

Certificate Course in Personal Fitness Training (UAE) - Timetable



Note:

With due respect to the Holy Month of Ramadan month and as per students' wish, **all practical training Sundays have been rescheduled to April – May – June 2025.** Please see the Timetable below.

Day	Date	Mode	Subject	Faculty
Sunday	Apr 13	OFFLINE	Course Overview	VM Basheer & Dilip Heble
Thursday	Feb 20	Online PR	Theory and Practice of Fitness	Prasanth P
Saturday	Feb 22	Online PR	Theory and Practice of Fitness	Prasanth P
Sunday	Apr 20	OFFLINE	Functional Strength Training	Aswandh T M
Tuesday	Feb 25	Online PR	Theory and Practice of Strength	Ashwand TM
Thursday	Feb 27	Online PR	Theory and Practice of Strength	Ashwand TM
Saturday	March 1	Online Live	Theory Practice of Strength	Ashwand TM
Sunday	Apr 27	OFFLINE	Stretching for Flexibility – FROM	Kateryna Zaitesva
Tuesday	March 4	Online PR	Anatomy & Physiology – 1	Ashwand TM
Thursday	March 6	Online PR	Anatomy & Physiology – 2	Dr Ajina Khan
Saturday	March 8	Online PR	Anatomy & Physiology – 3	Dr Ajina Khan
Sunday	May 04	OFFLINE	Advanced Strength Training – Day 1	Aswandh TM
Tuesday	March 11	Online Live	Anatomy & Physiology – 4	Dr Ajina Khan
Thursday	March 13	Online PR	Kinesiology & Biomechanics – 1	Dr Ajina Khan
Saturday	March 15	Online PR	Kinesiology & Biomechanics – 2	Dr Ajina Khan
Sunday	May 11	OFFLINE	Advanced Strength Training – Day 2	Aswandh TM
Tuesday	March 18	Online PR	Kinesiology & Biomechanics – 3	Dr Ajina Khan
Thursday	March 20	Online Live	Kinesiology & Muscle Mechanics – 4	Dr Ajina Khan
Saturday	March 22	Online PR	Fitness for Special Populations	Prasanth P
Sunday	May 18	OFFLINE	Plyometrics for Agility & Power	Prasanth P
Tuesday	March 25	Online PR	Fitness for Special Populations	Prasanth P
Thursday	March 27	Online PR	Diet and Performance Nutrition – 1	Shahala P
Saturday	March 29*	Online PR	Diet and Performance Nutrition – 2	Shahala P
Sunday	May 25	OFFLINE	Fitness Assessment & Testing	Prasanth P
Tuesday	April 1*	Online PR	Diet and Performance Nutrition – 3	Shahala P
Thursday	April 3	Online PR	Diet and Performance Nutrition – 4	Shahala P
Saturday	April 5	Online PR	Diet and Performance Nutrition – 5	Shahala P
Sunday	Jun 01	OFFLINE	First Aid & CPR with AED	Dilip Heblé
Tuesday	April 8	Online PR	Diet and Performance Nutrition – 6	Prasanth P
Thursday	April 10	Online PR	Fitness Assessment Techniques	Prasanth P
Saturday	April 12	Online Live	Fitness Assessment Techniques	Prasanth P
Sunday	Jun 08	OFFLINE	Examinations	