relevant knowledge of fitness to all your clients.
3. Maintain a professional barrier with your gym members/ clients so to create a long term and strong bonding for extended period of time.
4. Practice what you teach in the best possible way & be a prominent role model for them.
5. Always listen to your client's doubts & misunderstandings related to fitness with full patience and answer them to their satisfaction.

"Fitness Cravers Academy teaches its students on the basis of evidence based researches, scientific reasons along with the industry requirements/standards in India & abroad".

"You can feel the difference of the luxurious infrastructure and outstanding teaching style by attending an absolutely "Free" demo class at FCA".



DR. PRIYANKA JAIN (PT)

CEO & DIRECTOR

Founder & Director's Message

Dear FCA Student,

Our constant efforts have been towards providing you the best quality education with an extremely affordable payment options so that any of the fitness and sports enthusiast who wants to pursue a stellar career as a fitness professional shall not remain in a concussion due to the price tag.

As a FCA Professional, you must pay attention to the points given below to get the maximum benefits:

1. Work on your communication skills as much as possible so that you shall leave no stone unturned to build a cordial & sustainable relationship with your clients.
2. Be the greatest learner as there is no end to education. **"Learning stops future drops"**.
3. Continual attempts towards developing an impressive personality will open a lot many gates for a bright future eventually leading to success.

"Be courteous to see your mistakes, courageous to accept them and clever enough to correct them".

"A professional consistently executes personal hygiene & fitness as a routine"



RUDRA RAJPUT

FOUNDER & DIRECTOR

OUR VISION

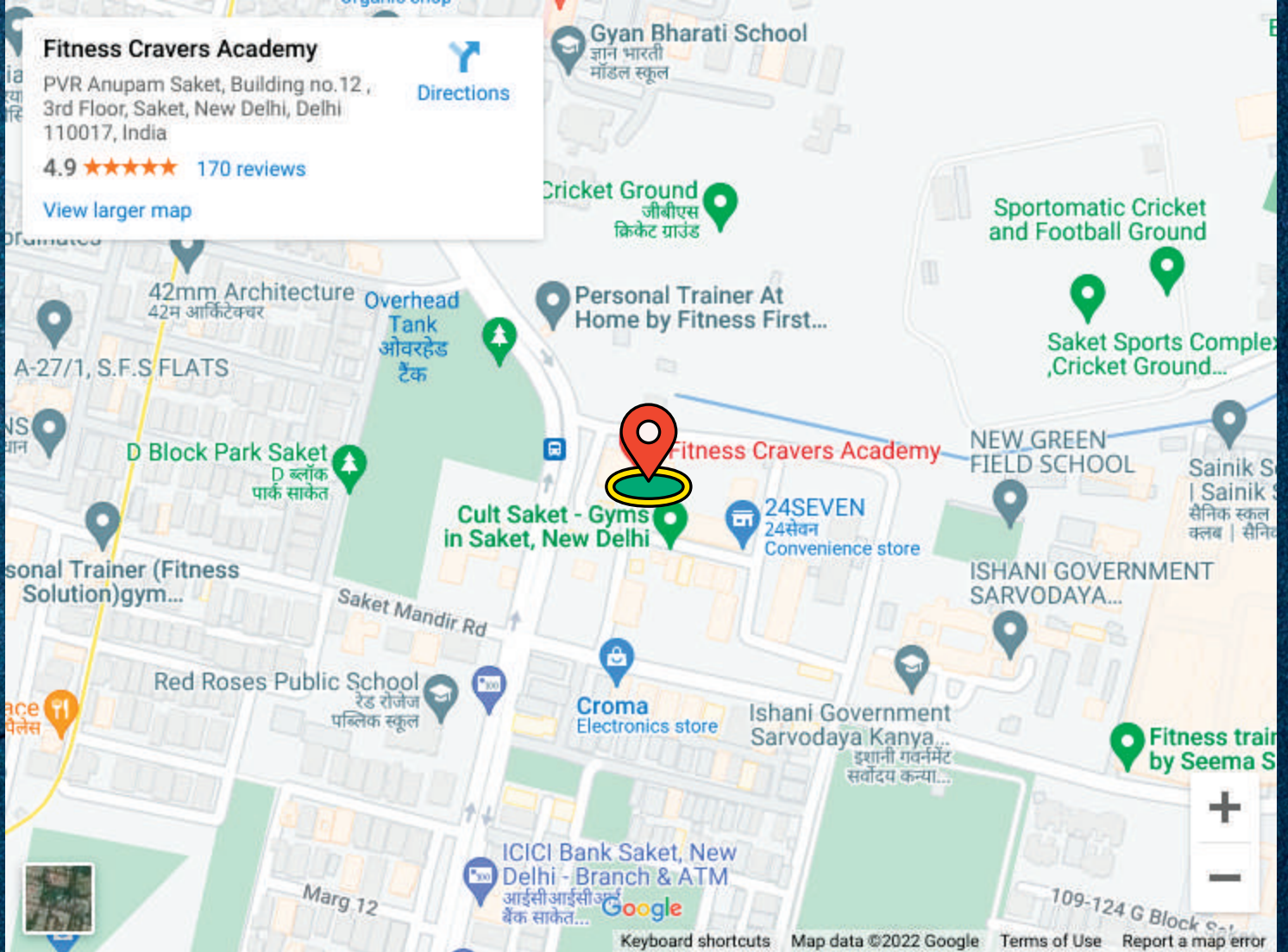
Create fitness enthusiasts certified professionals in fitness & sports sector so that they can provide an effective training program with the nutritional guidance to the society for the betterment of the lifestyles..

