

ENTRI **FITNESS** **TRAINER** *COURSES*



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COURSES OFFERED

Entri Fitness Trainer Course – **NCVET**

Diploma in Personal Trainer – **REPS India**

Entri Advanced CPT (Certified Personal Trainer)

COURSE OVERVIEW

Feature	Entri Fitness Trainer (NCVET)	Diploma in Personal Training (REPS India)	Entri Advanced CPT
Duration	12 weeks	14 weeks	16 weeks
Qualification	18+ & 10 th or 12 th pass	18+ and 10 th /12 th pass NCVET Level 4 fitness trainer	18+ & 10 th or 12 th pass
Certifications	NCVET + Entri Fitness Trainer. CPR & First Aid	Diploma in Personal Training-REPS India. Entri Fitness Trainer. CPR & First Aid.	NCVET Level 4 + REPS India + Entri Advanced CPT. CPR & First Aid.
Learning Hours	175+ Hours	350+ Hours	400+ Hours
Practical Training	75+ Hours	80+ Hours	90+ Hours (Advanced Practical)
Mode of Learning	Hybrid (Live + Recorded + Offline)	Hybrid (Live + Recorded + Offline)	Hybrid (Live + Recorded + Offline)
Technology Access	FitNSet App	FitNSet App	FitNSet App
Internship	✓	✓	✓
Placement assistance	✓	✓	✓
Exam – Theory	MCQ-based assessment	MCQ-based assessment	MCQ-based assessment
Exam – Practical	Exercise demonstration & evaluation	Exercise demonstration & evaluation	Advanced practical Sessions & individual based evaluation
Exam – Viva	1:1 Q&A	1:1 Q&A	1:1 Q&A

WHAT IS **FITNESS TRAINING?**

Fitness training is a structured and scientific approach to improving an individual's physical health, strength, endurance, flexibility, and overall well-being through planned exercise programs and healthy lifestyle practices.

It involves assessing fitness levels, setting goals, and designing personalized workout routines to help individuals achieve optimal results safely and effectively.

A fitness trainer guides clients with correct exercise techniques, monitors progress, prevents injuries, and motivates them to maintain a consistent and healthy fitness routine.



IMPORTANCE OF FITNESS TRAINING

Fitness training helps individuals to:

- ▶ Improve overall physical health and prevent lifestyle-related diseases
- ▶ Build strength, stamina, flexibility, and endurance
- ▶ Enhance mental well-being, confidence, and discipline
- ▶ Learn safe and effective exercise techniques
- ▶ Maintain long-term healthy and active lifestyles

With increasing awareness about health and wellness, certified fitness trainers are in high demand across gyms, wellness centers, sports academies, corporate wellness programs, and online platforms.



CAREER & PLACEMENT SUPPORT

After certification, learners can pursue roles such as:

- ▶ Personal Trainer
- ▶ Gym / Fitness Center Trainer
- ▶ Strength & Conditioning Coach
- ▶ Fitness Consultant
- ▶ Group Fitness Instructor
- ▶ Wellness Coach
- ▶ Online Fitness Coach
- ▶ Corporate Fitness Trainer
- ▶ Assistant Fitness Manager
- ▶ Sports & Performance Trainer

Placement assistance is provided with collaborations across multiple gyms and fitness centers.

SECTORS WITH OPPORTUNITIES

Certified learners can find opportunities across:

- ▶ Gyms & Fitness Centers
- ▶ Wellness & Lifestyle Studios
- ▶ Sports Academies
- ▶ Corporate Wellness Programs
- ▶ Online Fitness & Coaching Platforms
- ▶ Performance and Conditioning Environments Online & offline Personal training

KEY FEATURES OF THE COURSE

- ▶ NCVET & REPS India-aligned curriculum aligned with industry standards
- ▶ Weekly live Q&A sessions for concept clarity and interaction
- ▶ Real-time understanding and application of various fitness training methods
- ▶ Anytime faculty assistance while designing and modifying client workout programs
- ▶ Module-wise assessments and quality checks to track learning progress
- ▶ Access to an exclusive trainer community to boost knowledge and explore industry opportunities
- ▶ Mock interviews for every student to improve job readiness and confidence
- ▶ Placement assistance through Entri's fitness and gym network
- ▶ Access to FitNSet App – Tech Powered Client Management
- ▶ Training on Personal Branding and Business opportunities
- ▶ Health diseases Mastery Workshop



INTERNSHIP & PRACTICAL EXPOSURE

As part of the course, students must undergo mandatory internship and practical training. This provides real-world exposure and hands-on experience in professional fitness environments such as gyms and training centers.

