



**LEADERS FITNESS
ACADEMY**

Leads to Fitness Leader

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



LEADERS FITNESS ACADEMY

Accredited by

PD:Approval
Accredited

Recognised by



+971 55 701 5355
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**Al nakheel Building, Showroom
No. 4 Near post office, Karama
Post box No. -112472 - Dubai**

info@leadersfitness.ae

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Leaders Fitness Academy, founded by **Dr. Harshad A.K.**, is a part of Leaders Group including Leaders Fitness Club & Academy operating successfully in five 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. 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
Brillianz and Leaders Group)



DIPLOMA IN PERSONAL TRAINER (DPT) CERTIFICATE

THEORY SYLLABUS (50 Sessions)

Introduction Sessions

Science-Based Learning

Fitness Training Modules

CPT SYLLABUS AND ADDITIONAL SESSIONS (14 Sessions x 2 hours)

Knowledge in Nutrition (Covering Nutrition Assessment, Food Diary from LAP)

- Analyzing a client's food diary for dietary patterns
- Nutrition assessment techniques and methodologies
- Implementing effective dietary modifications
- Identifying nutritional deficiencies and their impact

Risks & Hazards in a Fitness Environment (Covering Risk Assessment from LAP)

- Identifying common hazards in gym settings
- Conducting a risk assessment for client safety
- Emergency procedures and response planning
- Managing injuries and first aid in a fitness setting

Career Building Session (Covering PDP Plan & Business Plan from LAP)

- Understanding career pathways in the fitness industry & Creating a Personal Development Plan (PDP)
- Business strategies for personal trainers & Creating Business Plan
- Building a strong professional network & Continuous Professional Development
- Marketing and client acquisition techniques
- Financial planning and pricing services

EXAMINATIONS

- Theory Examination
- Practical Evaluation:
 - Viva with Assessor
 - Fitness Testing & Gym Induction

CERTIFICATIONS AWARDED

- Leaders Fitness Academy Diploma in Personal Trainer Certificate
- International UK Certificate in Diploma in Personal Training from PD Approval

ADD ONS

- First Aid in CPR & AED Certificate and License from Level 3 High Field with 3 Years validity - AED 350
- Full Status REPs UAE Membership (Category A - Personal Trainer) - AED 450 + VAT

**TOTAL COURSE
FEE**

AED 5500

Flexible Installment Option Available





RPL - RECOGNIZED PRIOR LEARNING PROGRAM

Program is designed for individuals who have prior experience and knowledge in fitness training but require formal certification. This program allows experienced trainers to fast-track their qualification by demonstrating competency through assessments instead of undergoing the full course duration.

PROGRAM STRUCTURE

- **Duration:** 1 month
- **Assignments & Worksheet Completion** – Candidates must complete knowledge-based assessments, Programme Cards and the Worksheets.
- **Practical Assessment** – Evaluating fitness testing methods and conducting a personal training session to assess hands-on skills.

TOTAL COURSE FEE

Flexible EMI Options Available

AED4,000

The Course Fee includes VAT



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