



**FGIIT**

## Future Of Skill Development In India



**INPTA**<sup>TM</sup>  
Indian Nutritionist  
Personal  
Trainer Accreditation



# INDIA'S LEADING SKILL DEVELOPMENT ACADEMY



**Nutri-Trainer  
Course**



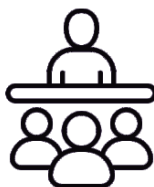
**Diploma In  
Nutrition Course**



**Diploma in Personal  
Trainer Course**



**Anabolic Androgenic  
Steroids Master Class**



**Group Instructor  
Workshop**



**Injury Rehabilitation  
Masterclass**



**Advance  
Clinical Nutrition**



## **BE A CERTIFIED DIETITIAN & PERSONAL TRAINER**

We provide full certified courses which is acceptable across the world. You can learn it at your preferable time.

### **ABOUT US :**

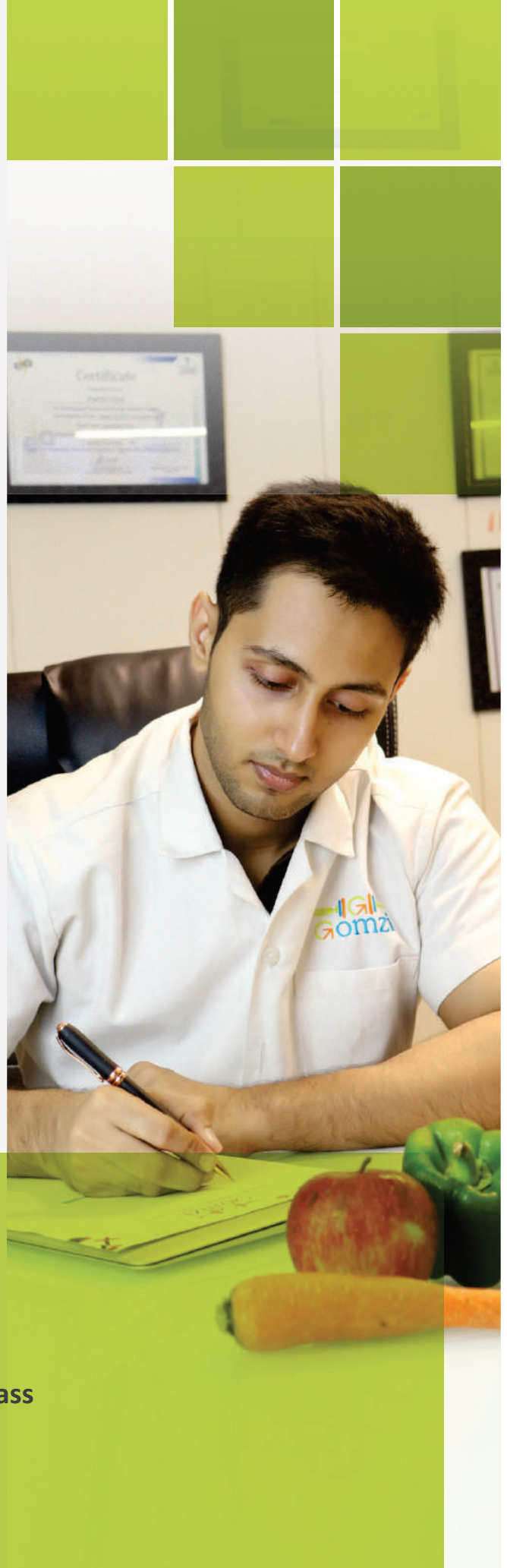
We started this nutrition courses in order to make the fitness and nutrition industry-main streamline after 10th and 12th. A student who wants to follow their passion and earn money simultaneously they can register for our courses.

As a Top institute for nutrition and dietitian courses in surat, we provide the live experiences which you'll be going to face in front of your clients and patients which makes us unique from others.

