

# ACE PERSONAL TRAINER CERTIFICATION (CPT)



## CERTIFICATION WITH THE AMERICAN COUNCIL ON EXERCISE (ACE) USA

### CHOOSING ACE CERTIFICATION

When choosing a career in the fitness industry, one of the most important decisions you will face is selecting which certification to pursue. Not all fitness certifications are the same. A quality fitness certification is one that enjoys widespread industry respect, is consistent with recognized certification standards and is legally defensible in a court of law.

Since its founding in 1985, ACE has certified more than 200,000 health and fitness professionals in the United States and 77 other countries. ACE certification exams are standardized, broad-based tests of the knowledge necessary to safely and effectively instruct.

### 1.1 ACE OFFERS FOUR FITNESS CERTIFICATIONS:

- Personal Trainer Certification
- Advanced Health + Fitness Specialist Certification
- Group Fitness Instructor Certification
- Health Coach Certification

ACE-certified Professionals are the most sought after in the world and uphold the highest standards in the fitness industry. Certification with ACE confirms your commitment to an industry-recognized standard and demonstrates a proficient level of knowledge to your clients.

### 1.2 CERTIFICATION STANDARDS

ACE Certification Exams And Study Materials Have Been Developed By Leading Experts ( Researchers And Practitioners ) In The Fitness Field.

### 1.3 NCCA ACCREDITATION (NATIONAL COMMISSION FOR CERTIFYING AGENCIES)

2003 ACE was granted NCCA accreditation for all of its certification programs. NCCA is the accreditation body of the National Organization for Competency Assurance (NOCA). The NCCA accreditation serves as a benchmark for how organizations should conduct certification programs. The NCCA accreditation clearly distinguishes the excellence and value of ACE certification among the more than 300 fitness certification programs available to the public and discriminates between qualified and unqualified fitness professionals.

The International Health, Racquet and Sports club Association (IHRSA) and Medical Fitness Association (MFA) recommend that club owners and medical fitness facility operators only hire fitness professionals with certifications from agencies accredited through NCCA or an equivalent accrediting organization. By upholding this standard, your ACE certification will provide you a competitive advantage when being considered as a candidate for employment with a company or organization that belongs to IHRSA.

### 1.4 RENEWAL

To renew and maintain your certification, you must earn 2.0 Continuing Education Credits (CECs) every two years through ACE-approved courses or professional activities.

### 1.5 HOW TO RENEW:

#### Earn 2.0 Continuing Education Credits (CECs)

Each ACE-approved CEC equals an academic hour. You should expect to spend 20 hours devoted to in-class time, plus additional study time, to earn 2.0 CECs. ACE offers numerous exciting courses that provide CECs, including distance learning course, practical and comprehensive training, exam prep and live classes taught nationwide by leading industry experts. After you are certified, you will have access to the ACE Pro Site, where you can review a complete list of approved CEC courses.

Personal training is one of the fastest growing professions in the health and fitness industry.

The American Council on Exercise's Personal Trainer Certification is designed for fitness trainers providing any form of one-on-one or small-group fitness instruction.

The decision to pursue professional certification is an important step in being recognized as a competent practitioner in one's discipline. By becoming ACE® certified, you will be better equipped to empower, motivate, challenge and retain your clients. In addition, ACE-certified Personal Trainers are in high demand, which is just one more reason for you to have a positive outlook regarding your future and the continued growth of your health & fitness career.

The ACE Personal Trainer Certification Curriculum is continually evaluated and updated to ensure that it includes the most current exercise science information and keeps today's fitness professionals ahead of the competition. Upon successful completion of the ACE Personal Trainer Certification Exam, you will have demonstrated your knowledge of exercise science, nutrition, fitness assessment, exercise programming, and instructional techniques.

### THE FOLLOWING ELIGIBILITY REQUIREMENTS HAVE BEEN ADOPTED FOR OUR PERSONAL TRAINER CERTIFICATION EXAMS.

You must be at least 18 years of age. You must hold current adult CPR (cardiopulmonary resuscitation) certification at the time of the exam. You may sit for the exam without proof of CPR; however, you will not receive your exam results until you provide current CPR certification information. Candidates registering for computer-based testing must have current CPR prior to registration.

