

Certificate Course in Personal Fitness Training (UAE) - Timetable



Day	Date	Mode	Subject	Faculty
Sun	Apr 13	Online	Course Overview	VM Basheer & Dilip Heble
Tue	Apr 15	Online PR	Theory and Practice of Fitness	Prasanth P
Wed	Apr 16	Online Live	Functional Strength Training	Aswandh TM
Thu	Apr 17	Online PR	Theory and Practice of Fitness	Prasanth P
Fri	Apr 18	Online Live	Functional Strength Training	Aswandh TM
Sat	Apr 19	Online PR	Theory and Practice of Strength	Aswandh TM
Sun	Apr 20	Offline	Functional Strength Training	Aswandh TM
Mon	Apr 21	Online Live	Stretching - FROM	Kateryna Zaitseva
Tue	Apr 22	Online PR	Theory and Practice of Strength	Ashwand TM
Wed	Apr 23	Online Live	Stretching - FROM	Kateryna Zaitseva
Thu	Apr 24	Online Live	Theory Practice of Strength	Aswandh TM
Sat	Apr 26	Online PR	Anatomy & Physiology – 1	Dr Ajina / Other
Sun	Apr 27	Offline	Stretching - FROM	Kateryna Zaitseva
Tue	Apr 29	Online PR	Anatomy & Physiology – 2	Dr Ajina / Other
Thu	May 01	Online PR	Anatomy & Physiology – 3	Dr Ajina / Other
Sat	May 03	Online Live	Anatomy & Physiology – 4	Dr Ajina / Other
Sun	May 04	Offline	Advanced Strength Training – 1	Aswandh TM
Tue	May 06	Online PR	Kinesiology & Biomechanics – 1	Dr Ajina / Other
Thu	May 08	Online PR	Kinesiology & Biomechanics – 2	Dr Ajina / Other
Sat	May 10	Online PR	Kinesiology & Biomechanics – 3	Dr Ajina / Other
Sun	May 11	Offline	Advanced Strength Training – 2	Aswandh TM
Tue	May 13	Online PR	Kinesiology & Muscle Mechanics – 4	Dr Ajina / Other
Thu	May 15	Online PR	Fitness for Special Populations	Prasanth P
Sat	May 17	Online PR	Fitness for Special Populations	Prasanth P
Sun	May 18	Offline	First Aid & CPR with AED	Dilip Heblé
Tue	May 20	Online PR	Diet and Performance Nutrition – 1	Shahala P
Thu	May 22	Online PR	Diet and Performance Nutrition – 2	Shahala P
Sat	May 24	Online PR	Diet and Performance Nutrition – 3	Shahala P
Sun	May 25	Offline	Fitness Assessment & Testing	Prasanth P
Tue	May 27	Online PR	Diet and Performance Nutrition – 4	Shahala P
Thu	May 29	Online PR	Diet and Performance Nutrition – 5	Shahala P
Sat	May 31	Online PR	Diet and Performance Nutrition – 6	Shahala P
Sun	Jun 01	Offline	Plyometrics	Prasanth P
Tue	Jun 03	Online PR	Fitness Assessment Techniques	Prasanth P
Thu	June 05	Online PR	Fitness Assessment Techniques	Prasanth P
Sat	Jun 07	Online PR	Exercise Periodization	Prasanth P
Sun	Jun 08	Offline	Examinations	