



## LEADERS FITNESS ACADEMY

**Leads to Fitness Leader**

**UAE - INDIA - QATAR - BAHRAIN**



# Leaders Fitness Academy

Accredited by

PD:Approval  
Accredited

Recognised by

IAEE  
INTERNATIONAL  
ACCREDITATION OF  
EXERCISE  
EDUCATORS

+97470675009



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# Get to know us

Leaders Fitness Academy, founded by Dr. Harshad A.K, is a part of Leaders Group including Leaders Fitness Club & Academy. The Group started its operations in the UAE providing internationally recognized certifications by Reps UAE and ICREPs. Following his dream to provide fitness education and to create awareness among the trainers on the importance of quality education, the idea of a fitness academy in his hometown, Kannur, was made into a reality, followed by expansion to various other districts of Kerala and moving to the heart of Tamil Nadu, Coimbatore – where we are proud to be the first and only REPS India recognized academy. The team has spread its wings and is making its mark in the GCC by opening its new branches in Qatar and Bahrain. Leaders Fitness is the first and only academy to be recognized by IAEE operating in Qatar. The Academy offers Diploma in Personal Training which is accredited by PD:Approval UK allowing the learner to work as a world-class Personal Trainer. This course is designed not only to provide students with up-to-date theoretical knowledge in the health and fitness industry but also to give them a chance to practically apply all the tools and information that they have gathered from the theory sessions.

## DR. HARSHAD A.K

Chairman & Managing Director  
Leaders Fitness Academy





# Diploma in Personal Training

This is a foundation program that allows the students to have an in-depth understanding of the science behind the various concepts and components of health and fitness. The course is comprised of well-researched and up-to-date information that holds the key to unlocking a student's potential of utilizing all the given tools in the most effective way for their clients to succeed in both physical and behavioral aspects. Our Diploma is Internationally recognized by IAEE and accredited by PD:Approval UK which will allow the learner to work as a world-class Personal Trainer.



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## UK BASED PD APPROVAL COURSE CONTENT

- Principles of anatomy & physiology
- Customer journey
- Carrying out client fitness assessments
- Promoting healthy eating and nutrition to clients
- Promoting health and safety in a fitness environment
- Providing customer service in health and fitness
- Professional practice
- The components of fitness
- Exercise programme design and delivery
- Planning exercise in the gym
- Adaptations & modifications for special populations
- Manage, review, adapt & evaluate personal training programmes
- Instructing skills
- The exercises and equipment
- Business acumen
- Scope of practice and glossary of terms



# THE PRINCIPAL ASPECTS OF LEADERS FITNESS ACADEMY

- Leaders Fitness Academy Qatar is internationally recognized by IAEE and accredited by PD:Approval UK providing quality health & Fitness education to all passionate professionals and giving them an opportunity for employment overseas.
- Leaders Fitness Academy India is working in partnership with NSDC and Skill India, recognized by REPs India, accredited by PD Approval and affiliated with SPEFL-SC.
- Leaders Fitness Academy Dubai is working in partnership with AIKARO and is recognized by Reps UAE and ICREPs.
- Leaders Fitness Academy provides a highly developed classroom experience with state-of-the-art facilities for both theory and practical sessions.
- Leaders Fitness Academy provides students with a strong support system for any assistance or guidance during and after the completion of the course.

