

Government of Pakistan

National Vocational and Technical Training Commission

Prime Minister's Youth Skill Development Program

"Skills for All"



Course Contents / Lesson Plan

Course Title: Fitness Trainer / Instructor

Gym Trainer / Instructor

Duration: 3 Months

1st Edition

Trainer Name	
Authors	Mr. Umair Qadeer (Founder: Optimum Fitness with UQ) Mr. Muhammad Fayyaz (Founder: NextGen Champs)
Course Title	Fitness Trainer / Instructor Gym Trainer / Instructor
Objectives and Expectations	This is a special course designed to address unemployment in the youth. The course aims to achieve the above objective through hands on practical training delivery by a team of dedicated professionals having rich market/work experience. This course is therefore not just for developing a theoretical understanding/back ground of the trainees. Contrary to that, it is primarily aimed at equipping the trainees to perform commercially in a market space in independent capacity or as a member of a team. The course therefore is designed to impart not only physical skills but also soft skills (i.e. interpersonal/communication skills; personal grooming of the trainees etc.) as well as entrepreneurial skills (i.e. marketing skills; free lancing etc.). The course also seeks to inculcate work ethics to foster better citizenship in general and improve the image of Pakistani work force in particular. Here are the major objectives and expectations associated with a fitness trainer course or gym instructor program: Objectives: Comprehensive Understanding: Gain in-depth knowledge of human anatomy, physiology, exercise science, and nutrition as they relate to fitness training. Program Design Proficiency: Develop the ability to design, implement, and modify fitness programs tailored to diverse client needs, considering goals, abilities, and limitations. Exercise Technique Mastery: Acquire expertise in demonstrating and teaching proper form, technique, and use of gym equipment for various exercises. Client Assessment Skills: Learn methods to conduct thorough fitness assessments, evaluate client needs, and create personalized fitness plans based on assessments. Safety and Risk Management: Understand safety protocols, risk management strategies, and emergency procedures to ensure a safe exercise environment. Communication and Motivation: Enhance communication skills to effectively interact with clients, provide guidance, motivation, and support throughout their fitness journey. Adaptability to Special Populations: Develop the ability to modify exercises and programs for diverse populations, including older adults, individuals with disabilities, or specific health conditions.

	Injury Prevention: Acquire knowledge of common fitness-related injuries, preventive measures, and basic first aid techniques to address injuries if they occur. Professionalism and Ethics: Instill professional ethics, standards, and conduct within the fitness industry, ensuring client confidentiality, respect, and integrity. Certification Preparation: Prepare for certification exams from recognized fitness organizations by covering essential knowledge and practical skills required for certification. Expectations: Active Participation: Engage actively in classes, practical sessions, and discussions to maximize learning opportunities. Dedicated Study: Invest time in self-study, review course materials, and complete assignments to reinforce understanding and skills learned in class. Hands-on Practice: Apply theoretical knowledge practically through supervised training sessions, role plays, and practical assessments. Professional Conduct: Maintain a professional attitude, adhere to the code of ethics, and demonstrate respect for instructors, peers, and clients. Continuous Improvement: Embrace a mindset of continuous learning, seeking feedback, and actively striving for personal and professional development. Commitment to Safety: Prioritize safety protocols, both for oneself and clients, by adhering to guidelines and maintaining a safe exercise environment. Engagement in Certification Process: Prepare for and participate in certification exams upon completion of the course to validate knowledge and skills as a certified fitness trainer or gym instructor. These objectives and expectations collectively shape the learning experience and set the foundation for aspiring fitness trainers / instructors or gym trainers / instructors to excel in their field.
Entry-level of trainees	For course of Fitness Trainer / Instructor proposed entry level is minimum bachelors in relevant subject, so expectations from the trainees are: • Showing a genuine interest in fitness, sports, or physical training through prior experience, hobbies, or extracurricular activities could be beneficial. • Having a foundational understanding of human anatomy and physiology can be advantageous. • Being able to effectively communicate with clients is crucial for a physical trainer. • Having a knowledge of basic gym equipment & exercises.

