

# **Kii** SCHOOL OF FITNESS SCIENCES

21 Years of Delivering  
Excellence in Fitness Education



The **Kii** School of Fitness Sciences is

Recognised by



Accredited by



Funded Partners with

Approved Training  
Partner of National  
Skill Development  
Corporation (NSDC)

Affiliated with





## Principal's Message

Dear Aspiring K11 Student,

Before you embark on your journey I wish to remind you of the philosophical principles on which K11 basis its teachings & line of thought. As a K11 Fitness Professional, you must constantly & tirelessly endeavor:

1. To inspire your client/gym member to aim for improvement in functionality & athletic ability even in the absence of a desire for the same in them.
2. To make your client/gym member aware of the true meaning of fitness by emphasizing & showing to him/her the contributions of all 5 components of fitness in improvement of functionality no matter what the sport, profession, age, gender of the individual.
3. To make your client/gym member understand that the universal goal of a fitness lifestyle is improvement in quality of life through better functionality by ultimately fighting the aging process.
4. To desist from engaging your client/gym member in any activity, form of exercise or exercise that pretends to be a part of a fitness regime but does not aid in improvement of functionality.
5. To practice what you preach in the strictest possible sense & become a role model for your clients/gym members by being a striking example of the benefits of leading the fitness lifestyle.
6. To have unlimited patience with your client/gym members in resolving their doubts, dogmas, myths & misunderstandings about the true meaning of fitness.

### **The scientific teaching at K11 School are based on the following philosophical premises:**

1. There must be a valid scientific reason for every action that comprises a workout on the gym floor. In a workout nothing must be done just for the pleasure of doing the activity. Enjoyment must be derived from the fruits of your labour & not from the choice of the type of labour.
2. All actions taken on the gym floor must have a direct bearing on improvement in functionality. Otherwise they are a criminal waste of energy & effort.
3. All exercise choices are based on pure sciences such as Physiology and Applied Sciences such as Kinesiology. Execution of exercises is based on the laws of the purest of the sciences - Physics. Theory cannot be segregated from practical.
4. There is no meaning in learning HOW to do a particular activity if you don't know WHY it should be done. The ability of the students to grasp the HOW is enhanced by the fact that they have been convinced of the WHY of doing it.
5. Form without function has no meaning & form devoid of function is always ugly.



**Mr. Kaizzad Capadia,  
Principal**

## **Personal Training Courses**

The K11 Personal Training courses provide a foundation in Exercise Science through comprehensive theoretical and practical education. This equips the student with the knowledge base and tools to professionally practice as a Qualified and Certified Personal Trainer in the Fitness Industry.

An equal emphasis on both Theoretical Knowledge and Practical Application sets this course apart from other Personal Trainer Certification providers out there.

Add to this the fact that the Practical Module is conducted in dedicated, fully equipped Exercise Labs at the Brick & Mortar K11 Schools of Fitness Sciences, and stand-alone K11 Labs equipped by BEING STRONG/JERAI Fitness Equipment. Further to add the fact that the Practical Training is conducted hands-on by the K11 Master Trainers, each conducting small batches of only 6 students. This ensures the best possible experience in terms of Practical Education, unmatched anywhere in the world.

This approach ensures that a K11 Personal Trainer Certificate Holder stands out from other Certified Professionals as the ONLY certified freshers who can truly be termed as JOB READY.

### **K11 Personal Training Courses include:**

- Certified Personal Trainer (CPT)
- Diploma in Personal Training (DPT)

### **REPS India Recognition and Global Opportunities:**

The K11 Diploma in Personal Training course is recognised by the Register for Exercise Professionals India (REPS INDIA), providing you with a Registered Exercise Professional Status.

A Personal Trainer with a REPS INDIA Membership belongs to a global fraternity of Personal Trainers educated as per Global Standards laid down by the International Confederation of Registers for Exercise Professionals (iCREPS).

Due to the inter-register portability between the countries that have National Registers for Exercise Professionals affiliated with iCREPS, all K11 DPT holders, being members of REPS INDIA under Category-A (Personal Trainer), are qualified to apply for jobs in the Fitness Industries of countries such as UAE, Australia, New Zealand, South Africa, Poland, and Ireland



# Certified Personal Trainer (CPT)



Theory Sessions: (45 x 3 hours each)  
Practical Training Sessions: (22 x 2.5 hours each)

## Theory Syllabus

### Section I: Introductory Sessions

- Introduction to Fitness
- Body Composition
- Resistance Profile
- Exercise Selection Criteria
- Workload & Intensity
- Stretching

