

**Foundation Program – 34**

<b>Course Name</b>	<b>Personal Fitness Trainer</b>
<b>QP Name &amp; QP CODE</b>	<b>Personal Fitness Trainer - SPF/Q1109</b>
<b>Course Code</b>	<b>G34</b>
<b>Course Duration</b>	<b>142 hrs</b>
<b>Credit</b>	<b>4.5</b>
<b>Sector</b>	<b>Sports</b>
<b>NSQF Level</b>	<b>5</b>
<b>Description</b>	<b>The Personal Fitness Trainer is responsible for assessing the fitness levels, planning personalized workout sessions, and monitoring progress to meet the desired fitness goals of the client.</b>
<b>Progression Pathway</b>	<b>Strength and Conditioning Coach</b>
<b>Qualification</b>	<b>10th,12th, 3 year Diploma after 10th</b>
<b>Mode Of Training</b>	<b>Offline Mode &amp; Hybrid Mode</b>
<b>Department</b>	<b>All Department</b>