OUR MISSION

Build Professional Personal Trainers and Nutritionists by teaching & training under Fitness & Nutrition lecturers, hence creating careers in lectureship as well.

Facilitate an immersive learning experience with fully interactive, face-to-face, classroom, practical labs through online, offline & blended teaching medium.

FCA LOCATION





INFRASTRUCTURE

EXCLUSIVE ASSOCIATION WITH

ISSA

**INTERNATIONAL
SPORTS SCIENCES
ASSOCIATION**



NASM[™]

**APPROVED
PROVIDER**

ASSOCIATION WITH NASM



For over 35 years, the National Academy of Sports Medicine® (NASM®) has earned its reputation as the gold standard in fitness education. The NASM-CPT online personal training certification is proudly accredited by the National Commission for Certifying Agencies (NCCA). The NCCA is a nationally recognized third party agency that accredits certification programs which are able to meet and comply with its standards.

NASM/AFAA CERTIFICATION GOVERNING BOARD

The NASM-CPT program is governed by a board of seven persons that set policies for the certification and recertification processes and act on violations of the Testing Code of Code and Professional Code of Conduct.

ASSOCIATION WITH ISSA



INTERNATIONAL
SPORTS SCIENCES
ASSOCIATION

International Sports Sciences Association (ISSA) is an organization that offers education and certification for fitness trainers, coaches, nutritionists, and medical professionals.

ISSA is world's ranked #1, USA based organization founded in 1988. It has NCCA (National Commission for Certifying Agencies) accredited exam and is also recognized by EREPS (European Register of Exercise Professionals) and REPS UAE. ISSA is accredited by the Distance Education and Training Council (DETC), National Board Of Fitness Examiners (NBFEE), California Association of Private Post secondary Schools (CAPPS), New York Chiropractic College (NYCC) and Better Business Bureau (BBB). With exclusive association with Fitness Cravers Academy, New Delhi, India, ISSA is providing offline training in India.



FITNESS CRAVERS ACADEMY IS AFFILIATED WITH



Fitness Cravers Academy is Exclusively Partnered with NFPT to Introduce NCCA Accredited CPT Programs in India.