PASSING MARKS	65% (OUT OF 150)
DURATION	3 Months (2 times a week)
EXAM FORMAT	Multiple Choice Questions Through Computer Based Testing

### BFY OFFERS CONTACT COACHING FOR THE ACE/PT

- ◆ TWICE WEEKLY COACHING OVER 3 MONTHS
- ◆ PRACTICAL & THEORY SESSIONS
- ◆ SPECIAL LECTURES FOR CHALLENGING & DIFFICULT CONCEPTS
- ◆ EXAM PREP SESSIONS
- ◆ MOCK TESTS IN EXAM FORMAT
- ◆ UNLIMITED INDIVIDUAL SKYPE SESSIONS FOR COUNSELLING AND CLARIFICATION OF DOUBTS AS REQUIRED BY THE STUDENT

### MANUALS

- ◆ PERSONAL TRAINER MANUAL 5TH Ed
- ◆ ESSENTIAL OF EXERCISE SCIENCE FOR FITNESS PROFESSION MANUAL
- ◆ STUDY COMPANION BOOK

BFY FACULTY

OUR AFFILIATES

CERTIFICATION COURSES

HUMAN KINETICS DSW COURSES

SCW COURSE

DIET COURSES

WORKSHOP

VIDEOS

PHOTOS

CARTOON SERIES

BLOG / FAQS

FORUM

Share on Your Network



BFY HEAD OFFICE MUMBAI 400015 MOBILE NO:- 9323506751/9324558744

TELL NO:- 24152695/24152697 • BFY WHATAPP NO:- 8850907717

BFY DELHI CENTRE MOBILE NO:- 09910046658 • LANDLINE NO:- 011-41717127

www.bfysportsnfitness.com | www.bfymarket.com



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
LEADING THE WAY



# ACSM CERTIFIED PERSONAL TRAINER<sup>SM</sup> (CPT)

## BECOMING ACSM CERTIFIED SAYS A LOT ABOUT YOU

It says you have chosen to become certified by the organization that's leading the way in health fitness and clinical certifications.

### DID YOU KNOW?

- ACSM was the first to certify health fitness professionals ... and to date we have certified over 25,000 health fitness professionals in 44 countries.
- ACSM establishes the exercise guidelines that all other certifications use for testing ... so you know you will be certified by the organization that is setting the standards in the health fitness industry.
- ACSM certifications are NCCA-accredited ... assuring you that our certifications meet the highest qualifications.

- ☑ ACSM CERTIFIED PERSONAL TRAINER
- ☑ ACSM HEALTH / FITNESS SPECIALIST
- ☑ ACSM EXERCISE SPECIALIST
- ☑ ACSM REGISTERED CLINICAL EXERCISE PHYSIOLOGIST
- ☑ ACSM GROUP EXERCISE INSTRUCTOR

## Become an ACSM Certified Personal Trainer<sup>SM</sup>

As a personal trainer you have the ability and opportunity to make a real difference in people's lives when it comes to their health and fitness. What many people are unable to do on their own, they can accomplish with the motivation and support of a personal trainer. ACSM Certified Personal Trainers are qualified to develop and implement exercise programs for apparently healthy individuals or those who have medical clearance to exercise.

### ACSM Certified Personal Trainer<sup>SM</sup> Scope of Practice

The ACSM Certified Personal Trainer<sup>SM</sup> is a fitness professional who develops and implements an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise. Using a variety of teaching techniques, the ACSM Certified

Personal Trainer<sup>SM</sup> is proficient in:

- Leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science.
- Writing appropriate exercise recommendations.
- Motivating individuals to begin and to continue with their healthy behaviors

### Minimum Requirements for becoming an ACSM Certified Personal Trainer<sup>SM</sup>

To become an ACSM Certified Personal Trainer<sup>SM</sup> you must meet all of the following minimum requirements:

- 18 years of age or older
- High school diploma or equivalent
- Current Adult CPR certification with a practical skills
- Component (such as the American Heart Association)

### Manuals

- ACSM's Resources for the Personal Trainer
- ACSM's Guidelines for Exercise Testing and Prescription
- ACSM's Certification Review

### Exam Format: Multiple Choice Questions Through Computer Based Testing

Passing Marks Required	550/800
Certificate Validity	3 Years
Renewal	At The End Of 3 Years
C.E.Cs For Certificate Renewal	45 Required

## BFY OFFERS CONTACT COACHING FOR THE ACSM CPT

- ◆ TWICE WEEKLY COACHING OVER 3 MONTHS
- ◆ PRACTICAL & THEORY SESSIONS
- ◆ SPECIAL LECTURES FOR CHALLENGING & DIFFICULT CONCEPTS
- ◆ EXAM PREP SESSIONS
- ◆ MOCK TESTS IN EXAM FORMAT
- ◆ UNLIMITED INDIVIDUAL SKYPE SESSIONS FOR COUNSELLING AND CLARIFICATION OF DOUBTS AS REQUIRED BY THE STUDENT