Through the internship, students will:

- ▶ Work with real clients under expert supervision
- ▶ Perform fitness assessments and exercise programming
- ▶ Gain industry-relevant skills and professional confidence
- ▶ Apply theoretical knowledge in real-life scenarios

This practical exposure ensures students are job-ready and industry-ready upon course completion.



COURSE SYLLABUS

ENTRI FITNESS TRAINER (NCVET)

Module	Topics	Topics
Module 1	Introduction in Fitness Training	Live
Module 2	The Human Body and Exercising	Recorded + Live
Module 3	Creating a Training Plan	Recorded + Live + Offline
Module 4	Imparting the Training	Recorded + Live + Offline
Module 5	Monitoring Progress and Dealing with Injuries	Recorded + Live + Offline
Module 6	Optimize Resource Utilization at Workplace	Recorded
Module 7	Employability and Entrepreneurship Skills	Offline

DIPLOMA IN PERSONAL TRAINING (REPS INDIA)

Module	Topics	Topics
Module 1	Principles of Anatomy & Physiology	Live
Module 2	Health Screening, Goal Setting & Client Motivation	Recorded + Live
Module 3	Client Fitness Assessments	Recorded + Live + Offline
Module 4	Adaptation & Training for Special Populations	Recorded + Live + Offline

Module 5	Promote Healthy Eating & Lifestyle	Recorded + Live
Module 6	Components of Fitness	Recorded + Live + Offline
Module 7	Exercise Program Design & Delivery	Recorded + Live
Module 8	Planning Exercise in Fitness Centre	Recorded + Offline
Module 9	Developing Instruction Skills	Recorded + Offline
Module 10	Manage & Evaluate Training Programs	Recorded
Module 11	Health & Safety in Fitness Environment	Recorded
Module 12	Customer Service in Health & Fitness	Recorded
Module 13	Professional Practice	Recorded
Module 14	Exercises & Equipments	Offline
Module 15	Business Acumen	Offline

ENTRI ADVANCED CPT (CERTIFIED PERSONAL TRAINER)

Module	Topics	Topics
Module 1	Principles of Anatomy & Physiology	Recorded + Live
Module 2	Health Screening, Goal Setting & Client Motivation	Recorded + Live
Module 3	Client Fitness Assessments	Recorded + Live
Module 4	Adaptation & Training for Special Populations	Recorded + Live
Module 5	Promote Healthy Eating & Lifestyle	Recorded + Live
Module 6	Components of Fitness	Recorded + Live + Offline

Module 7	Exercise Program Design & Delivery	Recorded + Live
Module 8	Planning Exercise in Fitness Centre	Recorded + Offline
Module 9	Developing Instruction Skills	Recorded + Offline
Module 10	Manage & Evaluate Training Programs	Recorded
Module 11	Health & Safety in Fitness Environment	Recorded
Module 12	Customer Service in Health & Fitness	Recorded
Module 13	Professional Practice	Recorded
Module 14	Exercises & Equipments	Offline
Module 15	Business Acumen	Offline
Module 16	Health Disease Mastery Workshop	Offline
Module 17	Personal Branding	Live + Recorded

Apart from our full fledged practical session which almost include all assessing, screening and training methods we include these topics to become an **advanced CPT by entri**

Also you will get to know **advanced & compatible training methods** to teach every individuals depending upon their ability to enhance their quality of life and improve their overall fitness. For this we include more than **40 + variations of workouts** for each muscle groups

Extra Sessions

HYROX training | Hybrid training | TRX training

Functional hypertrophy | Threshold training | Kettlebells | Bodybuilding fundamentals

PASSING CRITERIA

- ▶ Completion of all mandatory modules
- ▶ Attendance in required offline practical sessions
- ▶ Successful completion of MCQ-based final assessment
- ▶ Compliance with evaluation and quality standards

WHY CHOOSE US?