### Section II: Pure Sciences

- Musculoskeletal Anatomy
- Exercise Physiology
- Kinesiology

### Section III: Body Part Lectures & Demonstrations

- Body Part 1 - Back & Demo Workout (Latissimus Dorsi, Trapezius, Erector Spinae)
- Body Part 2 - Legs & Demo Workout (Quadriceps, Gluteal group, Hamstrings & Calves)
- Body Part 3 - Chest Shoulder & Demo Workout (Pectoralis major, Deltoid group, Rotator Cuff group)
- Body Part 4 - Abdominal Group & Demo Workout (Rectus Abdominis, Internal & External Oblique, Transversus Abdominis, Multifidus & Quadratus Lumborum)
- Body Part 5 - Arms Group & Demo Workout (Biceps Brachii, Triceps Brachii, Brachialis, Brachioradialis, Wrist Extensors & Flexors)

### Section IV: Cardio

- Cardio Regulations

### Section V: Fitness Testing & Scheduling

- Fitness Testing
- Scheduling
- Assessment Rules & Regulations

### Section VI: Ancillary Sessions

- Basic Nutrition
- Supplementation
- Understanding Special Populations & Professional Boundaries

### Section VII: Emergency Life-Saving Techniques

- Trauma Response (First-Aid, CPR & AED) Session



### Section VIII: Career-Building Session

- Principal's Address on Professional Ethics and Personality Development

**Total Face to Face (Ftf) Learning Hours:**  
187 (Theory: 132, Practical: 55)

**Sessions:** Theory: 45 | Practical Training: 22

#### Examinations:

- Theory Examination
- Practical - Viva 1 (Exercise Execution)
- NSQF Level - 4 (Fitness Trainer) Examination by SPEFL-SC

#### Certifications & Registrations:

- K11 Certified Personal Trainer Certificate
- NSQF Level - 4 (Fitness Trainer) Certificate from SPEFL-SC
- Trauma Response Certificate from Australian Lifesaving Academy
- Provisional Membership with REPS India under Category A (Personal Trainer)

| Details  | Course Fees |
|--|-------------|
| Certified Personal Trainer (CPT) Course Fee        | ₹67,000     |
| Trauma Response (First-Aid, CPR & AED) Session Fee | ₹1,600      |
| Total Course Fee                                   | ₹68,600     |

\*EMI facility available at no extra cost.



# Diploma in Personal Training (DPT)



Theory Sessions: (53 x 3 hours each)  
Practical Training Sessions: (28 x 2.5 hours each)

## Theory Syllabus

**45 Sessions as per CPT course +  
8 Additional Sessions of Training Program  
Delivery as outlined below:**

- Health Screening
- Scheduling
- Motivation and Adherence
- Health and Safety in Gym Environment
- Business Acumen
- Application of Exercise Science to Program Planning
- Nutrition Assessment
- Assignment Submission

| Details  | Course Fees    |
|--|----------------|
| Diploma in Personal Training (DPT) Course Fee      | ₹85,000        |
| Trauma Response (First-Aid, CPR & AED) Session Fee | ₹1,600         |
| <b>Total Course Fee</b>                            | <b>₹86,600</b> |

**Total Face to Face (Ftf) Learning Hours:**  
226 (Theory: 156, Practical: 70)

**Total Non-Face to Face (Non-Ftf) Learning Hours:** 85

**Sessions:** Theory: 53 | Practical Training: 28

### Examinations:

- Theory Examination
- Practical - Viva 1 (Exercise Execution)
- Practical - Viva 2 (Training Program Delivery & Assignment Submission)
- NSQF Level - 4 (Fitness Trainer) Examination by SPEFL-SC

### Certifications & Registrations:

- K11 Diploma in Personal Training Certificate (REPS Category A - Personal Trainer)
- Certificate from Accrediting Body - PD:Approval, UK
- NSQF Level - 4 (Fitness Trainer) Certificate from SPEFL-SC
- Trauma Response Certificate from Australian Lifesaving Academy
- Full Membership with REPS India under Category A (Personal Trainer)

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# K11 SCHOOL OF FITNESS SCIENCES