## BFY CERTIFIED PERSONAL TRAINER (CPT)

*Make Your Passion Your Profession, Looking For A Change In Career? Make A Career In Fitness!*  
As an **Aerobics Instructor • Gym Instructor • Personal Trainer • Fitness Consultant • Fitness Writer • Fitness Trainer for Sportsmen • Corporate Health Management • Weight Loss Specialist, etc.**



- ◆ No Need to go to USA - Get Certified in India itself - Save Money
- ◆ You can work in India or go abroad.
- ◆ Presented in India by BFY
- ◆ Internationally Recognized Syllabus
- ◆ Prepare you for any International Exam
- ◆ Free updated, Well Researched Manual upon Registration
- ◆ Guidance & Support at all times
- ◆ Promotion & Placement guidance
- ◆ Regular update through workshops, meeting and seminars by National & International presenters
- ◆ Help - Line through BFY - INDIA

PASSING MARKS	65% OUT OF 100
DURATION	3 Months (2 times a week)
ELIGIBILITY	Candidate must be 18 years old & show proof of CPR (Covered during the course)
EXAM FORMAT	Multiple Choice Questions Through Computer Based Testing
	Lifetime

### WHY GET CERTIFIED

- Employers are looking for the most qualified Individuals. ENHANCE YOUR KNOWLEDG
- Become a Personal trainer who works with sedentary and active clients in one-on-one situations in schools, sports & fitness clubs and clients' homes and offices.

### SYLLABUS

Exercise Physiology, Applied Anatomy, Kinesiology, Nutrition, Body Composition, Client Assessment, Injury Prevention, Special Population, Motivational Techniques, Legal Issues, Professional Responsibilities, Emergency Training Assessment, Aerobic Program Design & Implementation Anaerobic Program Design & Implementation, Program Evaluation, Flexibility, Communication concepts, Trainer / Client Relationship,

### EDUCATIONAL MANUALS: (ALL INCLUDED IN PROGRAMS)

#### 1. FITNESS ESSENTIALS STUDY GUIDE (PT)

Anatomy, Physiology, Nutrition, Kinesiology, Terminology, Legal And Professional Issues, Special Populations, Health Screening And More ....easy To Read And Understand.

#### 2. PERSONAL TRAINERS STUDY GUIDE (PT)

260 Pages In Usable Format Covering Client Assessment, Cardiopulmonary Anatomy, Physiology. The Aerobic Component, Behavior Modification Techniques. The Anaerobic Component, Flexibility Training, Body Composition, Ergogenic Aids

#### 3. PROGRAM FITNESS WORK BOOK (PT)

Over 300 Questions And Answers. Test Your Understanding Of The Study Guides Materials As You Progress Towards Taking The Exams.

#### 4. STRENGTH TRAINING ANATOMY BOOK (ONLY FOR CORRESPONDENCE COURSE)



**SPECIALIST IN  
SPORTS & FITNESS SUPPLEMENTS**

BFY was founded with an aim to help promote and develop the Sports, Health and Fitness Industry in India. Since its foundation in 2000, BFY has conducted various leading International programs, courses and workshop by experts. BFY offers the latest, world class programs, thereby enabling the students to be at par with fitness professionals around the world. BFY also offers placement services to the industry and to clients looking for certified professionals. The only Fitness Academy having students spread across 116 cities across India, working in 273 gyms.

**BFY VISION**  
◆ Setting International Standards in India ◆ Following Global Practices ◆ Safe & Effective Training for all ◆ Promote an Active & Healthy Lifestyle ◆ Reaching out to people in all states and district of India ◆ Having a Global Presence.

**SPECIALIST IN SPORTS & FITNESS SUPPLEMENTS**

This Course will help you to become a - A most pioneering course of its kind in India, this course includes extensive information on the topic. An exam will be held at the end of the course, successful candidates will get certificates. This course is ideal for fitness professionals, instructors, coaches, dieticians, personal trainers, body builders and for people wanting to know more about Nutrition & Supplementation.