- ▶ Curriculum aligned with NCVET & REPS India standards & industry requirements
- ▶ Strong focus on practical skills and real-world application
- ▶ Expert faculty with extensive industry experience
- ▶ Structured learning with continuous assessments
- ▶ Multiple recognised certifications improving employability
- ▶ Dedicated learner support and placement assistance



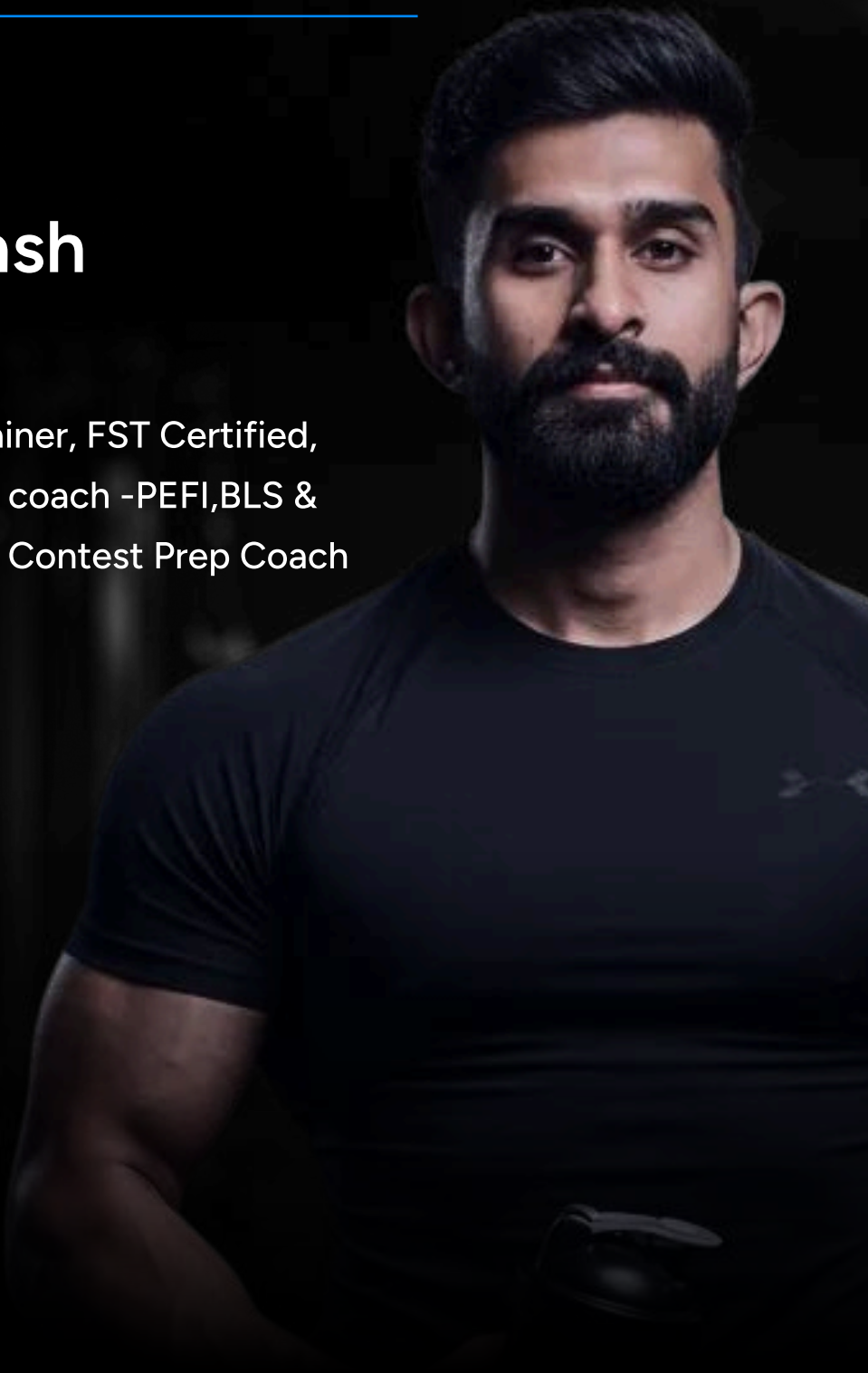
MEET OUR FACULTY

Vishnu Prakash

Qualification:

