

CERTIFIED PERSONAL TRAINER

PROGRAM OBJECTIVE :

- Understand the basics of exercise science
- Learn anatomy and physiology along with its practical application to personal training
- Learn how to assess clients accurately with the help of fitness tests, client history, and examination
- Understand gym equipment
- Learn about the various fitness variables and techniques and apply them to design exercise programs for clients
- Learn about the INFS framework for personal training and its application
- Gain knowledge of correct exercise techniques, cueing clients, and apply them to conduct effective training sessions

PROGRAM OUTCOMES :

- Set SMART goals for clients
- Assess the client's fitness levels accurately
- Design customized training programs for clients
- Educate clients on the best techniques and outcomes for optimal results

PROGRAM CREDITS :

Total credits = 20

CEU = 6

CPD hours = 600

PROGRAM OUTLINE :

Sr No	Module Code	Module Name	Units	Credits
1	E101	Introduction to Exercise Science	Importance of Exercise Basic components of Fitness Types of Exercise Exercise planning and building a routine Impact of Exercise on risk factors for lifestyle disorders	2

			Basic exercise recommendations for general healthy population	
2	E103	Basics of anatomy and physiology	Introduction to anatomy and planes of motion Muscular System Skeletal System Cardiovascular system and Nervous system Endocrine system Exercise physiology	2
3	E104	Client fitness assessment	Components of fitness and health Fitness tests Client intake, risk assessment and physical examination Setting fitness goals for a trainee Implementing training plan and measuring progress	2
4	E105	Introduction to the gym	Introduction to commonly used gym equipment Teaching correct techniques Common exercises for each body part – cardio, strength and stretching Injury prevention and management	2
5	E106	Fitness training variables and techniques	Programming variables and principles Resistance training variables Cardiovascular fitness techniques Muscle building techniques Fat loss considerations	2
6	E107	Exercise plan design	Components of exercise session Program design Exercise selection and ordering Steps to creating a training plan Customizing the plan for the client Muscle relaxation techniques	2
7	E113	Personal Training and Application	INFS Framework for Personal Training Types of Cueing and its importance Online PT Setup (e - learning module) QR Code to video to be added in the text book Different Training Modalities Resource Utilization at workplace POSH Video (QR code to video to	2

			be added in the text book)	
8	E114	Training execution	Conducting cardiovascular training, Conducting weight training , Conducting functional and core training	2
		PT project submission	Case study based mandatory project submission	2
		CPR AED Mandatory certificate submission		2
			Total credits	20

ASSESSMENT SCHEME:

The passing percentage for the Certified Personal Trainer Program is 70% individually in every module in the theory and viva examinations as well as in the project submission. The overall passing percentage is 70%.

The assessment scheme of the Certified Personal Trainer Program consists of

- MCQ examination - This is based on 4 modules: E101, E103, E105, E106
- Viva examination - **Please note that submission of a valid CPR-AED completion certificate is mandatory for a scholar to be eligible to appear for the viva examination. On successful completion and passing of the theory examination, kindly submit your CPR - AED certificate to cad@infs.co.in INFS does not conduct the CPR AED training or provide any certification for the same. This certificate needs to be completed by the scholar from any external institute.** Once the scholar's CPR AED certificate is successfully validated by the assessment team, the scholar will be informed regarding the schedule of the viva examination. The viva will be based on the following 4 modules: E104, E106, E113, E114.
- Case-based project submission - This is a mandatory submission carrying 50 marks. The topic for the project submission will be uploaded to the student dashboard.

		ASSESSMENT SCHEME CPT	
		THEORY MCQ EXAMINATION	
SR NO	MODULE CODE	MODULE	MARKS
1	E101	Introduction to exercise science	25
2	E103	Basics of anatomy and physiology	25
3	E105	Introduction to the gym	25
4	E106	Fitness training variables and techniques	25
		Total	100
		VIVA EXAMINATION	
SR NO	MODULE CODE	MODULE	MARKS
1	E104	Client fitness assessment	25
2	E106	Exercise plan design	25
3	E113	Personal training and application	25
4	E114	Training execution	25
		Total	100
		CASE STUDY BASED PROJECT SUBMISSION	50
		TOTAL ASSESSMENT SCHEME	250
		PASSING 70% OVERALL AND INDIVIDUALLY IN EVERY MODULE AND PROJECT SUBMISSION	
		SUBMISSION OF CPR-AED VALID CERTIFICATE IS MANDATORY TO APPEAR FOR THE VIVA	