We provide all resources and content online so you can experience online learning with the FG International Institute of Teaching

#### **Our Offline Courses Details :**

- 1. Nutri-Trainer Course**
- 2. Diploma In Nutrition Course**
- 3. Diploma in Personal Trainer Course**
- 4. Anabolic Androgenic Steroids Master Class**
- 5. Group Instructor Workshop**
- 6. Injury Rehabilitation Masterclass**
- 7. Advance Clinical Nutrition**



# 1. Diploma in Nutri-Trainer Course

It's a combination of Diploma in Personal Training Course & Diploma in Nutrition Course.



## Key Features

-  **Online Session at Zoom**
-  **Offline Session at Academy**
  - Batch 1**  
Monday to Friday : 10 AM to 2 PM
  - Batch 2**  
Every Sunday : 9 AM to 5 PM
-  **Recorder Session**
-  **Duration 6 Month**
-  **Internship 1 Month**
-  **Quality Content**
-  **Live Support**
-  **Mentorship**
-  **Video & Pdf Material**





# Syllabus

- Carbohydrates
- Proteins
- Lipids
- Water – Most Forgotten Nutrient
- Energy Metabolism
- Vitamin
- Minerals
- Introduction To Living Beings: Physiology
- Anatomy Of Our Human Body
- Fundamentals Of Meal Planning
- Food Groups
- Food Exchange List
- Methods Of Improving Nutritional Quality Of Foods.
- Nutrition In The Life Cycle
- Nutrition In Old Age
- Therapeutic Adaptations Of Normal Diet
  - Fluid Diet
  - Total Parenteral Nutrition
  - Tube Feeding
- Gastro Intestinal Disorders
  - Hernia
  - Diarrhoea
  - Constipation
  - Peptic Ulcer
  - Ulcerative Colitis
  - Crohn's Disease
  - Dumping Syndrome
  - Dysphagia
- Metabolic Disorders
  - Diabetes
  - Gout
  - Hypothyroidism
  - Hyperthyroidism
  - Menopause
  - PCOS
  - PMS
- CARDIOVASCULAR DISORDERS
  - Hypertension
  - Atherosclerosis
  - Myocardial infarction
- LIVER DISORDERS
  - Jaundice
  - Hepatitis
  - Diseases of gallbladder
- FIBROCYTIC DISORDERS
  - Typhoid
  - Tuberculosis
- MUSCULOSKELETAL DISORDERS
  - Osteoarthritis
  - Osteoporosis
- DIET FOR HEALTHY SKIN, HAIR & NAILS
- NUTRITION FOR NIGHT SHIFT WORKERS
- FOOD ALLERGIES & FOOD INTOLERANCE
- WEIGHT MANAGEMENT & OBESITY
- COUNSELLING SKILLS
- SPORTS NUTRITION
- SUPPLEMENTS
- HOW TO MAKE DIET PLAN
- JOB PLACEMENT
- The Fitness Industry: An Overview of the Landscape
- Anatomical terminology
- Kinesiology
- Physiology
- Weight Training
  - Leg Muscle Exercise
  - Back Muscle Exercise
  - Shoulder Muscle Exercise
  - Biceps Muscle Exercise
  - Triceps Muscle Exercise
  - Abs Muscle Exercise
  - Chest Muscle Exercise
- Principle of Exercises
- Introduction to Stretching
- Warm Up
- Client responsibilities
- Floor tactics as a personal trainer
- Components of fitness
- Scheduling of Exercises
- Theory of Planning
- Group Instructor Workout
  - Functional training
  - Tabata training
  - TRX Band training
  - Animal Workout
- Posture analysis
- Injuries
- Theories of behavior change
- Adherence to exercise: Helping your client stay active
- Counseling/coaching techniques
- The initial client consultation
- Selection and sequence of assessments
- Sports specific training
- Cardiorespiratory training programs
- Reference
- Job placement & interview training
- Basic Of Nutrition
- Advanced Clinical Nutrition
- Injury Rehab

Online Batch ₹40,120/-

\*Included GST

Offline Batch ₹69,620/-

\*Included GST

## 2. Diploma In Nutrition Course

Certified Nutritionist Course is specially designed to help qualified Nutritionists, Personal Trainer/Gym Instructor and Group Fitness Instructor obtain knowledge required to prescribe nutrition plans for active, exercising individuals & even competitive athletes.