## Courses Overview

|   | <b>Certified Personal Trainer (CPT)</b>   | <b>Diploma in Personal Training (DPT)</b>  |
|---|---|--|
| <b>Course Recognition</b>               | National  | National + International   |
| <b>Batch Type &amp; Duration</b>        | Weekdays   4.5 months<br>Weekend/Only Sunday   9 months   | Weekdays   6 months<br>Weekend/Only Sunday   12 months   |
| <b>Theory Sessions (3hrs each)</b>      | 45 (132 hours)  | <b>53 (156 hours)</b>  |
| <b>Practical Sessions (2.5hrs each)</b> | 22 (55 hours)   | <b>28 (70 hours)</b>   |
| <b>Non-FtF Learning (Homework)</b>      | NA  | 85 hours   |
| <b>Final Examinations</b>               | <ul style="list-style-type: none"> <li>Theory</li> <li>Practical - Viva 1 (Exercise Execution)</li> <li>NSQF Level - 4 (Fitness Trainer)</li> </ul>   | <ul style="list-style-type: none"> <li>Theory</li> <li>Practical - Viva 1 (Exercise Execution)</li> <li>NSQF Level - 4 (Fitness Trainer)</li> <li>Practical - Viva 2 (Training Program Delivery)</li> </ul>  |
| <b>Certifications</b>                   | <ul style="list-style-type: none"> <li>K11 Certified Personal Trainer</li> <li>NSQF Level - 4 (Fitness Trainer)</li> <li>Trauma Response</li> </ul>   | <ul style="list-style-type: none"> <li>K11 Diploma in Personal Training</li> <li>NSQF Level - 4 (Fitness Trainer)</li> <li>Trauma Response</li> <li>PD: Approval International Modules</li> </ul>  |
| <b>Professional Registration</b>        | Provisional Membership with REPS India  | Full Membership with REPS India  |
| <b>Validity Period</b>                  | <ul style="list-style-type: none"> <li>K11 Certified Personal Trainer (2 years)</li> <li>NSQF Level - 4 (Lifetime)</li> <li>Trauma Response (1 year)</li> <li>REPS India Membership - Provisional (1 year)</li> </ul>       | <ul style="list-style-type: none"> <li>K11 Diploma in Personal Training (Lifetime)</li> <li>NSQF Level - 4 (Lifetime)</li> <li>Trauma Response (1 year)</li> <li>REPS India Membership - Full (1 year)</li> <li>PD: Approval (Lifetime)</li> </ul> |
| <b>Renewal</b>                          | <ul style="list-style-type: none"> <li>Renew K11 CPT Certificate by attending K11's Assessed Value Added Workshops</li> <li>Renew REPS India Membership with 10 CPD points and payment of Annual Membership Fees</li> </ul> | Renew REPS India Membership with 10 CPD points and payment of Annual Membership Fees   |
| <b>Placement Opportunities</b>          | National  | National + International   |
| <b>Web Listing</b>                      | K11 Website + REPS India Website  | K11 Website + REPS India Website   |
| <b>Course Fees (in INR)</b>             | 67,000/-  | 85,000/-   |
| <b>Trauma Response Fees</b>             | INR 1,600/- to be paid directly to Lifesaving Mumbai (LSM) for the Trauma Response (First-Aid, CPR & AED) session.  |  |



# Human Performance Nutrition (HPN)

The HPN course enables one to guide clients from diverse backgrounds, not limited to athletes, but including people from all walks of life.

## Highlights

- In depth understanding of macronutrients (protein, fat, carbohydrates) and micronutrients (vitamins and minerals), their sources and uses in the body.
- Understand human physiology, especially the digestive and endocrine/hormonal systems, metabolism, and biochemistry.
- Understand the different energy systems the body utilises and the role of food in optimising energy levels.
- Gain a comprehensive understanding of fat loss, muscle gain, and the role of nutrition and exercise in influencing body composition.
- Develop personalised nutrition strategies for overall wellness.
- Specialised sports application lecture giving in-depth knowledge on counselling athletes based on the latest scientific research.
- Gain extensive understanding of supplements related to performance, their dosing protocols, and mechanisms of action, and learn to decode labels.
- Gain insights to debunk nutrition and supplementation-related myths.
- Learn effective counselling techniques to motivate and improve your client's adherence to the diet.
- Engage in interactive cooking demonstrations conducted by our expert chef.
- Guide your clients on veg and non-veg recipes using the recipe booklet (part of study material).

## Syllabus

- Introduction to Human Performance Nutrition
- Introduction to Fitness
- Intro to Macronutrients and Organ Systems
- Protein
- Fats
- Carbohydrates
- Body Composition and Goal Setting
- Calories In Calories Out Model for Weight Regulation
- Role of Hormones in Body Composition Regulation
- Hormones
- Bioenergetics - Anaerobic and Aerobic
- Body Composition Assessment



- Macro Calculations and Meal Planning
- Understanding Nutrition from an Evolutionary Perspective
- History of Conventional Wisdom in Nutrition
- Water
- Vitamins and Minerals
- Workload and Intensity
- Muscle Gain
- Amino Acid Supplements and Ergogenic Aids
- Sports Application
- Intro to Cooking Techniques & Importance of Food Hygiene and Sanitation
- Effect of Cooking on Nutritional Value of Food
- Cooking Demonstrations (Lacto-ovo and Non-veg)
- Nutrition Planning
- Counseling Techniques and Professional Boundaries
- Assessment Prep and Revision Lecture

**Total Face to Face (Ftf) Learning Hours:**  
135

**Sessions:** 46

### Examinations:

- Theory Examination
- Practical (Nutrition Planning)

### Certifications:

- K11 Human Performance Nutritionist
- Skill India Portal (SIP) Certificate by NSDC

### Fees:

₹63,500

\*EMI facility available at no extra cost.

