



LEADERS FITNESS ACADEMY

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN



The Leaders Fitness Academy Is

Accredited by

PD:Approval
Accredited

Recognised by



+971 55 701 5355



Showroom 4, Al Nakheel Building,
Karama, Dubai, UAE

Get to know us

Leaders Fitness Academy, founded by Dr. Harshad A.K, is a part of Leaders Group including Leaders Fitness Club & Academy operating successfully in four countries.

We, at Leaders Fitness Academy, are committed to providing you with the knowledge, skills, and practical training necessary to excel in the dynamic world of fitness. Our academy is designed to cater to the needs of fitness enthusiasts, aspiring trainers, and professionals seeking to enhance their knowledge and expertise. We offer a range of courses, including the diploma program in personal training certification recognized by REPs UAE and accredited by PD:Approval.

Our courses are designed to provide students with the latest theoretical knowledge in the health and fitness industry. We understand that practical experience is essential in this field, which is why we offer advanced facilities for both theory and practical training. Our gym is equipped with modern equipment and technology, providing our students with an optimal environment to apply their skills and knowledge.

Join us at our fitness academy and take the first step towards a rewarding career in the health and fitness industry. Whether you are an aspiring trainer or a fitness enthusiast, our courses will equip you with the skills and knowledge you need to succeed.

DR. HARSHAD A.K

Chairman & Managing Director
Leaders Fitness Academy



Diploma in Personal Training

Our Diploma in Personal Training is a foundational program designed to provide students with an in-depth understanding of the science behind various health and fitness concepts and components.

Our curriculum includes well-researched and up-to-date information that unlocks a student's potential to effectively utilize all given tools for their clients' physical and behavioral success.

Our Diploma is internationally recognized by REPs UAE, a member of the International Confederation of Registers for Exercise Professionals (ICREPs) under the Personal Trainer category and is accredited by PD:Approval.

Upon graduation, you will be eligible for certificate upgrades to REPs UAE Personal Trainer License, along with a portability letter. Our graduates can work as world-class Personal Trainers internationally and have the added benefit of portability to any other country under ICREPs, including the US, Canada, Australia, India, Ireland, South Africa, New Zealand, and Poland.



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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 is a REPs UAE member providing quality health & Fitness education to all passionate professionals and giving them an opportunity for employment overseas, across all countries that fall under ICREPs.

Leaders Fitness Academy Dubai is recognized by REPs UAE and accredited by PD:Approval.

Leaders Fitness Academy India is working in partnership with NSDC and Skill India, recognised by REPs India, accredited by PD Approval and affiliated with SPEFL-SC.

Leaders Fitness Academy Qatar is recognized by IAEE and accredited by PD:Approval.

Leaders Fitness Academy provides a highly developed classroom experience with state of the art facilities for both theory and practical sessions.

Our course also includes training on the important aspects by providing you with complete understanding of all the techniques to help you stand out and be one step ahead.

Your First Aid with CPR and AED Certification can also be completed during this course period at a reasonable rate.

Leaders Fitness Academy provides support to International students by enabling an opportunity to explore career options in the UAE.

Leaders Fitness Academy offers easy installment payment option with zero interest as an added support.

Leaders Fitness Academy provides students with a good support system for any assistance.