



**FITNESS &
REHAB FORUM'S**

Fitness **Professionals** ***Workshop***

**30th September &
1st October, 2023**

www.frf.co.in

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Objective:

The world is moving towards preventive health and there is a huge demand for health / fitness professionals, who can assess and give exercise prescription, just not for the healthy, but also for the special populations.

The fitness professional workshop is based on American college of sports Medicine (ACSM) Guidelines (the Gold Standard in Health & Fitness), by the ACSM Certified Exercise Physiologist and Qualified Sports Physiotherapists, to educate the exercise professionals.

Day 1:

Theory

1. Functional Anatomy
2. Physiological Adaptations to Strength & Aerobic exercise
3. Exercise Testing - CR Fitness, Strength & Flexibility
4. Kinesiology of Fitness Exercise
5. Exercise Nutrition

Practicals : Assessment

- Cardiorespiratory Fitness (CRF)
- Body composition
- Muscle Strength & Endurance
- Flexibility
- Functional Movement Screening

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Day 2:

Theory

1. Metabolic Calculations
2. Program design in Strength Training
3. Program design in Aerobic Training
4. Exercise prescription for diabetes, cardio respiratory disease & weight loss
5. Fitness Injuries

Practicals : Training

- Flexibility
- Aerobic
- Strength
- Functional Kinetic Chain Training

Registration Fee: Rs. 6,000 (Including Taxes)

Lunch & Tea, Certificate from FRF, Literature in Hand outs

*Applied For C.M.E credit points with "The Tamil Nadu Dr.M.G.R Medical University", Guindy, Chennai

Contact : Gautham: 95512 77275

Email : enquiry@frf.co.in

Date - 30th September & 1st October, 2023

Time - 9 AM - 5 PM

Venue - Hotel Savera, Chennai

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Resource Persons :

Earnest Vijay MSPT, COMT (Aus)

Sports & Manipulative Physiotherapist
ACSM certified Exercise Physiologist
Fitness & Rehab Director, O2 Health Studio



Sravan Kumar MSPT, MIAP

Sports Physiotherapist & Incharge
Department of Physiotherapy
Nizam institute of Medical Sciences, Hyderabad.



Dr. Muthukumar, MPT (Sports), PhD

Sports Physiotherapist
ACSM certified Exercise Physiologist
Professor,
Saveetha College of Physiotherapy, Chennai



Prabu Raja, MPT, PhD

Assistant Professor,
Department of Exercise and Sports Science,
Manipal Academy Of Higher Education (MAHE).



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