Learning Outcomes of the course	By the end of this course, students will be able to: • Human Anatomy and Physiology Understanding • Exercise Programming and Planning • Exercise Technique Demonstration • Client Assessment and Communication • Safety and Risk Management • Nutrition and Wellness Guidance • Adaptability and Special Populations • Injury Prevention and First Aid • Motivation and Coaching Skills • Professional Ethics and Business Skills
Course Execution Plan	The total duration of the course: 3 months (12 Weeks) Class hours: 4 hours per day Theory: 40% Practical: 60% Weekly hours: 20 hours per week Total contact hours: 260 hours
Companies offering jobs in the respective trade	Pakistan: 1. Fitness First Pakistan: This chain of fitness centers often hires certified trainers for their various branches across Pakistan. 2. Shapes Health Studio: Known for its fitness programs, Shapes also employs fitness instructors in its facilities. 3. Gymkhana Clubs: Many gymkhana clubs across major cities like Lahore, Karachi, and Islamabad hire fitness instructors for their members. 4. Gyms and Fitness Centers: Several independent gyms and fitness centers in Pakistan regularly seek certified trainers to join their teams. International: 1. Equinox: This high-end fitness club chain in the United States and Canada hires certified trainers for its upscale facilities. 2. Gold's Gym: With locations worldwide, Gold's Gym offers job opportunities for fitness trainers in various countries. 3. Virgin Active: Operating in multiple countries, Virgin Active often looks for qualified fitness instructors for their fitness clubs. 4. Anytime Fitness: Known for its 24/7 accessibility, Anytime Fitness hires trainers across its global network. 5. Local Fitness Centers and Studios: Numerous smaller gyms and fitness centers globally seek certified instructors and trainers.
Job Opportunities	• Fitness Training Centers • National and International Coaching • Online / In-person training • Corporate Sector Gym / Fitness instructors
No of Students	25
Learning Place	Classroom / Gym
Instructional Resources	1. Total Body Fitness: https://www.youtube.com/watch?v=Vpt3muAvv8o&list=PLcLyobzcYHBIWhDrQhJ4HssLuJ_1mRItx

	These videos provide an introduction of total body fitness, fitness components and cardiovascular activities and how to design safe cardiovascular activity. 2. 7 Basic Movements of Human Body: https://youtu.be/q8WSs6rFG6Y This video provides complete detail of 7 Basic Movements, these are Pull, Push, Squat, Lunge, Hinge, Rotation and Gait. 3. Foods for gaining weight quickly and safely: https://youtu.be/re5U_bq5xjs This video provides knowledge of foods for gaining weight quickly and safely. 4. Most Effective Fat Loss Pyramid: https://youtu.be/tNf5mPzmQIM These videos provide an overview of weight loss pyramid. 5. What is LTAD: https://youtu.be/E_N0maSww00 This video provides an overview of Long-Term Athlete Development Program. 6. Growth and development in teenagers: https://www.youtube.com/watch?v=mj58UVuMC2Q This video provides an overview of growth and development of teenagers. 7. Sports Nutrition: https://www.youtube.com/playlist?list=PLcLyobzcYHBIA1kcIA2SnHCF6gDZhRo3N These videos provide Basics of Sports Nutrition, BMR of Athlete, pre-activity & post-activity nutrition and injury management. 8. Other Resources: https://www.youtube.com/playlist?list=PLcLyobzcYHBnGI05wnRjarutNtzBJUxeX These videos provide knowledge of overall/general fitness topics like types of body, visualization, fitness tips, how to increase metabolism, Importance of wearing gym dress, functional training, HIIT, BMI, Rice Therapy, Compound exercises, Mindful eating, Muscle Cramps, Plateau and much more.
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MODULES

Sched uled Weeks	Module Title	Days	Hours	Learning Units	Home Assignmen t
Week 1	Introduction to Human Anatomy	Day 1	Hour 1	Course Introduction and Expectations	• Task 1 <i><u>Details may be seen at Annexure-I</u></i>
			Hour 2	Overview of the Fitness Industry	
			Hour 3	Role & Responsibilities of a Fitness Trainer	
			Hour 4	Ethics and professionalism in Fitness Training	
		Day 2	Hour 1	-The skeleton -Skeletal System	
			Hour 2	-Joints -Types of Joints	
			Hour 3	Joints Movement	
			Hour 4	Hands-On Practice with Joints Movements	
		Day 3	Hour 1	-The Muscles -Muscle Types -Functions of Muscles	
			Hour 2	Types of Muscle Fibers	
			Hour 3	Skeletal Muscle and Movements	
			Hour 4	Hands-On Practice with Skeletal Muscle and movements	
		Day 4	Hour 1	Hands-On Practice with Seven Basic Movements	
			Hour 2	Effects of Training on Skeletal Muscles	

