



# KPF ADVANCED PERSONAL TRAINING CERTIFICATION



100-Hour  
Professional Education  
Program



50 Hours  
Hands-On Internship

SCIENCE-BASED.  
MENTOR-LED.  
CAREER-FOCUSED.



ONLINE



OFFLINE



BLENDED  
LEARNING



ADMISSIONS OPEN



LIMITED BATCH SIZE



ACADEMIC COUNSELLING  
AVAILABLE



## ABOUT THE PROGRAM

# EDUCATION BEYOND CERTIFICATION.

STRONG KNOWLEDGE.  
STRONGER COACHES.  
STRONGER FUTURES.

The fitness industry does not need more quick certifications. It needs better professionals.

The **KPF Advanced Personal Training Certification** is designed to bridge the gap between theoretical knowledge and real-world coaching ability through structured education, practical application, mentorship, and professional development.

Built on evidence-based exercise science and delivered through a mentor-led learning model, this program prepares aspiring and working fitness professionals to coach with confidence, communicate effectively, and operate at a professional standard.

At KPF, the goal is not simply to help students pass an exam. The goal is to develop capable fitness professionals equipped with scientific understanding, practical coaching skill, and career readiness.



### EVIDENCE-BASED CURRICULUM

Science-driven learning built on proven principles and real-world application.



### PRACTICAL LEARNING

Hands-on training, real gym exposure, and practical coaching experience.



### CAREER-FOCUSED EDUCATION

Designed to build confidence, professional skills, and long-term career growth.



### MENTOR-LED INSTRUCTION

Learn from experienced educators with guidance, support, and real insights.







SCIENCE-BASED. | MENTOR-LED. | CAREER-FOCUSED.

# PROGRAM OVERVIEW



## QUICK PROGRAM SNAPSHOT

FEATURE	DETAILS
 PROGRAM NAME	Advanced Personal Training Certification
 TOTAL DURATION	100 Hours
 INTERNSHIP	50 Hours Practical Internship
 LEARNING FORMAT	Online / Offline / Blended
 LEARNING STYLE	Mentor-Led
 ASSESSMENTS	Theory + Practical + Viva
 PRACTICAL EXPOSURE	Gym Floor & Coaching-Based
 ELIGIBILITY	Open to Beginners & Professionals
 CERTIFICATION	KPF Certification
 CAREER SUPPORT	Included



### DESIGNED FOR

aspiring trainers, fitness enthusiasts, gym professionals, and individuals seeking structured education in exercise science and coaching.



SCIENTIFIC FOUNDATION



PRACTICAL APPLICATION



PROFESSIONAL GROWTH



CAREER READINESS



ADMISSIONS OPEN



LIMITED BATCH SIZE



ACADEMIC COUNSELLING AVAILABLE

## WHY KPF?

# WHAT MAKES THIS PROGRAM DIFFERENT

At KPF Academy, we don't just issue certificates.  
We build capable, confident, and career-ready fitness professionals.

Our program is carefully structured to combine scientific knowledge, practical application, mentorship, and real-world exposure—ensuring that you graduate with more than just knowledge. You graduate with the ability to transform lives.



### 01 SCIENCE FIRST CURRICULUM

Built on the latest exercise science and industry best practices to ensure you learn what works.



### 02 50 HOURS INTERNSHIP

Hands-on experience in real gym environments to apply your learning and develop practical coaching skills.



### 03 MENTOR-LED LEARNING

Learn directly from experienced educators who are active in the fitness industry.



### 04 COACHING DEVELOPMENT

Develop communication, cueing, program design, and behaviour change coaching skills.



### 05 STRUCTURED LEARNING

A logical, step-by-step learning pathway that builds your knowledge and confidence.



### 06 CAREER READINESS

We prepare you for real-world opportunities with the skills, exposure, and guidance you need to succeed.