### Syllabus

- Carbohydrates
- Proteins
- Lipids
- Water – Most Forgotten Nutrient
- Energy Metabolism
- Vitamin
- Minerals
- Introduction To Living Beings: Physiology
- Anatomy Of Our Human Body
- Fundamentals Of Meal Planning
- Food Groups
- Food Exchange List
- Methods Of Improving Nutritional Quality Of Foods.
- Nutrition In The Life Cycle
- Nutrition In Old Age
- Therapeutic Adaptations Of Normal Diet
  - Fluid Diet ◦ Total Parenteral Nutrition ◦ Tube Feeding
- Gastro Intestinal Disorders
  - Hernia ◦ Diarrhoea ◦ Constipation ◦ Peptic Ulcer
  - Ulcerative Colitis ◦ Crohn's Diseases ◦ Dumping Syndrome
  - Dysphagia
- Metabolic Disorders
  - Diabetes ◦ Gout ◦ Hypothyroidism ◦ Hyperthyroidism
  - Menopause ◦ PCOS ◦ PMS
- CARDIOVASCULAR DISORDERS
  - Hypertension ◦ Atherosclerosis ◦ Myocardial infarction
- LIVER DISORDERS
  - Jaundice ◦ Hepatitis ◦ Diseases of gallbladder
- FIBROCYTIC DISORDERS
  - Typhoids ◦ Tuberculosis
- MUSCULOSKELETAL DISORDERS
  - Osteoarthritis ◦ Osteoporosis
- DIET FOR HEALTHY SKIN, HAIR & NAILS
- NUTRITION FOR NIGHT SHIFT WORKERS
- FOOD ALLERGIES & FOOD INTOLERANCE
- WEIGHT MANAGEMENT & OBESITY
- COUNSELLING SKILLS
- SPORTS NUTRITION
- SUPPLEMENTS
- HOW TO MAKE DIET PLAN
- JOB PLACEMENT



### Key Features



**Online Session at Zoom**



**Offline Session at Academy**

**Batch 1**

Monday to Friday : 10 AM to 2 PM

**Batch 2**

Every Sunday : 9 AM to 5 PM



**Recorder Session**



**Duration 3 Month**



**Internship 1 Month**



**Quality Content**



**Live Support**



**Mentorship**



**Video & Pdf Material**

**Online Batch**

**₹26,300/-**

**\*Included GST**

**Offline Batch**

**₹41,418/-**

**\*Included GST**

## 3. Diploma in Personal Trainer










The Personal Training Course is the foundation course in exercise science that provides comprehensive theoretical and practical, vocational education, equipping the student with knowledge based tools to professionally practice as a qualified, certified personal trainer in fitness industry.

### Syllabus

- The Fitness Industry: An Overview of the Landscape
- Anatomical terminology
- Kinesiology
- Physiology
- Weight Training
  - Leg Muscle Exercise
  - Back Muscle Exercise
  - Shoulder Muscle Exercise
  - Biceps Muscle Exercise
  - Triceps Muscle Exercise
  - Abs Muscle Exercise
  - Chest Muscle Exercise
- Principle of Exercises
- Introduction to Stretching
- Warm Up
- Client responsibilities
- Floor tactics as a personal trainer
- Components of fitness
- Scheduling of Exercises
- Theory of Planning
- Group Instructor Workout
  - Functional training
  - Tabata training
  - TRX Band training
  - Animal Workout
- Posture analysis
- Injuries
- Theories of behavior change
- Adherence to exercise: Helping your client stay active
- Counseling/coaching techniques
- The initial client consultation
- Selection and sequence of assessments
- Sports specific training
- Cardiorespiratory training programs
- Reference
- Job placement & interview training
- Basic Of Nutrition