			Hour 3	Hands-On Practice with Effects of Training on Skeletal Muscles	
			Hour 4	-Muscle Actions	
		Day 5	Hour 1	Hands-On Practice with Muscle Actions	
			Hour 2	Hands-On Practice on Movement Analysis (Show videos of different exercises and ask them to identify movement and engaged muscle group)	
			Hour 3	Hands-On Practice on Anatomical Models Demonstration (Provides diagrams of the human body showcasing muscle groups and skeletal structure. Break Participants in different groups and ask them to identify and discuss muscle groups activated during specific exercise or movement)	
			Hour 4	Group Discussion / Presentation	
Week 2	- Basic Human Physiology - Planning Exercise Programs	Day 1	Hour 1	-Cardiovascular System -Respiratory System -Digestive System	•Task 2 <u>Details may be seen at Annexure-I</u>
			Hour 2	-Internal Organs -Circulation of Blood	
			Hour 3	-Blood Pressure -Heart Disease -Other Medical Issues -Cardiovascular & Respiratory Responses to Exercise	
			Hour 4	Hands-on Practice with Manual Heart Rate	

				Monitoring (without equipment)	
		Day 2	Hour 1	Principles of exercise programing	
			Hour 2	-Heart Rate -Maximum Heart Rate -Resting Heart Rate -Recovery Heart Rate	
			Hour 3	-Targeted Heart Rate -VO2 Max	
			Hour 4	Hands-On Practice with Heart Rates and VO2 Max	
		Day 3	Hour 1	Understanding of Different Training Modalities	
			Hour 2	Strength training	
			Hour 3	Hands-On Practice with Strength Training	
			Hour 4	Aerobic Exercise	
		Day 4	Hour 1	Anaerobic Exercise	
			Hour 2	Hands-on Practice with Aerobic & Anaerobic Exercise	
			Hour 3	Cardiovascular Training	
			Hour 4	Hands-on Practice with Cardiovascular training	
		Day 5	Hour 1	-HIIT -Hands-on Practice with HIIT	
			Hour 2	Different Muscle Groups Exercise	

			Hour 3	Hands-On Practice with Different Muscle Group Exercise	
			Hour 4	Group Discussion / Presentation	
Week 3	Planning Exercise Programs	Day 1	Hour 1	Resistance Training	• Task 3 <u>Details may be seen at Annexure-I</u>
			Hour 2	Hands-On Practice with Resistance Training	
			Hour 3	Flexibility	
			Hour 4	Hands-On Practice with Flexibility Training	
		Day 2	Hour 1	Compound Exercises	
			Hour 2	Hands-on Practice with Compound Exercises	
			Hour 3	Fat Loss Pyramid	
			Hour 4	Hands-on Practice with Fat Loss Pyramid	
		Day 3	Hour 1	Plyometric Exercise	
			Hour 2	Hands-on Practice with Plyometric Exercise	
			Hour 3	Periodization	
			Hour 4	Total Body Fitness (Fitness Components)	
		Day 4	Hour 1	Stretching Types	

			Hour 2	Hands-on Practice with Stretching Exercises	
			Hour 3	Advance Weight Training Techniques	
			Hour 4	Hands-on Practice with Advance Weight Training Techniques	
		Day 5	Hour 1	Kinetic Chain	
			Hour 2	Hands-on Practice with Kinetic Chain Exercises	
			Hour 3	-Hypertrophy -Hands-On Practice with Hypertrophy	
			Hour 4	Group Discussion / Presentation	
Week 4	Gym Equipment & Their Uses	Day 1	Hour 1	Names of Chest Exercises / Machines	• Task 4 <u>Details may be seen at Annexure-I</u>
			Hour 2	Hands-On Practice with Chest Exercises	
			Hour 3	Names of Arms Exercises / Machines	
			Hour 4	Hands-on Practice with Arms Exercises	
		Day 2	Hour 1	Names of Shoulders Exercises / Machines	
			Hour 2	Hands-On Practice with Shoulder Exercises	
			Hour 3	Names of Legs Exercises / Machines	
			Hour 4	Hands-on Practice with Legs Exercises	