**WE DON'T JUST TEACH FITNESS.  
WE BUILD FUTURE FITNESS PROFESSIONALS.**



SCIENCE-BASED EDUCATION



MENTOR-LED GUIDANCE
















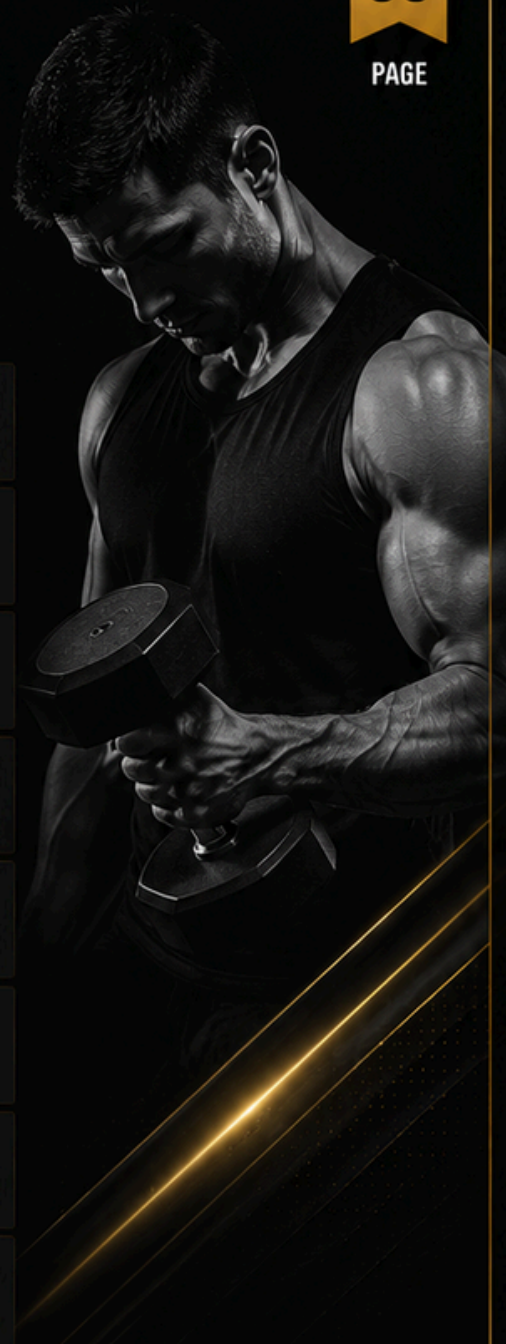
CAREER-FOCUSED OUTCOMES

# WHAT YOU WILL LEARN

A SCIENCE-BACKED CURRICULUM. REAL-WORLD APPLICATION.

## 13 COMPREHENSIVE MODULES

MODULE	1		<b>FOUNDATIONS OF EXERCISE SCIENCE</b> Understand the fundamentals of anatomy, physiology, and how the body moves.
MODULE	2		<b>EXERCISE ANATOMY</b> Learn the structure and function of muscles and joints for effective exercise selection.
MODULE	3		<b>PHYSIOLOGY &amp; ENERGY SYSTEMS</b> Explore how the body produces, uses, and recovers energy during physical activity.
MODULE	4		<b>ASSESSMENT &amp; SCREENING</b> Learn to assess clients safely and effectively to design personalized programs.
MODULE	5		<b>EXERCISE TECHNIQUE &amp; BIOMECHANICS</b> Master correct movement patterns and exercise execution for safety and optimal results.
MODULE	6		<b>TRAINING PRINCIPLES</b> Understand the key principles that drive effective program design and progression.
MODULE	7		<b>PROGRAM DESIGN</b> Learn to design goal-specific programs for fat loss, muscle gain, strength, and overall fitness.
MODULE	8		<b>NUTRITION FUNDAMENTALS</b> Gain essential knowledge of nutrition to support performance, recovery, and long-term health.
MODULE	9		<b>COACHING &amp; COMMUNICATION</b> Develop the communication skills and coaching mindset that build trust and motivation.
MODULE	10		<b>CLIENT MANAGEMENT</b> Learn how to build strong relationships, ensure adherence, and deliver an exceptional client experience.
MODULE	11		<b>SPECIAL POPULATIONS &amp; CONSIDERATIONS</b> Understand how to work with different populations and specific conditions responsibly.
MODULE	12		<b>FITNESS INDUSTRY &amp; PROFESSIONAL DEVELOPMENT</b> Learn about the fitness industry, ethics, and how to grow as a professional.
MODULE	13		<b>PRACTICAL APPLICATION &amp; INTEGRATION</b> Apply your knowledge through practical sessions, case studies, and real-world scenarios.



“  
Knowledge is the **foundation**.  
Application is the **transformation**.  
Coaching is the **impact**.  
”



SCIENCE-BACKED KNOWLEDGE



MENTOR-LED EDUCATION



REAL-WORLD APPLICATION



CAREER-FOCUSED  
LEARNING

# PRACTICAL INTERNSHIP REAL EXPERIENCE. REAL CONFIDENCE.



LEARN. APPLY. COACH. LEAD.

Our 50-hour practical internship bridges the gap between knowledge and real-world coaching. You will train, observe, assist, and coach under expert mentors in a professional environment.

★  
REAL CLIENTS.  
REAL SESSIONS.  
REAL TRANSFORMATION.

## INTERNSHIP HIGHLIGHTS



### HANDS-ON TRAINING

Assist in live training sessions and learn coaching techniques in real time.



### MENTOR SUPERVISION

Learn directly from experienced coaches and industry professionals.



### CLIENT INTERACTION

Work with real clients and understand their needs, goals, and challenges.



### PROGRAM APPLICATION

Apply your knowledge to design workout programs and track client progress.



### PERFORMANCE ASSESSMENT





Evaluate movement, technique, and results to enhance client outcomes.



### PROFESSIONAL DEVELOPMENT

Build confidence, communication, and leadership skills as a future coach.

## INTERNSHIP AT A GLANCE

 DURATION	50 HOURS
 MODE	PRACTICAL & OBSERVATIONAL
 LOCATION	KPF PARTNER GYMS & STUDIOS
 ELIGIBILITY	OPEN TO ALL STUDENTS
 CERTIFICATE	INTERNSHIP COMPLETION CERTIFICATE



You don't become a great coach by reading about it.  
**YOU BECOME IT BY DOING IT.**

Our internship program gives you the experience, exposure, and feedback you need to become a confident and capable fitness professional.