NSQF Level 4 Fitness Trainer, FST Certified,
strength and conditioning coach -PEFI,BLS &
First Response Certified, Contest Prep Coach

Experience: 10+ years

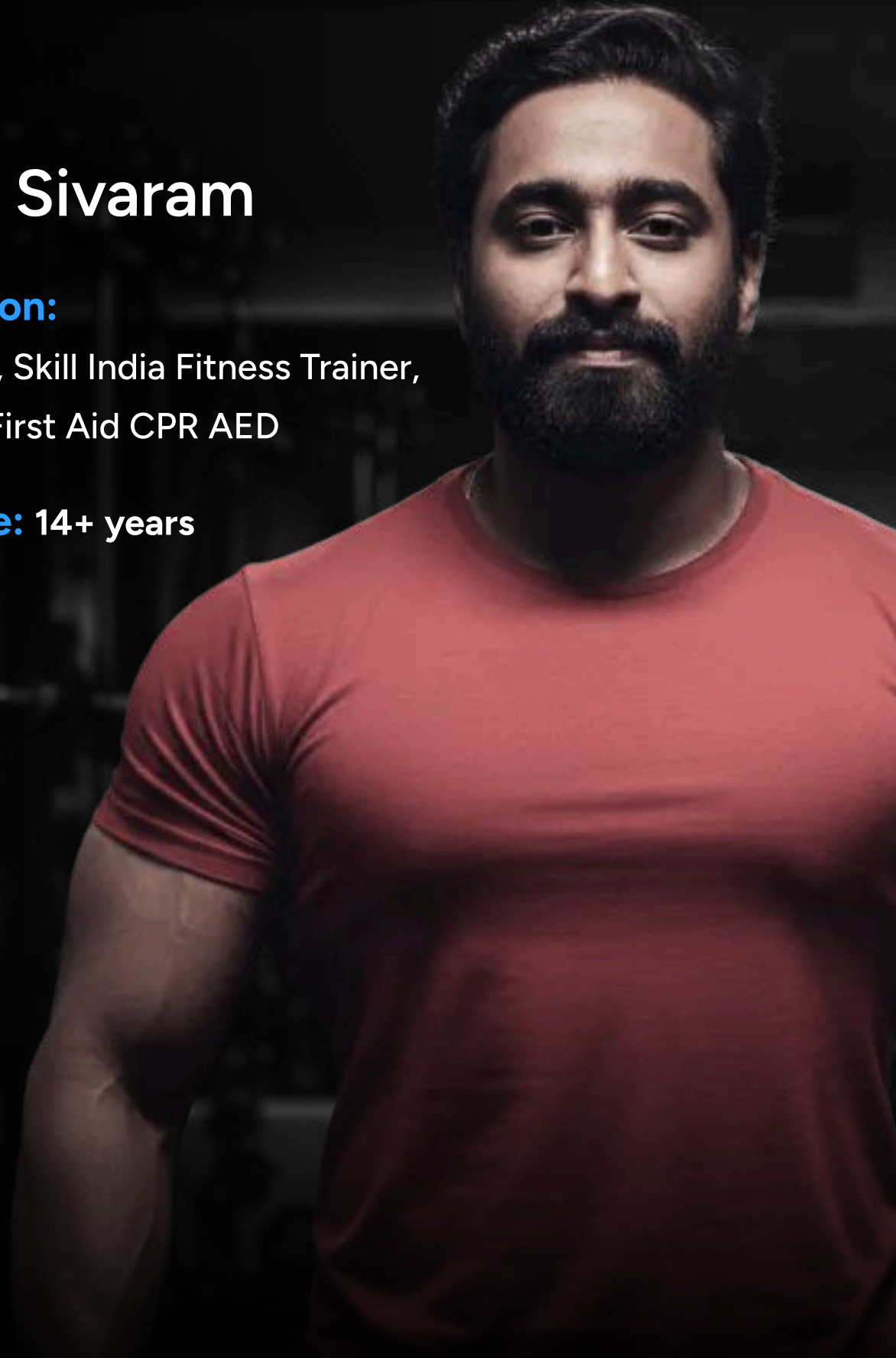


Arun K Sivaram

Qualification:

