



Fitness Training

⇒ Course 01: Personal Trainer: Healthy Fitness

- 7 Day Fitness Training Work Program
- Bodybuilding Tips in Fitness Training
- HIT
- Fitness Training Hypertrophy
- Fitness Training & Joint Health 101
- Fitness Training Workout

⇒ Course 02: Functional Skills - Fitness

- Introduction to Fitness Training Functional Skills
- Benefits Of Functional Fitness
- Functional Fitness Training Areas
- Conclusion to Functional Fitness Training

⇒ Course 03: Sports and Fitness Coaching

- Introduction to Sports Coaching
- Psychological, Motivational, and Behavioural Training for Sports
- Techniques for Sports Coaching
- Physical Fitness and Training
- Management Skills for a Sports Coach

⇒ Course 04: Kettlebell Fitness

- Introduction
- Common Kettlebell Mistakes
- Kettlebell Workout
- Conclusion

⇒ Course 05: Science-Based Workout: Build Muscle, Lose Fat & Get Fit

- Introduction
- The Science Behind Building Muscle & Losing Fat
- Beginner Workout Program
- Motivation & Goal Setting

⇒ Course 06: Home Workout for Fitness, Weight and Health

- Introduction
- The Science Behind Building Muscle & Losing Fat
- Beginner Workout Program
- Motivation & Goal Setting

⇒ Course 07: Pain Management

- Introducing Pain Management
- Pain Theories
- Types of Pain
- Physiology and Psychology of Acute Pain
- Pain as a Long-term Condition

⇒ Course 08: Understanding Nutrition and Health Level 4

- Introduction to Nutrition
- Nutrients for Life – Nutrients for Life Macronutrients
- Nutrients for Life – Micronutrients
- Nutrition Requirements from Pregnancy to Teenage
- Nutrition Requirements for Adults and Various Groups

⇒ Course 09: Immunity Boosting Food

- Introduction to Boosting Your Immune System
- Nutrition for Your Immune System
- Disease Fighting Foods

⇒ Course 10: Food and Mood: Improving Mental Health Through Diet and Nutrition

- Introduction to Food & Mood
- The Relationship between Nutrition and Mental Health
- The Second Brain: Trust Your Gut

⇒ Course 11: Ketogenic Diet: Lose Weight & Feel Amazing

- Introduction to Keto Diet
- Keto Diet & Conditions



Thank You