## KEY BENEFITS



Build real coaching experience



Strengthen your resume



Network with industry professionals



Increase job opportunities



Grow confidence and credibility



Stand out in the fitness industry



# INDUSTRY RECOGNIZED CERTIFICATIONS

STRENGTHEN YOUR CREDENTIALS. ELEVATE YOUR CAREER.

Graduate as a highly qualified fitness professional with 10 industry-recognized certifications that add value to your expertise and boost your career opportunities across the fitness industry.



## 10 CERTIFICATIONS INCLUDED

01



### KPF CERTIFIED PERSONAL TRAINER

Comprehensive certification covering assessment, program design, training techniques and client management.

02



### SPORTS NUTRITION SPECIALIST

Evidence-based nutrition principles to optimize performance, body composition and overall health.

03



### CPR & AED CERTIFICATION

Life-saving skills training to handle emergencies with confidence and professionalism.

04



### STRENGTH & CONDITIONING COACH

Advanced methodologies to build strength, power, endurance and athletic performance.

05



### POSTURE & MOVEMENT CORRECTION SPECIALIST

Assess and correct postural imbalances and movement dysfunctions for pain-free performance.

06



### FUNCTIONAL TRAINING SPECIALIST

Design functional programs that enhance everyday movement, stability and performance.

07



### WEIGHT MANAGEMENT SPECIALIST

Science-backed strategies for fat loss, weight gain and long-term weight management.

08



### FITNESS ASSESSMENT SPECIALIST

Learn advanced testing techniques to assess fitness levels and track client progress.

09



### BEHAVIOR CHANGE COACH

Master coaching psychology to build habits, motivation and long-term client adherence.

10



### INJURY PREVENTION & REHAB SPECIALIST

Understand injury mechanisms and design safe, effective rehab and prevention strategies.



**MORE CERTIFICATIONS.  
MORE OPPORTUNITIES.**

These certifications validate your skills, build credibility, and open doors to diverse career paths in fitness, wellness and performance.



INDUSTRY  
RECOGNIZED



ENHANCE YOUR  
EXPERTISE



STAND OUT IN THE  
FITNESS INDUSTRY



BOOST YOUR CAREER  
POTENTIAL

LEARNING EXPERIENCE

# How You Learn at KPF.



01

### Live Mentor-Led Classes

Structured sessions designed for interactive and guided learning.



02

### Practical Demonstrations

Observe and apply movement, exercise, and coaching concepts in real time.



03

### Assignments & Case Studies

Apply theoretical concepts to realistic coaching and client scenarios.



04

### Mentorship & Academic Support

Receive guidance and support throughout the learning journey.



05

### Assessments & Evaluation

Theory and practical assessments designed to ensure professional understanding.



06

### Hands-On Internship

Practical exposure designed to build confidence and real-world coaching readiness.



CAREER PATHWAYS

# Where This Program Can Take You.



## CAREER OPTIONS



PERSONAL  
TRAINER



ONLINE FITNESS  
COACH



GYM FLOOR  
TRAINER



STRENGTH &  
CONDITIONING  
ASSISTANT



GROUP TRAINING  
COACH



WELLNESS  
COACH



FITNESS  
CONSULTANT



FITNESS  
ENTREPRENEUR



This program is designed to help students build the **scientific understanding**, **practical coaching ability**, and **professional confidence** required to enter the fitness industry with **credibility** and **readiness**.



LEADERSHIP & FACULTY

# Learn from Educators Who've Shaped the Industry.



**Shraddha Gadit**

Founder & Education Lead, KPF

17+ YEARS IN FITNESS EDUCATION

- ✓ M.Sc. Food Science & Nutrition (Gold medalist)
- ✓ IIT Madras – Sports Performance Nutrition (Batch topper)
- ✓ Certified Nutrition Coach - NASM (USA)
- ✓ Certified Diabetes educator



Shraddha Gadit is a fitness educator, accomplished dietician, and academic leader with over **17 years of experience** across fitness education, nutrition science, and professional certification programs.



A former Department Head and Nutrition Lecturer, she has led education initiatives for some of India's leading fitness institutions and has **trained thousands** of fitness professionals through structured, science-based learning systems.



Her teaching philosophy is built on **scientific accuracy**, **practical application**, and **professional development**, principles that form the foundation of KPF's educational approach.

“



Our educators don't just teach theory — they build **professionals.**

”



# Your Career in Fitness Starts with the Right Education.



Whether you are beginning your journey in fitness or looking to build stronger professional foundations, KPF provides the **education, mentorship, and practical exposure** needed to grow with confidence.



## APPLY NOW

Kickstart your journey towards a rewarding career in fitness.



## BOOK ACADEMIC COUNSELLING

Speak with our academic team and choose the right path for you.



## DOWNLOAD BROCHURE

Get detailed program information & curriculum.

## GET IN TOUCH



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WEBSITE

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