

Key Features of Fitness Cravers Academy (FCA)

- ★ Online Student Portal for Better Learning
- ★ Multilingual Language to choose
- ★ FCA Assessories
- ★ 100% Job Placement Assistance in Branded Gym
- ★ Flexible payment options without interest
- ★ Free Updation classes every 6 months

If you think you have sufficient knowledge of Human Anatomy and Basic Exercise and Movement science, you can surely opt for **Practical Training For Gym or PTG Course**. In this, you will get to know about the correct technique of performing various exercises, Fitness testing and assessment, Speed, agility, and quickness training, Tips to motivate the clients along with your overall Personality development.


Certification in Lecturer Training Course or LTC develops the Student - Teacher relationship. Teaching is a skill which can be acquired over a period of time while dealing with various topics of a particular subject. You will be a part of FCA and will undergo Technical training like dealing with ppts, projectors so that teacher can use them to deliver their subject. We expect our teachers to remain up to date with the current affairs in Fitness field so that the students can get the maximum benefit of it. LTC will provide you with good Observation skills, Communication skills, Clarity of concepts, Teaching skills & In-depth knowledge of practice you are teaching.

To earn **Certification in YOGA or CIY**, you have to study five areas:

- Basic Human Anatomy, physiology and psychology
- Yoga philosophy, history and lifestyle
- Yoga techniques and postures
- Methods of teaching yoga
- Practical teaching training (in front of a class)

A yoga instructor with an CIY certificate has been trained sufficiently to lead a class.

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Certification in Personal Training or CPT gives you confidence to work one-on-one with a client to develop and implement a fitness training program that helps them lose weight, get stronger, improve physical performance, maintain their health or to achieve their specific goals without being getting injured!

You will study - Basic Human Anatomy, Exercise and Movement Science, Physical Fitness Testing and Assessment, Speed, Agility, and Quickness Training, Motivating clients and Training clients with Asthma, Heart disease, Arthritis, and other physical conditions.



**Rudra Rajput (Master Trainer)
Founder FCA**



**Dr. Priyanka Jain (PT)
CEO & Director FCA**

If you need to know which academy is best suited for you, Take a free demo class! Join that institution which can make you understand things in a better way. After all it is going to knock your future!

The Certificate Course in Sports Nutrition or CSN will teach you the diet plans of Athletes as well as the General Population. Like the amount of carbohydrate, proteins and fats to provide energy and build or maintain muscles and the use of nutritional supplements. You can easily recommend such food, energy nutrients and fluids to your clients to keep functioning at peak levels.

Knowledge is power, and becoming **Cardiopulmonary Resuscitation or CPR-certified** gives you the skills and know how you can save lives of your clients during cardiac arrest.