# Personal Training for Special Populations (PT-SP)

The human body comprises of various joints, tissues and complex systems working together to carry out its functional day to day activities. A human body can suffer from different issues/injuries impacting the entire functioning of the body. Any compromise in the functioning of one system or part affects the entire well-being or the performance in day to day life. Currently, there is a dearth of Fitness Professionals who can handle clients with such cases.

PT for Special Populations gives Certified Personal Trainers the added knowledge of various metabolic, musculoskeletal disorders and the contra-indications vis-a-vis those medical conditions. Thus a PT-SP is capable of appropriate programming for people with chronic ailments and/or history of acute condition.

The course is developed to give all students an edge over others in their Personal Training Career by providing a knowledge base that allows them to expand their market to include helping people strengthen, and achieve an improvement in physical performance despite their medical issues. Students that are awarded the K11 PT-SP Certificate will see tremendous growth and recognition in the fitness industry. In order to do the PT for Special Populations Course, it is compulsory to have cleared any of the K11 Personal Training Courses.

## Syllabus

- Introduction to PT-SP
- Vital Systems of the Human Body
- Basic Concepts in Bio-mechanics
- Skeletal System
- Osteoporosis
- Soft Tissues of the Human Body
- Fascia Conditioning
- Ankle & Foot Complex
- Knee Complex
- Hip Complex
- Spine
- Wrist & Hand Complex
- Elbow Complex
- Shoulder Complex
- Posture Assessment
- Arthritis
- Poliomyelitis, Vertigo
- Hernia, Diabetes Mellitus, Varicose Veins
- Training in Prenatal & Postpartum Period



### Total Face to Face (Ftf) Learning Hours:

117 Hours of Classroom study

**Sessions:** Theory: 40

### Examinations:

- Theory Examination

### Certifications:

- K11 Personal Trainer for Special Populations Certificate
- Trauma Response Certificate from Australian Lifesaving Academy

| Details  | Course Fees    |
|--|----------------|
| Personal Training for Special Populations (PT-SP) Course Fee | ₹63,500        |
| Trauma Response (First-Aid, CPR & AED) Session Fee           | ₹1,600         |
| <b>Total Course Fee</b>                                      | <b>₹65,100</b> |

\*EMI facility available at no extra cost.



## Value Added Workshop

K11 has introduced value-added workshops to assist our students in consistently upgrading their knowledge. As a Fitness Professional, it is crucial to continually educate yourself to offer accurate information to your Personal Training clients or for your own professional development. K11 is actively expanding the range of topics covered in this newly introduced segment. Participating in these workshops also allows you to earn CPD (Continuing Professional Development) points, which can be utilised for renewing your REPS India membership. This ensures your status as a Registered Exercise Professional is maintained.

**Name of the workshop:**

Kettlebell Certification - Level 1

**Learning outcome:**

- To help students understand the history of kettlebells
- The different types available
- Advantages, and benefits of incorporating kettlebell training into their fitness routines

**Sessions:** 4 Sessions

**Learning Hours:** 19 hours

**Days:** 2 days

**Pricing for K11 Students:** 20,000

**Pricing for Non-K11 Students:** 20,000

**CPD Points:** 16

**Certificate Awarded:**

K11 Kettlebell Level -1 Certification

**Name of the workshop:**

TRX Suspension Training

**Learning outcome:**

- Learn how to set up and use the TRX Suspension Trainer
- Apply the principles of the TRX movement-based coaching system
- Perform a variety of Suspension Training exercises
- Progress and regress exercises for all fitness levels
- Adjust resistance and stability for all exercises
- Cue and correct common faults

**Sessions:** 4 Sessions

**Learning Hours:** 16 hours

**Days:** 2 days

**Pricing for K11 Students:** 12,000

**Pricing for Non-K11 Students:** 15,000

**CPD Points:** 16

**Certificate Awarded:**

- K11 TRX Suspension Training Certificate
- Digital copy from TRX

**Name of the workshop:**

Back Health

**Learning outcome:**

- Purpose, Anatomy, and Biomechanics of Spine
- Pathomechanics of the Spine and its Impact on Back Health
- Conditions
- Postural Deviations – Causes, Problems Associated
- Significance of Posture
- Ergonomic Advice for Desk Job Workers

