



**LEADERS FITNESS  
ACADEMY**

***Leads to Fitness Leader***

UAE - INDIA - QATAR - BAHRAIN - PHILIPPINES



# LEADERS FITNESS ACADEMY

Accredited by

**PD:Approval**  
Accredited

Recognised by



**+974 7067 5009**



Office 201,Rwaq Building Street 220,  
Building No.149 B ring road - doha qatar.  
CR No : 170534



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.

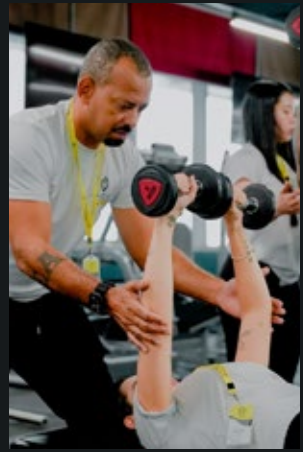
## DR. HARSHAD A.K

(Chairman & Managing Director  
Brillianz and Leaders Group)



# **DIPLOMA IN PERSONAL TRAINING**

LEVEL 2 AND LEVEL 3



**REGULAR COURSE**  
COURSE DURATION 4 MONTHS



## **THEORY CLASSES**

- **ONLINE SESSIONS**
- **6 DAYS/WEEK**
- **2 HOURS / DAY**

## **PRACTICAL SESSIONS**

- **OFFLINE SESSIONS**
- **6 DAYS**
- **FRIDAYS, SATURDAYS  
AND SUNDAYS**
- **9 AM - 5PM**



## **LOCAL COURSE**

COURSE DURATION 4 MONTHS

CERTIFICATION : LEADERS FITNESS ACADEMY



### **THEORY CLASSES**

- **ONLINE SESSIONS**
- **6 DAYS/WEEK**
- **2 HOURS / DAY**

### **PRACTICAL SESSIONS**

- **OFFLINE SESSIONS**
- **6 DAYS**
- **FRIDAYS, SATURDAYS AND SUNDAYS**
- **9 AM - 5PM**

## FAST TRACK COURSE

# RPL

RECOGNITION OF PRIOR LEARNING  
COURSE DURATION : 1 MONTH

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### 4 STEP PROCESS

- Online theory examination
- Online workshop
- Completion and submission of Learner Assessment Pack
- Face to face practical assessment



### ELIGIBILITY CRITERIA

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- Minimum Experience: Must have at least 4 years of professional experience in the relevant field.
- Relevant Certification: Must hold a valid certification in a fitness-related area
- Interview Requirement: Must successfully pass an interview with the Master Trainer.

# PD:APPROVAL COURSE CONTENT

- Promote healthy eating and physical activity
- Apply the principles of nutrition and weight management to programme design
- Conduct health screening and assess client exercise preferences, barriers and goals
- Carry out client fitness assessments.
- Apply the principles of exercise science to programme design.
- Plan exercise training programmes. Instruct, supervise and deliver training programmes.
- Instruct, supervise and deliver training programmes.
- Provide motivation and support as part of exercise instruction.
- Promote health and safety in a fitness environment.
- Provide customer service in health and fitness.
- Develop professional practice and personal career in the health and fitness industry.
- Manage, review, adapt and evaluate personal training programmes.





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