Fitness Cravers Academy is collaborated with UNIP i.e. Universidad del Pacifico in India.



Fitness Cravers Academy is also providing Affiliate Programs of NCSF.

FITNESS CRAVERS ACADEMY IS AFFILIATED WITH



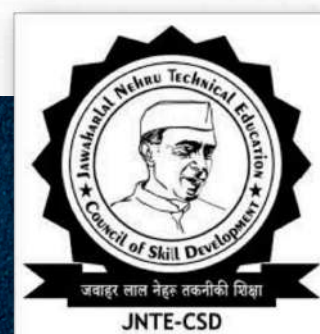
Fitness Cravers Academy is Impaneled & affiliated with Skill India.

Fitness Cravers Academy also has NSDC affiliation.



In addition, Fitness Cravers Academy is a Training Partner of SPEFL-SC.

Fitness Cravers Academy is accredited & affiliated with JNTE-CSD.





MASTER PERSONAL TRAINER COURSE - (MPT)

If You Apply for (MPT) Master Personal Trainer Certification Course, You will also get Certificate of LEVEL 5 (CPT) Certification in Personal Training from Sports Physical Education Fitness & Leisure Skill Council (SPEFL-SC) & Fitness Cravers Academy. Once you are certified, You will be referred to as an Educated person who has sufficient knowledge of Anatomy (bones and muscles), Physiology, Biomechanics, Energy systems and even Nutrition to be applied to specific gender or client depending upon the outcome of the Assessment you would get and the goals a client is looking for.

A Master Trainer keeps a thorough knowledge of Anatomy, Biomechanics & Kinesiology to be applied in various compound & Isolation exercises along with nutrition which has to be provided to the client for a specific goal to be achieved in an ethical manner. In Addition to the above, He/she will inculcate various CrossFit exercises such as snatch, clean & jerk etc.

A Master Trainer faces challenges in training people from various backgrounds such as doctors, lawyers, engineers and specially those who are dealing with high blood pressure, diabetes and back pain.

By joining MPT program, It becomes easy for a Master Trainer to deal with such situations & clients.



MASTER PERSONAL TRAINER COURSE - (MPT)

SYLLABUS THEORY- (MPT)

- Introduction to Skeletal System
- Introduction to Muscular system
- Muscle & Movement
- Introduction to Exercises
- Science Behind Muscle Contraction
- Criteria for Exercise Selection
- Introduction to Hypertrophy
- Scheduling of Exercises
- Cardiovascular System
- Respiratory System
- Nervous System
- Understanding of Principles
- Fitness and its integrants
- Assessment of client
- Overview of Olympic Movements
- Posture & its deformities

PRACTICAL CONCEPTS- (MPT)

- Concepts of weights & loads
- Grips & Fundamentals
- Shoulder Exercises
- Correct Execution of Shoulder Exercises
- Chest Exercises
- Correct execution of Chest Exercises
- Back Exercises
- Correct Execution of Back Exercises
- Legs Exercises
- Correct execution of Legs Exercises



MASTER PERSONAL TRAINER COURSE - (MPT)

PRACTICAL CONCEPTS- (MPT)

- Glutes Exercises
- Correct execution of Glutes Exercises
- Elbow & Wrist Exercises
- Correct execution of Elbow & Wrist Exercises
- Role play 1
- Role play 2
- Shoulder Exercises Assistance
- Chest Exercises Assistance
- Back Exercises Assistance
- Leg Exercises Assistance
- Glutes Exercises Assistance
- Stretching of 5 Fascia

SESSIONS

No. Of theory classes: 16 (3 hrs each)

No. Of practical classes: 12 (3 hrs each)

TOTAL LIVE LEARNING HOURS : 84 HOURS

- 1 Rules & Regulations Session which is not counted as a part of learning hours
- 16 Classroom Sessions of 3 hours each making a total of 48 hours
- 12 Practical Lab Sessions of 3 hours each making a total of 36 hours



MASTER PERSONAL TRAINER COURSE - (MPT)

SELF LEARNING

Learning Hours of Theory = 80

Learning Hours of Practical = 56

A student has to practice for a minimum of 136 hours based on assignments given by the FCA teachers

EXAMINATION

- Online & Offline Theory Examination
- Practical Examination
- Marking of assignment submission and academic conduct.
- Level 6 (Master Personal Trainer) Examination.