**Sessions:** 4 Sessions

**Learning Hours:** 14 hours

**Days:** 2 days

**Pricing for K11 Students:** 12,000

**Pricing for Non-K11 Students:** 12,000

**CPD Points:** 12

**Certificate Awarded:**

K11 Back Health Certificate

**Name of the workshop:**

Protein Decoded

**Learning outcome:**

- Understanding the History and Etymology of Protein
- Exploring Protein Functions
- Understanding Amino Acids in depth (BCAAs), (EAAs), (NEAAs), and (CEAAs)
- Protein Absorption, Digestion and Synthesis
- Know different Dietary Orientations and identify First-Class Protein Sources

**Sessions:** 2 Sessions

**Learning Hours:** 8.5 hours

**Days:** 1 day

**Pricing for K11 Students:** 8,500

**Pricing for Non-K11 Students:** 10,500

**CPD Points:** 8

**Certificate Awarded:**

K11 Protein Decoded Certificate

**Name of the workshop:**

Gym Management Essentials - Accounts, Finance & Taxation

**Learning outcome:**

- Understanding types of Business Structures in India
- Shop and Establishment License
- Objectives & understanding of Accountancy and Accounting Terminologies
- Difference between Expenses & Assets, and Income & Liabilities
- Daily Reconciliation System
- Accounting software
- Understanding different types of taxes
- Cash Flow Management

**Sessions:** 3 Sessions

**Learning Hours:** 10 hours

**Days:** 2 days

**Pricing for K11 Students:** 10,000

**Pricing for Non-K11 Students:** 12,000

**CPD Points:** 7

**Certificate Awarded:**

K11 Accounts, Finance & Taxation Certificate

**Name of the workshop:**

Digital Excellence for Fitness Professionals

**Learning outcome:**

- Set up, market, and execute online services
- Understand trends and tech in fitness and navigate accordingly
- Learn about equipment and platforms for online services
- Understand best practices for online training and consultation
- Learn about legal diligence for the online space

**Sessions:** 2 Sessions

**Learning Hours:** 8 hours

**Days:** 1 day

**Pricing for K11 Students:** 7,500

**Pricing for Non-K11 Students:** 9,500

**CPD Points:** 7

**Certificate Awarded:**

K11 Digital Excellence for Fitness Professional Certificate

**Name of the workshop:**

Social Media Marketing for Fitness Professionals

**Learning outcome:**

- In-depth understanding of all relevant digital channels and its significance in today's day and age of marketing
- How to create a brand identity on social media platforms like Instagram, Facebook, LinkedIn, YouTube

**Sessions:** 3 Sessions

**Learning Hours:** 10 hours

**Days:** 2 days

**Pricing for K11 Students:** 6,500

**Pricing for Non-K11 Students:** 8,000

**CPD Points:** 7

**Certificate Awarded:**

K11 Social Media Marketing for Fitness Professionals Certificate



# The K11 Salient Features



K11 School of Fitness Sciences is a REPS India Recognised education provider. This means the K11 Diploma in Personal Training is valid for employment internationally across 6 other REPS member nations

Approved Training Partner of National Skill Development Corporation (NSDC)

K11 School of Fitness Sciences is a “Funded Partner” of the National Skill Development Corporation (NSDC), towards the Skill India Initiative of the Ministry of Skill Development & Entrepreneurship (MSDE)



K11 School of Fitness Sciences has a fully integrated study centre with A.V. equipped classrooms for theory lectures & a state-of-the-art gym floor as a laboratory for practical training



K11 School of Fitness Sciences has a dedicated Student Support Cell that resolves, on a daily basis, any problems that a student may face relating to batch timings, assessments, rescheduling of lectures, etc.



K11 School of Fitness Sciences has a dedicated Student Placement Assistance Cell under the K11 Education Pvt. Ltd. Human Resource Department. It assists students in kick-starting their careers in the fitness industry



K11 School of Fitness Sciences has courses fully and professionally translated into vernacular mediums. As of date, the courses are fully translated in Hindi. The course material is a copyrighted intellectual property of K11 Education Pvt. Ltd.



K11 School of Fitness Sciences has a clear cut demarcation between education providing and assessments. To maintain standards of assessments, the students DO NOT interact with any assessor all through the duration of the course. Our assessment systems ensure strict, impartial and unbiased outcomes



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**K11**  
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