

Certificate Course in Personal Fitness Training (UAE) - Timetable



Day	Date	Mode	Subject	Faculty
Sunday	Feb 16	Online	Course Overview	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	Feb 23	Offline	Advanced Strength Training – 1	Ashwand 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	March 2	Offline	Advanced Strength Training – 2	Ashwand T M
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	March 9	Offline	Functional Strength Training	Prasanth P
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	March 16	Offline	Stretching – FROM	Kateryna Zaitseva
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	March 23	Offline	Plyometrics for Agility and Power	Prsasath 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
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	April 6	Offline	Fitness for Special Populations	Prasanth P
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	Apr 13	Offline	Muscle Mechanics	Aswandh TM
Tuesday	April 15	Online PR	Exercise Periodization	Prasanth P
Thursday	April 17	Reserve	Reserve	
Sunday	April 20*	Offline	First Aid & CPR with AED	Dilip Heblé
EXAMS				
*NOTE: Online sessions / practical training dates may be shifted due to Ramadan Eid and Easter				