



# FITNESS CLUB

AN INSTITUTE OF FITNESS SCIENCE



IC FITNESS CLUB RECOGNISED BY



## DPT (Diploma in Personal Training)

Diploma in personal training is the foundation course in fitness science. Our DPT provides theoretical and practical knowledge to the students to equip them with the complete knowledge about exercise and posture of the body. This is the first course if someone is looking to build his career in the fitness industry. Our DPT course includes theoretical, practical and demo lectures to help the student to understand the fitness science in the most easiest and effective way. This course makes the students to work professionally and work as a certified personal trainer in the fitness industry.

Our DPT course has triple assessment; theoretical exam, practical and viva exam. To become certified trainer students have to clear all the three assessments within the validity of the course. Students will be given free chances to appear in the exam till the validity expires. After passing all the triple assessments students will be eligible to work as a personal trainer globally.



## DPT Course Syllabus

- Physical Fitness
- Anatomy 1
- Anatomy 2
- Anatomy 3
- Kinesiology
- Exercise Physiology
- IC selection criteria of Exercises
- Physical fitness 2
- Introduction to Special Population
- Legs Anatomy
- Legs Demo
- Back Anatomy
- Back Demo
- Chest Anatomy
- Chest Demo
- Shoulder Anatomy
- Shoulder Demo
- Arms Anatomy and Demo
- Core Anatomy and Demo
- Cardio Management
- Stretching
- Stretching Demo
- Personality and Development
- First Aid and CPR
- Basic Nutrition
- Supplementation
- Body Composition
- Workload and Intensity
- Health Screening and Fitness Test
- Scheduling

**24 Practical Sessions**  
**Duration - 7+2 Months**

EMI Option \*3 Months \*5 Months

**FEEES**  
**Rs 49,999/-**



# Sport Nutrition Course

IC sport nutrition course comprises of the facts and the latest scientific researches regarding nutrition and food. IC sport nutrition course provides in depth knowledge of macro and micro nutrients & their requirement for the body. Proper nutrition is too much important for the body to perform 100% efficiently whether the individual is a. athlete or a common sedentary person

This course will equip the trainers and nutritionist with the appropriate knowledge to make a well balanced diet plan for the individual according to their need and requirement. After passing this course trainers will be able to give a diet plan from a sedentary person to an athlete.

How to prepare Muscle gain and fat loss programs will be taught in the most simple and effective way.

This sport Nutrition Course provides in-depth knowledge on food selection, macronutrient ratios, micronutrients and human physiology related to digestion and metabolism of food.



## Sports Nutrition Course Syllabus

- Physical Fitness
- What is Nutrition?
- Cell and tissues
- Digestive System
- Introduction to Nutrition
- Food and fluids for sport and exercise
- Carbohydrate
- Protein
- Fat
- Vitamins and minerals
- Strength Training Supplement
- Aerobic endurance supplements
- Body Composition
- Hypertrophy tripod
- Preparing a diet plan

**Duration - 4 to 5 Months**  
**EMI OPTIONS**

2 Month EMI

**FEES**  
**Rs 24,999/-**

## Special Population Trainer course

As we all know that human body is very complicated structure. It comprises of many different types of joints and tissues. Well being of Entire human body is necessary to live in the best way and to enjoy each and every moment.

Human body can suffer from many injuries or issues related to organs, tissues, joints and bones. Which will impact the level of living of a human being. This will also affect day to day activities of the person.

PT for special population makes the personal trainers to tackle various musculoskeletal, metabolic disorders which can be acute or chronic.

PT for special population prepares the personal trainers to strengthen the body and to increase the physical performance of the people despite of their medical issue.

### Duration - 4 to 5 Months

To apply for this course  
DPT is compulsory.

FEES

**Rs 30,999/-**

## Master Trainer Course (MPT)

Master Trainer Course is the last course considered in the fitness industry. Here the students are trained for all the sports i.e. Power lifting (Bench Press, Dead lift, Squat) and Weight Lifting (Clean and Jerk, Snatch). IC's Master Trainer Course teaches students to analyze, observe and to make corrections in all exercises and movements so that an individual can perform exercise in the perfect way. IC's Master Trainer sessions are taken by Deepak Bhardwaj (Founder) himself.

Master Trainer Course equip the students with the best skills associated with power lifting and weight lifting sports.

In addition Master Trainer Course rectifies all the tiny mistakes and faults regarding posture and form of an individual.