### Key Features

-  **Online Session at Zoom**
-  **Offline Session at Academy**
- Batch 1**  
Monday to Friday : 10 AM to 2 PM
- Batch 2**  
Every Sunday : 9 AM to 5 PM
-  **Recorder Session**
-  **Duration 3 Month**
-  **Internship 1 Month**
-  **Quality Content**
-  **Live Support**
-  **Mentorship**
-  **Video & Pdf Material**

**Online Batch** ₹26,300/-

\*Included GST

**Offline Batch** ₹41,418/-

\*Included GST



## 4. Anabolic Androgenic Steroids Master Class

Anabolic-androgenic steroids are the most important thing to know for athletes these days. In the era, where everyone is using performance enhancing drugs to win, you should not be left out from the victory or make any decision that can harm your life. So our objective is to spread the knowledge of anabolic substance, doses, safety, and complications to every individual who is in sports.

### Syllabus

#### CHAPTER 01

- Human Anatomy

#### CHAPTER 02

- Physiology

#### CHAPTER 03

- Introduction of Steroid

#### CHAPTER 04

- Hormone Balance and Estrogen Control

#### CHAPTER 05

- Different Compounds
  - Fat Loss Compounds
  - Peptides
  - Muscle building Compounds
  - SARMs
  - PCT (Post Cycle Therapy)

#### CHAPTER 06

- Supplements

#### CHAPTER 07

- Side Effects of Steroids
  - Gynecomastia
  - Hair Loss
  - Acne
  - Liver Disfunction
  - Kidney Disfunction
  - Heart Failure
  - Death

#### CHAPTER 08

- Practical Cycle Making
  - Men physique cycle
  - Power lifting cycle
  - Bodybuilding cycle
  - Classic bodybuilding cycle
  - Women cycle



### Key Features



**Online Session at Zoom**



**Offline Session at Academy**

**Batch 1**

Monday to Friday : 10 AM to 2 PM

**Batch 2**

Every Sunday : 9 AM to 5 PM



**Recorder Session**



**Duration 1 Month**



**Internship 1 Month**



**Quality Content**



**Live Support**



**Mentorship**



**Video & Pdf Material**

**Online Batch**

**₹18,300/-**

\*Included GST

**Offline Batch**

**₹18,054/-**

\*Included GST



## 5. Group Instructor Workshop

Each exercise in a given Tabata workout lasts only four minutes, but it is likely to be one of the longest four minutes you have ever endured. The instructor designed a training where participants gave their maximum effort for 20 seconds, then 10 seconds for rest. They repeated this cycle for four minutes – in other words eight 30-second cycles. That in a nutshell is a Tabata exercise. Forget the gym membership and fancy fitness accessories. Sometimes, all you need is 30 minutes and some space.

### Syllabus

- What is Tabata, Functional & TRX band workout?
- Scheduling patterns
- Group Body weight variants exercise
- Group workout and obesity management
- Tactics during group instructor workouts
- Practical sessions



### Key Features

- 📺 Online Session at Zoom
- 📖 Offline Session at Academy
  - Batch 1
    - Monday to Friday : 10 AM to 2 PM
  - Batch 2
    - Every Sunday : 9 AM to 5 PM
- 📹 Recorder Session
- 🕒 Duration 1 Month
- 👤 Internship 1 Month
- 👍 Quality Content
- 📺 Live Support
- 📖 Mentorship
- 📄 Video & Pdf Material

Online Batch

₹7,080/-

\*Included GST

Offline Batch

₹7,080/-

\*Included GST

## 6. Injury Rehabilitation Masterclass

This Course Basically Aims At Preventing And Treating Injuries Through Several Means. Injuries That Are Connected To Sports And Gym Can Cause Severe Pain Or Can Cause Impacts On Your Body For The Rest Of Your Life. The Knowledge Of Treating Them Is Equally Important For An Individual As To Train And Therefore, We Are Here With The Knowledge That You Need To Know About Each And Everything About Exercises Of Rehab, Reasons Of Rehab, Types Of Injuries, And Much More. So, Let's Dig In Right A way Other Than This FGIIT Provides You A Vast Knowledge On Courses Like