		Day 3	Hour 1	Names of Abs/Core Exercises / Machines	
			Hour 2	Hands-on Practice with Abs/Core Exercises	
			Hour 3	Designing Exercise Plan for Beginners	
			Hour 4	-Functional Training -Hands-on Practice with Functional Training	
		Day 4	Hour 1	Designing Exercise Plan for Fat Loss / Overweight Client	
			Hour 2	Hands-on Practice with Designing Exercise Plan for Fat Loss / Overweight Client	
			Hour 3	Designing Exercise Plan for Muscle Building	
			Hour 4	Hands-on Practice with Designing Exercise Plan for Muscle Building	
		Day 5	Hour 1	Hands-on Practice with Designing a Strength Training Exercise Plan	
			Hour 2	Hands-on Practice with Designing a Flexibility Training Exercise Plan	
			Hour 3	Hands-on Practice with Designing a Cardio/HIIT Training Exercise Plan	
			Hour 4	Hands-on Practice with Designing an Endurance Training Exercise Plan	
Week 5	Fitness Testing	Day 1	Hour 1	Total Body Fitness (Components)	• Task 5 <u>Details may be seen at Annexure-I</u>
			Hour 2	-Anthropometric Measurements -BMI Chart	

			Hour 3	Hands-on Practice with Anthropometric Testing & BMI
			Hour 4	Fitness Evaluation Through Different Testing Methods
		Day 2	Hour 1	Cardiovascular Fitness Testing
			Hour 2	Hands-on Practice with Cardiovascular Fitness Testing
			Hour 3	Strength Testing
			Hour 4	Hands-on Practice with Strength Testing
		Day 3	Hour 1	Flexibility Testing
			Hour 2	Hands-on Practice with Flexibility Testing
			Hour 3	Muscular Endurance Testing
			Hour 4	Hands-on Practice with Muscular Endurance Testing
		Day 4	Hour 1	-One-Rep Max -Rest Ratio
			Hour 2	Hands-on Practice with One-Rep Max and Rest Ratio
			Hour 3	Power & Speed Testing
			Hour 4	Hands-on Practice with Power & Speed Testing

		Day 5	Hour 1	Agility & Balance Testing	
			Hour 2	Hands-on Practice with Agility & Balance Testing	
			Hour 3	Fitness Testing for Sportsman	
			Hour 4	Group Discussion / Presentation	
Week 6	Safety Issues	Day 1	Hour 1	Safety Checks Regarding Gym	• Task 6 <u>Details may be seen at Annexure-I</u>
			Hour 2	Hands-On Practice with Safety Checks Regarding Gym	
			Hour 3	Safety Rules for the Clients	
			Hour 4	Hands-On Practice with Safety Rules for the Clients	
		Day 2	Hour 1	Over Training	
			Hour 2	Hands-On Practice with Balance Training Approach	
			Hour 3	Warning Signs during Exercise	
			Hour 4	Hands-On Practice with Warning Signs during Exercise	
		Day 3	Hour 1	Kinetics of Lifting	
			Hour 2	Hands-On Practice with Kinetics of Lifting	
			Hour 3	Stress Management	

			Hour 4	Hands-On Practice with Stress Management	
			Day 4	Hour 1	
				Hour 2	
				Hour 3	
				Hour 4	
		Day 5	Hour 1	Cardiovascular and HIIT Risks	
			Hour 2	Hands-On Practice cardiovascular and HIIT Risks Identification/Management	
			Hour 3	Gym Attire / Gears for trainee	
			Hour 4	Group Discussion / Presentation	
Week 7	Individuals with distinct needs	Day 1	Hour 1	Pregnancy	•Task 7 <u>Details may be seen at Annexure-I</u>
			Hour 2	Hands-On Practice with Pregnancy Exercises/Care	
			Hour 3	Senior Fitness	
			Hour 4	Hands-On Practice with Senior Fitness	
		Day 2	Hour 1	Hormonal Issue	

			Hour 2	Hands-On Practice with Hormonal Issue
			Hour 3	Metabolism
			Hour 4	Heart Patients
		Day 3	Hour 1	Overweight People
			Hour 2	Hands-On Practice with Overweight People Exercises
			Hour 3	Lower Back Pain
			Hour 4	Hands-On Practice with Lower Back Pain Management
		Day 4	Hour 1	Clients with any Medical History
			Hour 2	Hands-On Practice with Managing Clients with Medical History
			Hour 3	Arthritis
			Hour 4	Hands-On Practice with Arthritis Clients
		Day 5	Hour 1	Children and Exercise
			Hour 2	Hands-On Practice with Children and Exercise
			Hour 3	-Plateau -How to Break Plateau -Gynecomastia -Dealing with Gynecomastia