After this Course, Students will be eligible to train national and international athletes in a very effective mannerv

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### **Certificate**

IC Master Trainer Certificate

### **Examination**

Theoretical + Practical Assessment

### **Additional Benefit**

Free AAS & HGH Workshop

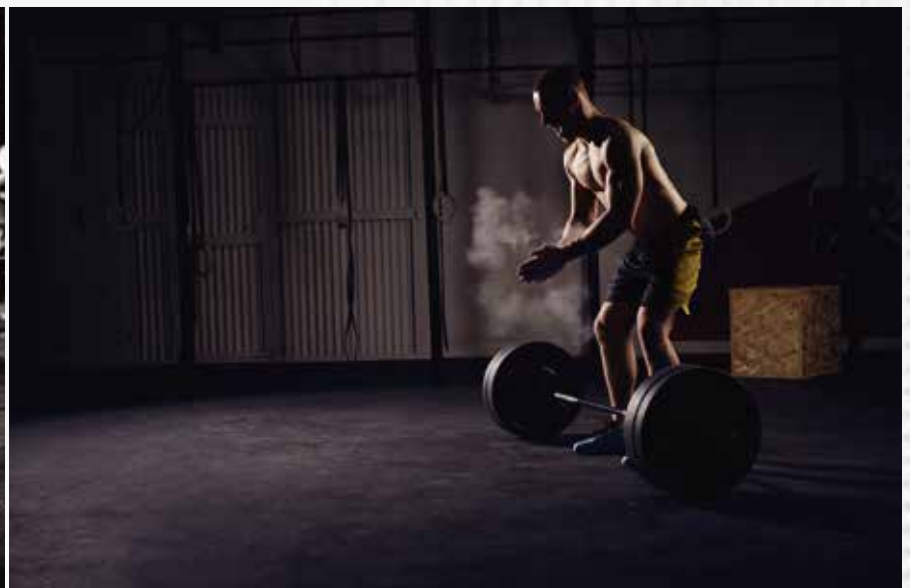
Free IC Shaker

**24 Practical Sessions**  
**Duration - 3 Months**

EMI options RS. 10,000\* 2

**FEES**

**Rs 24,999/-**





## Bodybuilding Preparation Coach Certification

Today Bodybuilding has become the widely accepted sport. Bodybuilding demand is increasing day by day, thus IC has brought “Bodybuilding Prep Coach Course”. IC is training coaches with the theoretical as well as practical knowledge. IC’s Bodybuilding Prep Coach Course includes Exercise Science, Nutrition Science as well as PEDs Knowledge and information. Quip yourself with the Facts and Researches and touch new Heights in bodybuilding Sport with IC Fitness Club. NO more bro science when you can equip yourself with the best knowledge.



### Certifications:

- IC’s Bodybuilding Prep Coach Certificate
- First Aid and CPR Certificate
- IC’s Nutrition Science Certificate
- Anabolic and Androgenic Steroids and HGH Certificate

**Practical Sessions Included**

**Duration - 4 Months**

Easy EMIs starting from Rs. 7000/-

**FEES**

**Rs 30,999/-**

## TRX Suspension Training Course

“TRX Suspension Training Course” is a kind of Resistance Training Course. It is a resistance training method which uses gravity, body weight and Resistance bands to build strength, power and endurance. “TRX” stands for total body resistance exercise.

IC Fitness Club is the only institute which is officially launching TRX Suspension Training Course in Dwarka Mor, New Delhi. TRX suspension training course includes theoretical as well as practical lectures. These lectures will equip the students as well as trainer with completely a different style of exercise science. Trainers can use TRX suspension training method especially for home personal training workout sessions.

FEES

**Duration - 3 Months**

Easy EMIs starting from Rs. 4000/-

**Rs 19,999/-**

## Zumba Certification Course

Zumba is a form of aerobic fitness exercise based on Latin American dance rhythms. Zumba is body weight aerobic exercise pattern. IC's Zumba certification course includes all the theoretical as well as Practical knowledge. Learn Zumba with the IC's Mentors and skyrocket your career. You will be equipped with all the required knowledge about Zumba which will make you a certified Zumba Instructor..

FEES

**Duration - 3 Months**

Easy EMIs starting from Rs. 7000/-

**Rs 24,999/-**





# IC NUTRITION HUB

**OUR HEALTH & FOOD SUPPLEMENT STORE**  
**SPECIAL COUNSELING FOR FEMALES AND DIABETIC PATIENTS.**






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