CERTIFICATES

- Level 6 (Master Personal Trainer) Certificate by SPEFL-SC & Fitness Cravers Academy
- Level 5 (Personal Trainer) Certificate by Fitness Cravers Academy

The lectures are conducted in both online & offline modes

FEES

COURSE FEE : INR 26,200/-

**EASY EMI OPTIONS
AVAILABLE**



CERTIFICATION IN PERSONAL TRAINING - (NASM-CPT)

If You obtain (NASM-CPT) Certification in Personal Training from Fitness Cravers Academy, You will be referred to as an Educated person who has sufficient knowledge of Anatomy (bones and muscles), Physiology, Biomechanics, Energy systems and even Nutrition to be applied to specific gender or client depending upon the outcome of the Assessment you would get and the goals a client is looking for.

Just like a Doctor treating a patient, is not to be considered a doctor until he or she gets a license or a degree by undergoing the theories & practicals to prove to the concerned authorities that he or she is well versed with the mechanisms and functioning of human body, pharmacology, rules, and regulations to follow in a hospital/ clinic etc. to avoid any legal complications!

In the same way a Personal Trainer is not to be considered a trainer until he or she gets a certification by studying various mechanisms behind the working of specific muscles, bones etc. of different body types along with the knowledge of nutrition which has to be provided to the client for a specific goal to be achieved in an ethical manner.

If you want your profession or job to be world wide valid and accepted, choose NASM courses which is globally recognized. NASM offers the best in Personal Training and other Fitness or Nutrition Certifications!



CERTIFICATION IN PERSONAL TRAINING - (NASM-CPT)

SYLLABUS THEORY- (NASM-CPT)

- The Scientific Rationale for Integrated Training
- Basic Exercise Science
- Exercise Metabolism and Bioenergetics
- Human Movement Science
- Fitness Assessment
- Flexibility Training Concepts
- Cardio respiratory Fitness Training
- Core Training Concepts
- Balance Training Concepts
- Plyometric (Reactive) Training Concepts
- Speed, Agility, and Quickness Training
- Resistance Training Concepts
- Integrated Program Design and the Optimum Performance Training™ (OPT™) Model
- Introduction to Exercise Modalities
- Chronic Health Conditions and Physical or Functional Limitations
- Nutrition
- Supplementation
- Lifestyle Modification and Behavioural Coaching
- Developing a Successful Personal Training Business

PRACTICAL CONCEPTS- (NASM-CPT)

- Concepts of weights & loads
- Grips & Fundamentals
- Shoulder Exercises
- Correct Execution of Shoulder Exercises
- Chest Exercises
- Correct Execution of Chest Exercises



CERTIFICATION IN PERSONAL TRAINING - (NASM-CPT)

PRACTICAL CONCEPTS- (NASM-CPT)

- Back Exercises
- Correct Execution of Back Exercises
- Legs Exercises
- Correct execution of Legs Exercises
- Glutes Exercises
- Correct execution of Glutes Exercises
- Elbow & Wrist Exercises
- Correct execution of Elbow & Wrist Exercises
- Role play 1
- Role play 2
- Shoulder Exercises Assistance
- Chest Exercises Assistance
- Back Exercises Assistance
- Leg Exercises Assistance
- Glutes Exercises Assistance
- Stretching of All Individual Muscles

TOTAL LIVE LEARNING HOURS : 162 HOURS

- 1 Rules & Regulations Session which is not counted as a part of learning hours
- 40 Classroom Sessions of 3 hours each making a total of 120 hours
- 14 Practical Lab Sessions of 3 hours each making a total of 42 hours



CERTIFICATION IN PERSONAL TRAINING - (NASM-CPT)

SELF LEARNING

Learning Hours of Theory = 150

Learning Hours of Practical = 80

A student has to practice for a minimum of 230 hours based on assignments given by the FCA teachers

EXAMINATION

- Online Theory Examination by NASM
- Practical Examination by Fitness Cravers Academy
- Marking of assignment submission and academic conduct.