DECISION ON CERTIFICATION

On successfully passing the CPT program by fulfilling all the criteria mentioned above, the scholar will be issued a certificate of completion and awarded the title Certified Personal Trainer. The decision of the certification and assessment body will be final in this regard. The certificate will be awarded by the Certificate and Assessment Division of INFS (CAD). The students will be able to download their certificates from the student dashboard. The certificate will mention the date of issue and the expiry date of the certificate. The certificate will also carry authorized signatures, logos, and marks to prevent any misuse. The validity of the certificate is 3 years following which it needs to be renewed.

SUSPENSION, REDUCTION OF SCOPE, AND WITHDRAWAL OF CERTIFICATION

If a student is found to be involved in unethical practices or found to not abide by the INFS code of conduct, INFS holds the right to temporarily suspend or permanently withdraw the certificate of the student. In case of breach of conduct, the INFS Ethics and Disciplinary Committee will decide the future course of action which will be binding on the Applicant, Candidate, and Certified Person(s).

RECERTIFICATION PROCESS

The field of nutrition and fitness is ever-evolving. INFS firmly believes that learning should never stop and should continue to evolve and grow. To ensure that our students are up to date with the latest developments, recertification of your CPT certificate is essential every 3 years from the date of issue of the certificate.

Criteria for recertification:

A student will be able to recertify by fulfilling any one of the following criteria:

1. Passing any additional INFS certification/(s) with a minimum of cumulative 6 credits or 1.8 CEU in the last 2 years from the application of recertification OR
2. Obtaining any other nutrition or fitness certification(s) from a reputed institute with a minimum of cumulative 1.8 CEU OR 6 credits or 18 CPD hours in the last 2 years from the application of recertification
3. Publishing fitness-related scientific articles in reputed journals for publishing research articles in peer-reviewed journals which will make the student eligible to receive 1 CEU or 3 credits per valid article OR

4. Passing the recertification MCQ examination of 75 marks and paying a nominal recertification fee. A candidate will be granted a grace period of 3 months after the expiration of his or her CPT certificate, for recertification, following which he or she will be liable to a nominal late fee of 500 INR per year. The details of the same will be available on the student dashboard.

RENEWAL OF SUSPENDED CERTIFICATES

Any Certified Person may renew his / her suspended CPT certificate by fulfilling the recertification criteria mentioned above and payment of a nominal late renewal fee.

USE OF CERTIFICATES, LOGOS, AND MARKS

Candidates can use their certification credential “Certified Personal Trainer (CPT)” behind their name. INFS credentials may not be used to endorse any product, service, or company; or as a company, product, or brand name. Any member of the public can search for validation of a Certified person on the INFS website through either the certificate id or the certified person’s name. No other logo, certificates, credentials, or marks are allowed to be used by candidates except for the credentials of CPT.

SCHOLAR SUPPORT:

For any queries or assistance please write to support@infs.co.in

APPEALS:

An appeal can be raised by the scholars for re-evaluation of their marks within 15 days from the date of declaration of results. The appeals will be resolved by the INFS appeals committee within 7 working days from the date of raising the appeal. By raising an appeal, the scholar acknowledges that the decision of the appeals committee will be considered final. A scholar cannot raise an appeal for the examinations that he/she has already raised an appeal for previously. The scholars can raise an appeal by filling the appeals form available in the student handbook. The form needs to be filled separately for each appeal. The Appeals Committee will provide written reasoning of why the decision had been made. If the candidate is still not in agreement with the decision, then an appeal could be made to review the Committee’s findings to the Certification Board (CB). The Board would then review the appeal during the board meeting and the decision by the CB will be considered final. The Board meetings are typically once a year and all decisions by the board will be communicated in writing only. Kindly [click here](#) to fill the form.

COMPLAINTS:

The INFS Complaints Committee will handle all complaints and provide appropriate timely resolution. Scholars can raise their complaints by writing an email to the committee at complaints@infs.co.in All complaints are acknowledged within 24 to 48 working hours and a resolution is provided within 7 working days.