### Syllabus

- Recognizing and classifying injuries
- What is first-aid
- After injury rehab
- Range of motion
- Special techniques of rehab
- Back to normal activity
- Care for lifetime



### Key Features

- 📺 Online Session at Zoom
- 📖 Offline Session at Academy
  - Batch 1**  
Monday to Friday : 10 AM to 2 PM
  - Batch 2**  
Every Sunday : 9 AM to 5 PM
- 📹 Recorder Session
- 🕒 Duration 1 Month
- 👤 Internship 1 Month
- 👍 Quality Content
- 💻 Live Support
- 👨‍🏫 Mentorship
- 📄 Video & Pdf Material

Online Batch ₹7,080/-

\*Included GST

Offline Batch ₹7,080/-

\*Included GST



## 7. Advance Clinical Nutrition

Wellness Consultant Is A Course Where You Learn How To Fight Diseases Like Diabetes, Thyroid, PCOS, And Cancer. These Are The Diseases Is Can Not Be Controlled By Medicine Only, You Need To Have The Support Of Nutrition, Exercises, Recovery, And Rehab Parts Also. There Are Many Modern Research That Suggests That Intermittent Fasting, Low Carb Diet, Keto Diet, And Many Caloric Deficit Diets And Exercise Approaches Are More Helpful Than Medicine Also, So This Course Will Help You To Achieve And Gain Knowledge About Those Kinds Of Therapies Which Are Alternative Medicine Therapy.

### Syllabus

- Human Physiology And Function Of Cell
- Definition Of Health
- What Is Life Style Diseases?
- Food Macro And Micro Elements
- Food Digestion System
- Weight Management
- Blood Sugar Control
- Important Hormones Of The Body
- Worst Food Elements
- Essential Food Element
- Anti-Aging Process
- Bone Health
- Stress Control
- Important Blood Test Which Ensure Sound Health
- High Uric Acid And Gout
- Auto Immune Diseases
- Perfect Plan To Achieve Best Health
- Exercise Plan
- How To Protect Heart Diseases, Control Blood Pressure, And High Cholesterol
- Role Of Health And Wellness Consultant And How To Prepare Health Plan



### Key Features

- Online Session at Zoom
- Offline Session at Academy
- Batch 1  
Monday to Friday : 10 AM to 2 PM
- Batch 2  
Every Sunday : 9 AM to 5 PM
- Recorder Session
- Duration 1 Month
- Internship 1 Month
- Quality Content
- Live Support
- Mentorship
- Video & Pdf Material

Online Batch ₹22,007/-

\*Included GST

Offline Batch ₹41,418/-

\*Included GST



## Powerlifting Coach Workshop








Unlock The World Of Powerlifting With Our Comprehensive Program, Covering Everything From History And Biomechanics To Strength Training, Coaching Ethics, And Legal Considerations. Become A Well-Rounded Powerlifting Coach Ready To Train, Motivate, And Lead Athletes To Success.



### Syllabus :

- Introduction To Power Lifting
- Biomechanics And Technique
- Strength Training Principles
- Programming And Training Plans
- Equipment And Gear
- Rules And Regulations
- Injury Prevention And Rehabilitation
- Coaching And Communication
- Ethics And Sportsmanship
- Practical Training
- Legal Aspects Of Coaching.