CERTIFICATES

- Certified Personal Trainer Certificate by NASM
- Level 6 (Master Personal Trainer) Certificate by SPEFL-SC & Fitness Cravers Academy
- Sports Nutrition Certificate by SPEFL-SC & Fitness Cravers Academy

The lectures are conducted in both online & offline modes

SELF STUDY WITHOUT COACHING FEE

COURSE FEE : INR 38,000/-

EASY EMI OPTIONS

AVAILABLE



CERTIFICATION IN PERSONAL TRAINING - (ISSA-CPT)

If You obtain (ISSA-CPT) Certification in Personal Training from Fitness Cravers Academy, You will be referred to as an Educated person who has sufficient knowledge of Anatomy (bones and muscles), Physiology, Biomechanics, Energy systems and even Nutrition to be applied to specific gender or client depending upon the outcome of the Assessment you would get and the goals a client is looking for.

Remember, If a trainer is not educated in his/her field, the condition of the client might worsen as each and every exercise has a specific technique, reason and variation which has to be prescribed to the client depending upon the assessment done.

If you want your profession or job to be world wide valid and accepted, choose ISSA courses which is globally recognized. ISSA also offers the best in Personal Training and other Fitness or Nutrition Certifications!

Fitness Cravers Academy focuses on teaching its students with the blend of both Hindi & English language for easy understanding of an individual thereby eliminating the language barrier. Students feel comfortable in such environment and they also try to give their best in order to understand a particular topic in both online & offline programs.

Grab the most affordable National & International Courses in India.



CERTIFICATION IN PERSONAL TRAINING - (ISSA-CPT)

SYLLABUS THEORY- (ISSA-CPT)

- Health, fitness, and personal training
- Psychology of Behavior Change
- Movement Systems
- Supporting Systems
- Concepts of Biomechanics
- Client Assessments
- Elements of Fitness
- Principles of Program Design
- Concepts Of Flexibility Training
- Concepts of Cardiovascular Exercise
- Concepts of Resistance Training
- Exercise Selection And Technique
- Nutrition Foundations
- Supplementation
- Chronic Conditions
- Lifespan Populations
- Business And Marketing
- Safety and Emergency Situations

PRACTICAL CONCEPTS- (ISSA-CPT)

- Concepts of weights & loads
- Grips & Fundamentals
- Shoulder Exercises
- Correct Execution of Shoulder Exercises
- Chest Exercises
- Correct Execution of Chest Exercises
- Back Exercises
- Correct Execution of Back Exercises



CERTIFICATION IN PERSONAL TRAINING - (ISSA-CPT)

PRACTICAL CONCEPTS- (ISSA-CPT)

- Legs Exercises
- Correct execution of Legs Exercises
- Glutes Exercises
- Correct execution of Glutes Exercises
- Elbow & Wrist Exercises
- Correct execution of Elbow & Wrist Exercises
- Role play 1
- Role play 2
- Shoulder Exercises Assistance
- Chest Exercises Assistance
- Back Exercises Assistance
- Leg Exercises Assistance
- Glutes Exercises Assistance
- Stretching of All Individual Muscles

TOTAL LIVE LEARNING HOURS : 162 HOURS

- 1 Rules & Regulations Session which is not counted as a part of learning hours
- 40 Classroom Sessions of 3 hours each making a total of 120 hours
- 14 Practical Lab Sessions of 3 hours each making a total of 42 hours



CERTIFICATION IN PERSONAL TRAINING - (ISSA-CPT)

SELF LEARNING

Learning Hours of Theory = 150

Learning Hours of Practical = 80

A student has to practice for a minimum of 230 hours based on assignments given by the FCA teachers

EXAMINATION

- Online Theory Examination by ISSA
- Practical Examination by Fitness Cravers Academy
- Marking of assignment submission and academic conduct.

