

Professional Program : 34

Course Name	Personal Fitness Trainer
QP Name & QP CODE	Personal Fitness Trainer - SPF/Q1109
Course Code	G34
Course Duration	570 hrs
Credit	19
Sector	Sports
NSQF Level	5
Description	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.
Progression Pathway	Strength and Conditioning Coach
Qualification	10th,12th, 3 year Diploma after 10th
Mode Of Training	Offline Mode & Hybrid Mode
Department	All Department