### Key Features :

-  Zoom Session Saturday and Sunday  
Time - 11:30 AM to 05:00 PM
-  Duration 2 Days Full Day
-  Quality Content
-  Live Support
-  Mentorship
-  Video & Pdf Material
-  Recorder Session

Online Batch

₹7,080/-

\*Included GST

Offline Batch

₹7,080/-

\*Included GST

# REGISTRATION PROCESS

## Step 1

### Fill The Below Form



- **ADMISSION FORM**

## Step 2

### Send Your Documents



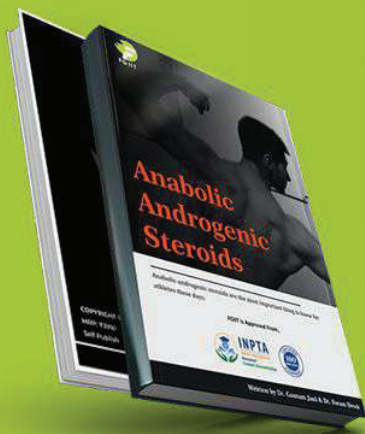
- **AADHAR CARD XEROX**
- **2 PASSPORT SIZE PHOTO**
- **10TH MARKSHEET**
- **12TH MARKSHEET**

## Step 3

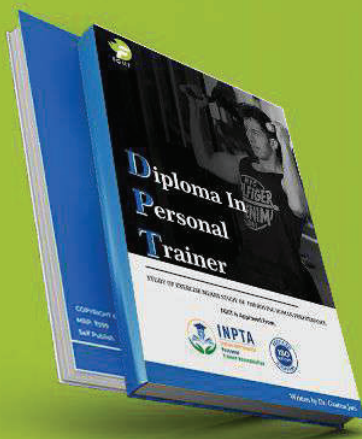
### Pay Through



- **UPI ID :**  
fgiitsurat@okaxis
- **WEBSITE :**  
[www.fgggroup.in](http://www.fgggroup.in)



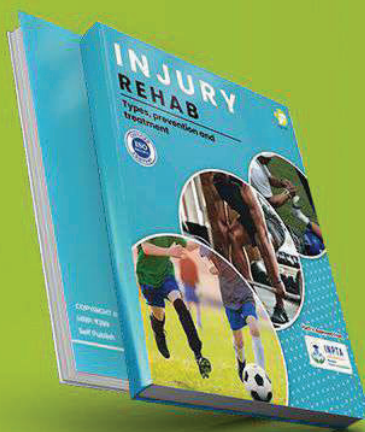
**ANABOLIC ANDROGENNIC  
STERIODS**



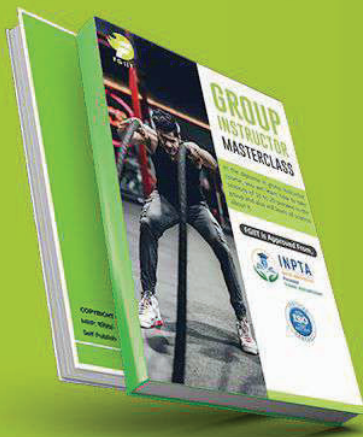
**DIPLOMA IN PERSONAL  
TRAINER**



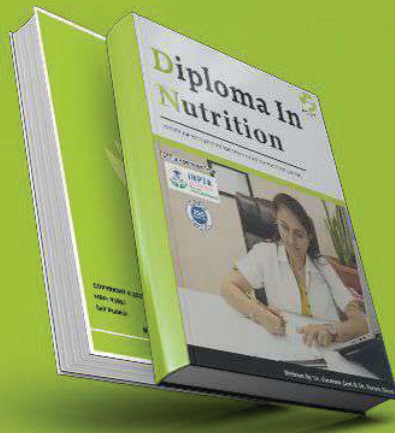
**POWERLIFTING**



**INJURY REHAB**



**GROUP INSTRUCTOR  
MASTERCLASS**



**DIPLOMA IN NUTRITION**

**OUR BOOKS**







**WHEY PROTEIN**



**WHEY CONCENTRATE**



**WHEY ISOLATE**



**MUSCLE MATRIX**



**SPARK EAA**



**ATP CREATINE**



**IGNITE PRE-WORKOUT**

**OUR SUPPLEMENTS**



## PREVIOUS PASSEOUT BATCHES

## CONVOCAATION



## ONLINE STUDENTS RECEIVING STUDY BOOKS





## FRANCHISE ACROSS INDIA



Contact Us :

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[www.fggroup.in](http://www.fggroup.in)