

Professional Program : 35

Course Name	Group Fitness Trainer
QP Name & QP CODE	Group Fitness Trainer - SPF/Q1110
Course Code	G35
Course Duration	470 hrs
Credit	15
Sector	Sports
NSQF Level	5
Description	The Group Fitness Trainer is responsible for providing group fitness sessions in a variety of formats that are engaging, outcome-driven and safe. The individual helps everyone in the group develop various aspects of fitness and wellness
Progression Pathway	Strength and Conditioning Coach
Qualification	10th,12th, 3 year Diploma after 10th
Mode Of Training	Offline Mode & Hybrid Mode
Department	All Department