CERTIFICATES

- Certified Personal Trainer Certificate by ISSA
- Level 6 (Master Personal Trainer) Certificate by SPEFL-SC & Fitness Cravers Academy
- Sports Nutrition Certificate by SPEFL-SC & Fitness Cravers Academy

The lectures are conducted in both online & offline modes

SELF STUDY WITHOUT COACHING FEE

COURSE FEE : INR 35,000/-

EASY EMI OPTIONS

AVAILABLE



CERTIFICATION IN SPORTS NUTRITION - CSN

If you obtain Certification in Sports Nutrition from Fitness Cravers Academy, you will be referred to as an Educated person who has sufficient knowledge of Balanced nutrition, Body metabolism, Carbohydrates, Fats, Proteins, Vitamins, Minerals, Hydration and Electrolytes related to exercises. You gain an understanding of body's energy system used during exercise or at rest along with Nutritional & performance Supplementation. Studying Ketogenic & Paleo Diet, macronutrients in common foods and beverages and preparation of diet as per the goals of the Client will definitely make you unique in the present market. Moreover, one gets opportunities to prescribe diet plan to many active sportspersons, athletes and bodybuilders.

Just like a paracetamol tablet is not suitable to all bodies and a doctor has to change the medicine if one's body system is allergic to it, similarly a Sports Nutritionist has to prescribe the diet depending upon the suitability of the client's body system. It has to be modified if so needed.

If you acquire knowledge of Nutrition along with exercise, it will provide your clients with maximum results. Exercise without a good nutrition is like swimming against the tide or running after a mirage in a desert meaning it will never let you reach your goal.



CERTIFICATION IN SPORTS NUTRITION - CSN

SYLLABUS THEORY- (CSN)

- Introduction to Key terms related to Nutrition & Cell Structure
- Introduction to Hormones
- Introduction to Macro Nutrients
- Introduction to Protein
- Introduction to Fats
- Macro Calculation
- Vitamins & Minerals
- Water
- Types of Energy Systems
- Carbohydrates & Protein Supplementation
- Supplementation to Achieve Fat Loss.
- Diet Planning
- Cons and Ethics of Steroids.

PRACTICAL- (CSN)

- Cooking Tips.

SESSIONS

No. Of theory classes: 17 (2 hrs each)

TOTAL LIVE LEARNING HOURS : 34 HOURS



CERTIFICATION IN SPORTS NUTRITION - CSN

EXAMINATION

- Online & Offline Theory Examination
- Marking of assignment submission and academic conduct.

CERTIFICATES

- Sports Nutrition Certificate by SPEFL-SC & Fitness Cravers Academy

The lectures are conducted in both online & offline modes

FEES

COURSE FEE : INR 25,000/-

**EASY EMI OPTIONS
AVAILABLE**

COMBO COURSE (MPT + CSN)

MPT



CSN

REGULAR PRICE

~~RS. 77,500/-~~

SPECIAL PRICE

RS. 33,200/-

ALL INCLUSIVE

COMBO COURSE (MPT + CPT+ CSN)

MPT



NASM/ISSA-CPT



CSN

REGULAR PRICE

~~RS. 1,05,500/-~~

SPECIAL PRICE

*** RS. 48,380/-**

* EXCLUDING NASM/ISSA-CPT EXAMINATION FEES

CONTACT ACADEMY TO KNOW MORE ABOUT OTHER COURSES & FEE STRUCTURE