ACE, EREPS, Skill India Fitness Trainer,
Heartsaver First Aid CPR AED

Experience: 14+ years

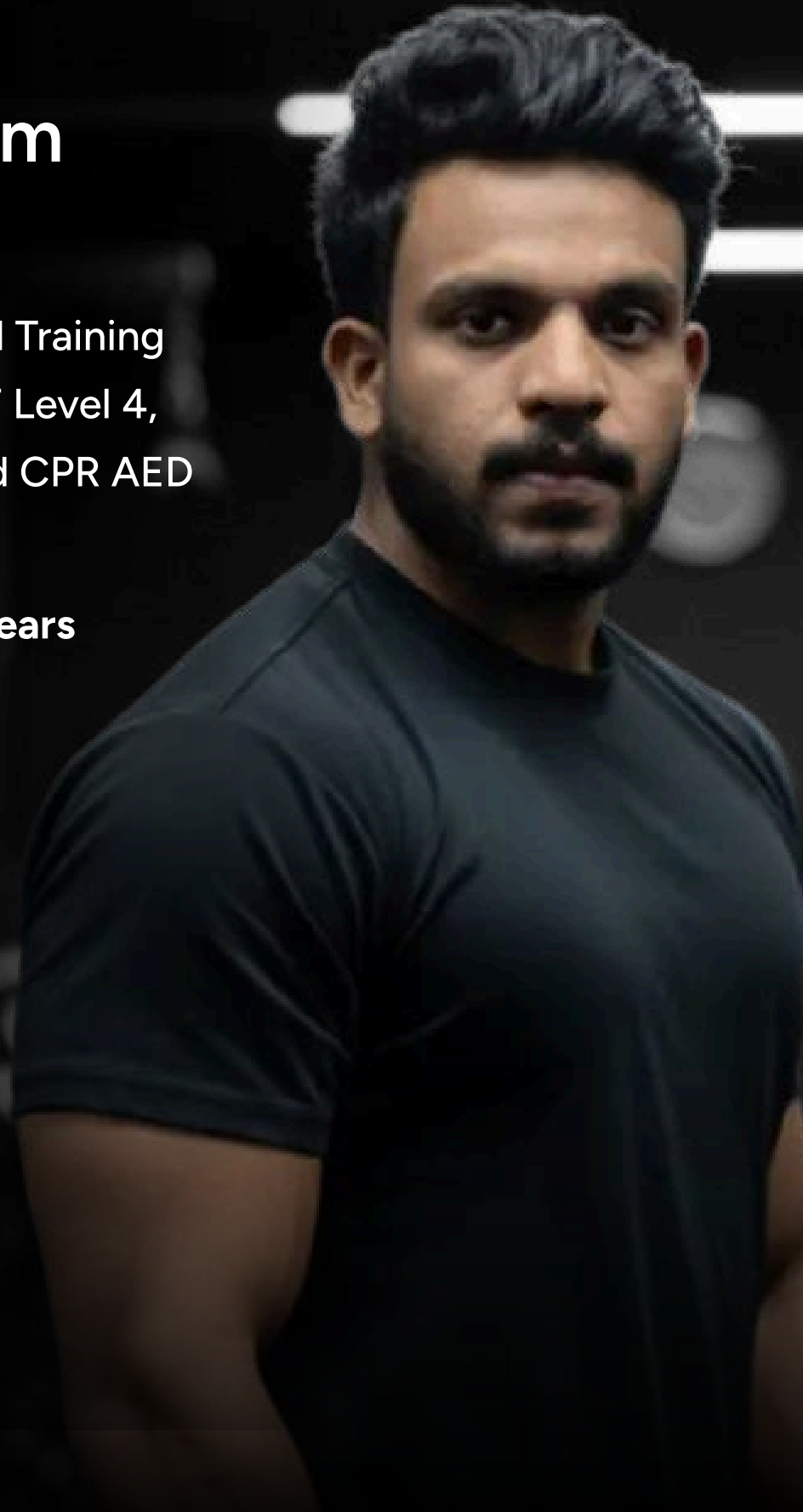


Ubaid Kazim

Qualification:

Diploma in Personal Training
(REPS India), NSQF Level 4,
Heartsaver First Aid CPR AED

Experience: 5+ years





Thank you



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