



Certified Fitness Trainer VS-1101

Vskills Certifications

Vskills Brochure



Skills for a secure future

Certified Fitness Trainer

Certification Code VS-1101

Vskills certification for Fitness Trainer assesses the candidate as per the need for being healthy and fit. The certification tests the candidates on various areas in nutrition, yoga, aerobics, human anatomy, kinesiology injuries, first aid and fitness assessment.

Why should one take this certification?

This Course is intended for professionals and graduates wanting to excel in their chosen areas. It is also well suited for those who are already working and would like to take certification for further career progression.

Earning Vskills Fitness Trainer Certification can help candidate differentiate in today's competitive job market, broaden their employment opportunities by displaying their advanced skills, and result in higher earning potential.

Who will benefit from taking this certification?

Job seekers looking to find employment in gyms, health clubs, schools, MNCs, or various companies, students generally wanting to improve their skill set and make their CV stronger and existing employees looking for a better role can prove their employers the value of their skills through this certification. An individual can also start a debt recovery agency of own and be self-employed.

Test Details

- **Duration:** 60 minutes
- **No. of questions:** 50
- **Maximum marks:** 50, Passing marks: 25 (50%)

There is no negative marking in this module.

Fee Structure

Rs. 3,499/- (Excludes taxes)*

*Fees may change without prior notice, please refer <http://www.vskills.in> for updated fees

Companies that hire Vskills Certified Fitness Trainer

Fitness Trainers are in great demand. Companies specializing in fitness, gyms, health clubs or wellness are constantly hiring skilled fitness trainers. Various public and private companies also need fitness trainers for maintaining health & fitness of their personnel.

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- 1.2 Anatomic terminology
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- 1.5 The Skeletal system
- 1.6 The Muscular System
- 1.7 The Endocrine System
- 1.8 The Cardio Respiratory system

2. Kinesiology & Biomechanics

- 2.1 Basics of Motion and force
- 2.2 Muscular and posture analysis

3. Injuries Prevention and First Aid

- 3.1 Injuries types
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4. Nutrition

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- 4.2 Energy Production
- 4.3 Proteins
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- 6.6 Cardio-respiratory Fitness
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7. Gym Schedule

- 7.1 Cardio Vascular Exercise
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13. Communication Skills

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- 14.3 Manners
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15. Positive attitude and behavior

- 15.1 Positive Attitude
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16. Stress Management

- 16.1 Stress Management
- 16.2 Causes of Stress
- 16.3 Signs of stress
- 16.4 Techniques of Stress Management

Sample Questions

1. The term BMI expands to _____.
 - A. Bio Monthly Installment
 - B. Body Mass Index
 - C. Equated Monthly Bio Fat
 - D. None of the above

2. The unit of energy is _____.
 - A. Volt
 - B. Calorie
 - C. Joule
 - D. None of the above

3. The result of energy production is _____.
 - A. Fatty cells
 - B. Cells
 - C. ATP
 - D. None of the above

4. A low fat diet is _____.
 - A. Red beans
 - B. Meat
 - C. Peanut butter
 - D. None of the above

5. The element in which carbohydrates are broken into, is _____.
 - A. Glucose
 - B. ATP
 - C. Protein
 - D. None of the above

Answers: 1 (B), 2 (B), 3 (C), 4 (A), 5 (A)

Certifications

➤ Accounting, Banking and Finance

- Certified AML-KYC Compliance Officer
- Certified Business Accountant
- Certified Commercial Banker
- Certified Foreign Exchange Professional
- Certified GAAP Accounting Standards Professional
- Certified Financial Risk Management Professional
- Certified Merger and Acquisition Analyst
- Certified Tally 9.0 Professional
- Certified Treasury Market Professional
- Certified Wealth Manager

➤ Big Data

- Certified Hadoop and Mapreduce Professional

➤ Cloud Computing

- Certified Cloud Computing Professional

➤ Design

- Certified Interior Designer

➤ Digital Media

- Certified Social Media Marketing Professional
- Certified Inbound Marketing Professional
- Certified Digital Marketing Master

➤ Foreign Trade

- Certified Export Import (Foreign Trade) Professional

➤ Health, Nutrition and Well Being

- Certified Fitness Instructor

➤ Hospitality

- Certified Restaurant Team Member (Hospitality)

➤ Human Resources

- Certified HR Compensation Manager
- Certified HR Staffing Manager
- Certified Human Resources Manager
- Certified Performance Appraisal Manager

➤ Office Skills

- Certified Data Entry Operator
- Certified Office Administrator

➤ Project Management

- Certified Project Management Professional

➤ Real Estate

- Certified Real Estate Consultant

➤ Marketing

- Certified Marketing Manager

➤ Quality

- Certified Six Sigma Green Belt Professional
- Certified Six Sigma Black Belt Professional
- Certified TQM Professional

➤ Logistics & Supply Chain Management

- Certified International Logistics Professional
- Certified Logistics & SCM Professional
- Certified Purchase Manager
- Certified Supply Chain Management Professional

➤ Legal

- Certified IPR & Legal Manager
- Certified Labour Law Analyst
- Certified Business Law Analyst
- Certified Corporate Law Analyst

➤ Information Technology

- Certified ASP.NET Programmer
- Certified Basic Network Support Professional
- Certified Business Intelligence Professional
- Certified Core Java Developer
- Certified E-commerce Professional
- Certified IT Support Professional
- Certified PHP Professional
- Certified Selenium Professional
- Certified SEO Professional
- Certified Software Quality Assurance Professional

➤ Mobile Application Development

- Certified Android Apps Developer
- Certified iPhone Apps Developer

➤ Security

- Certified Ethical Hacking and Security Professional
- Certified Network Security Professional

➤ Management

- Certified Corporate Governance Professional
- Certified Corporate Social Responsibility Professional

➤ Life Skills

- Certified Business Communication Specialist
- Certified Public Relations Officer

➤ Media

- Certified Advertising Manager
- Certified Advertising Sales Professional

➤ Sales, BPO

- Certified Sales Manager
- Certified Telesales Executive

& many more job related certifications

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