			Hour 4	Group Discussion / Presentation	
Week 8	Injury Prevention/ Management	Day 1	Hour 1	-Introduction to Injuries -Types of Injuries	
			Hour 2	-Prehabilitation -Rehabilitation	
			Hour 3	Environmental Concerns	
			Hour 4	-Breathing Reactions -Hands-On Practice with Breathing Reactions	
		Day 2	Hour 1	-Warm-up -Cool-Down	
			Hour 2	Hands-On Practice with warm-up and Cool-down exercises	
			Hour 3	-POLICE -LOVE & PEACE	
			Hour 4	Hands-On Practice with POLICE, LOVE & PEACE	
		Day 3	Hour 1	Bones & Joints Injury	
			Hour 2	Hands-On Practice with Bones & Joints Injury	
			Hour 3	-Soft Tissue Injury -Cramps	
			Hour 4	Hands-On Practice with Soft Tissue Injury & Cramps Management	
		Day 4	Hour 1	Sports Injuries	
			Hour 2	Types of Sports Injuries	

			Hour 3	Reasons of Sports Injuries	• Task 8 <i>Details may be seen at Annexure-I</i>
			Hour 4	Hands-On Practice with sports Injuries	
		Day 5	Hour 1	Heat Related Injuries (Heat Index, Heat Cramps, Heat Exhaustion & Heat Stroke)	
			Hour 2	Hands-On Practice with Heat Related Injuries (Show videos/ diagrams / scenario and ask them to identify heat related issues)	
			Hour 3	Exercises for Rehabilitation of Different Injuries	
			Hour 4	Hands-On Practice with Rehabilitation Exercises	
Week 9	Nutrition	Day 1	Hour 1	Introduction to Nutrition	• Task 9 <i>Details may be seen at Annexure-I</i>
			Hour 2	Macro Nutrients	
			Hour 3	Micro Nutrients	
			Hour 4	Hands-On Practice with Macro & Micro Nutrients (Show videos/ diagrams / printouts with different macro & micronutrients options and ask candidates to classify them)	
		Day 2	Hour 1	-Malnutrition -Energy Systems	
			Hour 2	BMR	

			Hour 3	Hands-On Practice with BMR (Ask students to calculate BMR of 3 different people)
			Hour 4	Types of Human Body (Ectomorph, Endomorph, Mesomorph)
		Day 3	Hour 1	-Thermic Index of different foods -Foods for each body type
			Hour 2	Hands-On Practice with Types of body & foods requirement as per body type
			Hour 3	Hydration/ Dehydration
			Hour 4	Activity Level & Nutritional Requirements
		Day 4	Hour 1	Hands-On Practice with Activity Levels & Nutritional Requirements
			Hour 2	-Introduction of Supplements & Vitamins -Uses of supplements & Vitamins
			Hour 3	Hands-On Practice with uses of supplements (Give data of Random BMR / Activity Level and ask them to suggest supplements if required)
			Hour 4	Injury prevention / rehabilitation through food
		Day 5	Hour 1	Introduction, Types & uses of Steroids
			Hour 2	Side Effects of Steroids

			Hour 3	Hands-On Practice with Steroids Side Effects (e.g. show videos / diagrams/ printouts to candidates and ask them to understand and highlight side effects)	
			Hour 4	Group Discussion / Presentation	
Week 10	Sports Nutrition	Day 1	Hour 1	-Introduction of Sports Nutrition -Role of Nutrition in Sports	• Task 10 <u>Details may be seen at Annexure-I</u>
			Hour 2	Macronutrients for Athletes	
			Hour 3	Pre-Activity Nutrition	
			Hour 4	Hands-On Practice with Pre-Activity Nutrition (Show video / printouts or data to candidates regarding different athletes from different games and ask them to make a pre-activity nutrition plan accordingly)	
		Day 2	Hour 1	Post-Activity Nutrition	
			Hour 2	Hands-On Practice with Post-Activity Nutrition (Show video / printouts or data to candidates regarding different athletes from different games and ask them to make a post-activity nutrition plan accordingly)	
			Hour 3	Nutrition and Injuries	

