



**Course: Certification in Physical Fitness & Sports Nutrition**

**Duration: 3 months**

**Type: Correspondence/Online**

**Eligibility**

Applicants should have a degree or diploma in:  
Fitness/Sports/Nutrition/Dietetics/Physiotherapy/Occupational Therapy

**A Bachelor Degree/ Diploma / Provisional Certificate with mark lists** from an accredited college or university are crucial for your application.

The course is ideal for Graduates from Sports medicine, Personal trainers, Fitness professionals, Fitness Instructors, Coaches, Dieticians, Body builders.

Please ensure all the copies of these documents are attested.

**Syllabus:**

**Following are the course specific areas that will be covered step by step throughout the course period of 3 months**

- Nutrition for Fitness and Sports (part I)
- Nutrition for Fitness and Sports (part II)
- Therapeutic nutrition and handling of special cases with special Emphasis on Energy Modifications And Nutritional Care for Weight Management
- Nutritional Biochemistry & Exercise Physiology



**Detailed course schedule:**

<b>Subject code</b>	<b>Subject</b>	<b>Period</b>
<b>007</b>	Nutritional Biochemistry & Exercise Physiology	35 Hours
<b>008</b>	Nutrition for Fitness and Sports (part I)	55 Hours
<b>009</b>	Nutrition for Fitness and Sports (part II)	35 Hours
<b>010</b>	Therapeutic nutrition and handling of special cases – Special emphasis on Weight Management	45 Hours
	<b>Final exams</b>	

**Assessment and Examinations:**

**Your grades will be decided on the following basis:**

- 1) **Subject specific MCQs:** - 25 marks

During the course of every subject the candidate shall login to his/ her online id and answer a set of questions respective to that subject online. This will be a one time login time lined process.

- 2) **Subject specific Assignment-** 75 marks

After the completion of every subject the candidate shall submit the completed assignment to dietjobs@gmail.com

- 3) At the end of the course the candidate shall appear for the **final examination** of 300 marks.

The exact dates shall be announced well in advance.

**Fee Structure:** ₹ For Correspondence Course - 12000/+12.36 service tax = **Rs.13483/-** can be paid through cheque (For Mumbai residents only) or DD (For non-mumbai residents), payable at Mumbai.

For Online Course (**To start from June 2012**) -10,000/- +12.36 service tax = **11236/-** can be paid through cheque (For Mumbai residents only) or DD (For non-mumbai



residents), payable at Mumbai. *In order to opt for the online mode of studying, students are required to have internet connection since the course materials and tests will be available online only. No hard copies will be provided by us.*

**Fee Structure for International Students:** ₹ 15,000/- +12.36 service tax = **16854/-** can be paid DD (For non-mumbai residents), payable at Mumbai or through Net-Transfer

Payable to **Prime Health Consultants** and couriered to

*Padmashri Shanmugaraj*

*Dreams, 3B/ 1406*

*Off. LBS Marg,*

*Bhandup (W)*

*Mumbai- 400078*

*India*

This includes fees for the course material, faculty assistance and examination fees.

**USP/ Uniqueness features:**

- **Certificates** on completion of the course will be provided by Asian Institute Of Health Sciences (AIOHS), an authorized learning center for Sikkim Manipal University. Visit [www.AIOHS.org](http://www.AIOHS.org) for more details on the Institute.
- Comprehensive introduction to Sports Science and Fitness.
- Up-to-date exhaustive study material compiled by Registered Dietitians and Fitness trainers with 30+ years experience in the field of Sports Nutrition
- Question bank provided at the end of each chapter helps self-evaluation
- Complete academic support from the experts
- Job assistance/ visibility provided for successful candidates

For any other queries, kindly mail us at **diets@PrimeHealthConsultants.co.in**