



Physiocore Academy

Diploma in Personal Training & Specialized Certifications

 Diploma Duration: 6 Months

Courses Offered

1. Certified Personal Trainer (CPT)

- Course Fee: ₹15,000
- Duration: 36 Classes

What You'll Learn:

- Exercise Science & Anatomy (muscles, bones, joints)
- Biomechanics & movement science
- Fitness assessments: posture, flexibility, strength, endurance
- Program design for fat loss, hypertrophy, strength & conditioning
- Nutrition basics for the general population
- Introduction to special populations (diabetes, thyroid, obesity, hypertension)
- Business planning & career growth strategies
- Coaching psychology, motivation & client communication

Outcome:  Certified Personal Trainer (CPT) credential

2. Certified Special Population Coach (CSPC)

- Course Fee: ₹15,000
- Duration: 36 Classes

What You'll Learn:

- Training for medical conditions (diabetes, thyroid, hypertension, obesity)
- Post-operative training (ACL, knee replacement, spine surgery protocols)
- Pre & postnatal training (trimester workouts, postpartum rehab, pelvic floor & C-section recovery)
- Soft tissue & post-rehab care (back pain, neck pain, shoulder injuries, corrective exercise)
- Chronic pain management (arthritis, joint stiffness, mobility limitations)
- Nutrition & lifestyle strategies for recovery and adherence

Outcome: 🏆 Certified Special Population Coach (CSPC) credential

3. Certified Sports Nutritionist (CSN)

- Course Fee: ₹12,000
- Duration: 16 Classes

What You'll Learn:

- Fundamentals of nutrition (macros, micros, hydration)
- Sports & performance fueling (energy systems, peri-workout nutrition)
- Evidence-based supplements (creatine, caffeine, omega-3s, etc.)
- Steroids & PEDs awareness (types, effects, risks, safe guidance)
- Diet programming for fat loss, hypertrophy, endurance & sports
- Recovery & regeneration protocols (anti-inflammatory diets, hydration, sleep optimization)

Outcome: 🏆 Certified Sports Nutritionist (CSN) credential

4. CPR & First Aid Certification (Included in All Courses)

Every student is trained & certified in CPR & First Aid to ensure emergency readiness.

Combo Diploma Package


- Duration: 6 Months
- Includes: CPT (36 Classes) + CSPC (36 Classes) + CSN (16 Classes) + CPR
- Special Combo Fee: ₹40,000 only (Save ₹2,000)

Diploma Outcome:

- Certified Personal Trainer (CPT)
 - Certified Special Population Coach (CSPC)
 - Certified Sports Nutritionist (CSN)
 - CPR & First Aid Certified
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Contact Physiocore Academy

 Call / WhatsApp: 8302522270

 Build your career with Physiocore Academy – Learn, Certify & Grow!