			Hour 4	Rehabilitation of Sports Injuries with Food
			Hour 1	Gut Health and Performance
			Hour 2	Weight Management and Body Composition
			Hour 3	Hands-On Practice with Weight Management & Body Composition (Provide data of different athletes from different games to candidates and ask them to identify ideal body composition/Weight Management)
			Hour 4	-Hydration Strategies -Eating for Endurance vs. Strength
			Hour 1	Sports-Specific Nutrition
			Hour 2	Hands-On Practice with Sports Nutrition (Making diet plan for different Athletes from different games)
			Hour 3	Supplements & Sports Drinks for performance
			Hour 4	Hands-On Practice with uses of supplements (Give data of different Athletes from different games and ask them to suggest supplements if required)
			Hour 1	Eating disorder in Athletes
			Hour 2	Monitoring & Evaluation of Athlete

			Hour 3	Education & Counselling	
			Hour 4	Group Discussion / Presentation	
Week 11	-Mastering Skills -Strength & Conditioning	Day 1	Hour 1	Soft Skills	• Task 11 <u>Details may be seen at Annexure-I</u>
			Hour 2	Client Communication and Motivation	
			Hour 3	Hands-On Practice with Soft Skills, client communication & motivation	
			Hour 4	-Business & Legal Aspects -Continuing Education and Professional Development	
		Day 2	Hour 1	Group trainings	
			Hour 2	Hands-On Practice with group trainings (Make a smaller group of candidates and ask them to prepare/perform a group training)	
			Hour 3	General Female Health Issues (Iron, Calcium, Vitamin B12 Deficiencies) (Vitamin D Deficiency) (Hormonal Imbalance) (Weak Pelvic Floor Muscles) (Cramping) (Joints Pain/ Back Pain) (Others)	
			Hour 4	Dealing with Special Children	
		Day 3	Hour 1	LTAD Model (Long term Athlete Development Program)	

			Hour 2	LTAD Model (Long term Athlete Development Program)
			Hour 3	LTAD Model (Long term Athlete Development Program)
			Hour 4	Hands-On Practice on LTAD (Provide some random data to candidates and ask them to make LTAD plan)
		Day 4	Hour 1	Introduction of Strength & Conditioning
			Hour 2	Strength & Conditioning for Specific Event/ Game
			Hour 3	Cardiovascular Conditioning
			Hour 4	Hands-On Practice with Strength & Conditioning Basics
		Day 5	Hour 1	Program design Basics
			Hour 2	Hands-On Practice with Program design Basics
			Hour 3	Different Sports Testing (Yo-yo test, Beep Test, Illinois Agility test e.g. One Minute Push-ups, One-Min Sit Ups, Standing Broad Jump, Elbow Plank, Cross country Running etc.)
			Hour 4	Group Discussion / Presentation

Week 12	Revision & Final Assessment	Day 1	Human Anatomy, Basic Human Physiology, Planning Exercise Programs, Planning Exercise Programs, Gym Equipment & Their uses, Fitness Testing (Situation Base Case Studies/ Oral Quiz)	•Task 12 <u>Details may be seen at Annexure-I</u> Final Assess ment
		Day 2	Safety Issues, Individuals with distinct needs, Injury Prevention/ Management Nutrition, Sports Nutrition, Mastering Skills, Strength & Conditioning (Situation Base Case Studies/ Oral Quiz)	
		Day 3	Final Exam / Assessment / Quiz	
		Day 4	Final Exam / Assessment / Quiz	

		Day 5	Course Certificate & Prize Distribution Ceremony	
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Tasks for Certificate in Fitness Trainer / Instructor

Task No.	Task	Description	Week
1.	Human Anatomy	Identify and label major muscles and bones in the human body.	Week 1
2.	Basic Human Physiology	Explain the physiological responses of the cardiovascular and respiratory systems during exercise.	Week 2
3.	Planning Exercise Program	Design a 4-week exercise program for a beginner focusing on cardiovascular fitness.	Week 3
4.	Planning Exercise Program	Develop a resistance training program for an intermediate-level client targeting specific muscle groups.	Week 3
5.	Gym Equipment	Identify common gym equipment (e.g., treadmill, bench press, dumbbells) and explain their functions.	Week 4
6.	Gym Equipment	Demonstrate proper form and technique using selected gym equipment for a full-body workout.	Week 4
7.	Fitness Testing	Conduct a basic fitness assessment, including measurements like Anthropometric Testing & BMI.	Week 5
8.	Safety Issues	Develop a checklist for assessing a client's readiness for specific exercises based on safety considerations.	Week 6
9.	Individuals with distinct needs	Create an exercise plan for a senior aiming to improve balance and flexibility.	Week 7
10.	Injury Prevention and Management	Propose preventive exercises and first-aid measures for common injuries such as strains, sprains, and overuse injuries.	Week 8
11.	Nutrition	Outline the macronutrient requirements for a fat loss client.	Week 9
12.	Sports Nutrition	Create a post-workout nutrition plan for a weightlifter/bodybuilder focusing on muscle recovery.	Week 10
13.	Sports Nutrition	Develop a pre-game meal plan for a soccer player emphasizing energy and endurance.	Week 10
14.	Mastering Skills	Demonstrate proper form for compound movements like squats and deadlifts.	Week 11
15.	Strength & Conditioning	Design a 6-week strength training program emphasizing periodization.	Week 11
16.	Strength & Conditioning	Incorporate conditioning exercises into a workout plan to improve cardiovascular fitness alongside strength.	Week 11
17.	Final Assessment	Quiz/Exam	Week 12

**Motivational Lectures
Fitness Trainer / Instructor
Gym Trainer / Instructor**

Gym Trainer Jobs in Canada: <https://www.youtube.com/watch?v=hZ6XN20BFWI>

This video provides an overview of the jobs opportunity, process and earnings of gym trainer / fitness trainers job in Canada.

How to become personal trainer in UAE: <https://www.youtube.com/watch?v=Z2aiCUMWb7Q>

This video provides an overview of jobs of fitness trainer, earnings and certification required for a job of fitness trainer.

How to become successful in Life: <https://www.youtube.com/watch?v=tBAhP7W7shU>

If you want to become successful in your life then you need to follow Allama Iqbal's philosophy in your life and this video explains complete process of becoming successful.

How to make your body fit and active: <https://www.youtube.com/watch?v=9-8UN0cPCmQ>

This video provides motivation about life fitness by Sandeep Maheshwari. He explains in detail about mind and body connection for a health work life balance.

Benefits of exercise: <https://www.youtube.com/watch?v=AVY7PZu-klk>

This video provides an overview of the potential benefits and risks of machine learning, and how it will impact the future of society.

Workplace/Institute Ethics Guide

Work ethic is a standard of conduct and values for job performance. The modern definition of what constitutes good work ethics often varies. Different businesses have different expectations. Work ethic is a belief that hard work and diligence have a moral benefit and an inherent ability, virtue, or value to strengthen character and individual abilities. It is a set of values-centered on the importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for student success:

1. Attendance:

Be at work every day possible, plan your absences don't abuse leave time. Be punctual every day.

2. Character:

Honesty is the single most important factor having a direct bearing on the final success of an individual, corporation, or product. Complete assigned tasks correctly and promptly. Look to improve your skills.

3. Team Work:

The ability to get along with others including those you don't necessarily like. The ability to carry your weight and help others who are struggling. Recognize when to speak up with an idea and when to compromise by blend ideas together.

4. Appearance:

Dress for success set your best foot forward, personal hygiene, good manner, remember that the first impression of who you are can last a lifetime

5. Attitude:

Listen to suggestions and be positive, accept responsibility. If you make a mistake, admit it. Values workplace safety rules and precautions for personal and co-worker safety. Avoids unnecessary risks. Willing to learn new processes, systems, and procedures in light of changing responsibilities.

6. Productivity:

Do the work correctly, quality and timelines are prized. Get along with fellows, cooperation is the key to productivity. Help out whenever asked, do extra without being asked. Take pride in your work, do things the best you know-how. Eagerly focuses energy on accomplishing tasks, also referred to as demonstrating ownership. Takes pride in work.

7. Organizational Skills:

Make an effort to improve, learn ways to better yourself. Time management; utilize time and resources to get the most out of both. Take an appropriate approach to social interactions at work. Maintains focus on work responsibilities.

8. Communication:

Written communication, being able to correctly write reports and memos.
Verbal communications, being able to communicate one on one or to a group.

9. Cooperation:

Follow institute rules and regulations, learn and follow expectations. Get along with fellows, cooperation is the key to productivity. Able to welcome and adapt to changing work situations and the application of new or different skills.

10. Respect:

Work hard, work to the best of your ability. Carry out orders, do what's asked the first time. Show respect, accept, and acknowledge an individual's talents and knowledge. Respects diversity in the workplace, including showing due respect for different perspectives, opinions, and suggestions.