**ELIGIBILITY:**  
◆ 18 years complete.

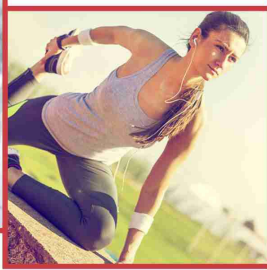
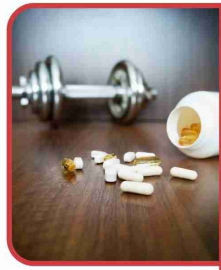
**CERTIFICATES:**  
◆ This is an upgrading course (Applicants must have prior knowledge of Basic Nutrition)

**CAREER PROSPECTS:**  
This course aims towards becoming specialist in nutritional supplements of sports, exercise & fitness which includes information on use of:  
◆ Vitamins - minerals tabs/capsules  
◆ Whey protein powder  
◆ Creatine powder  
◆ Steroids info.  
◆ Weight gain, fat loss supplements & much more...

**COURSE TYPE**  
◆ Correspondence

**PASSING MARK**  
◆ 50% (Out of 50)

- SYLLABUS**
1. MAN : Evolution lifestyle and nutrition.
  2. HUMAN BODY : Which covers basic anatomy and physiology.
  3. ENERGY CONCEPT : Energy systems of body.
  4. DIET AND NUTRITION : Basics of Diet & Nutrition
  5. SUPPLEMENT PROLOGUE: Defining supplements & the basic knowledge of supplements.
  6. FUNDAMENTALS OF PERFORMANCE NUTRITION : Macro & micro nutrients, antioxidants & other nutrients.
  7. KNOWING SUPPLEMENT BETTER : Some more info. on supplements.
  8. CREATINE : Understanding creatine
  9. STEROIDS : Information on steroids
  10. SECRETS OF MUSCLE BUILDING : Supplements & muscle building
  11. SUPPLEMENTS FOR SPECIFIC CONDITIONS: Like fat loss, weight gain, muscle building, increasing energy levels & for various disease conditions.



**BFY FACULTY**  
**OUR AFFILIATES**  
**CERTIFICATION COURSES**  
**HUMAN KINETICS DSW COURSES**

**SCW COURSE**  
**DIET COURSES**  
**WORKSHOP**  
**VIDEOS**

**PHOTOS**  
**CARTOON SERIES**  
**BLOG / FAQS**  
**FORUM**

Share on Your Network



**BFY HEAD OFFICE MUMBAI 400015**

**MOBILE NO:- 9323506751 / 9324558744 ◆ TELL:- 24152695 / 24152697 ◆ BFY WHATAPP NO:- 8850907717**

**BFY DELHI CENTRE MOBILE NO:- 09910046658 ◆ LANDLINE NO:- 011 41717127**

**www.bfysportsnfitness.com | www.bfymarket.com**



## SPORTS NUTRITION

BFY was founded with an aim to help promote and develop the Sports, Health and Fitness Industry in India. Since its foundation in 2000, BFY has conducted various leading International programs, courses and workshop by experts. BFY offers the latest, world class programs, thereby enabling the students to be at par with fitness professionals around the world. BFY also offers placement services to the industry and to clients looking for certified professionals. The only Fitness Academy having students spread across 116 cities across India, working in 273 gyms.

### BFY VISION

◆ Setting International Standards in India ◆ Following Global Practices ◆ Safe & Effective Training for all ◆ Promote an Active & Healthy Lifestyle ◆ Reaching out to people in all states and district of India ◆ Having a Global Presence.

### COURSE IN SPORTS NUTRITION

- ◆ BASIC NUTRITION
- ◆ SPORTS SCIENCE, EXERCISE PHYSIOLOGY
- ◆ PSYCHOLOGY THEORIES AND PRINCIPLES
- ◆ SPORTS NUTRITION
- ◆ ATHLETES AND EATING DISORDERS
- ◆ DIET PLANNING



### SYLLABUS

#### 1. BASIC NUTRITION:

◆ Role & importance of nutrition ◆ Basic food groups. Use & importance. ◆ Food pyramid ◆ Energy: Energy balance. Basal metabolism, factors affecting BMR, methods of determination factors affecting respiratory quotient (RQ). Factors affecting RQ ◆ Macronutrients in Detail ◆ Micronutrients in detail ◆ Interrelation between Nutrients

#### 2. SPORTS SCIENCE, EXERCISE PHYSIOLOGY.

◆ History of sports & games, types & description ◆ Human anatomy: Musculo skeletal system, Types of contraction, Body temperature & control & its effects on sports performance. ◆ Aerobic capacity, RQ, anaerobic threshold using various protocol, athletic heart, determination of energy expenditure in sports & non sports activity using various methods ◆ Effect of training on heart & lung performance, importance of heart rate monitoring, index of training, over training & detraining, basis of fatigue & recovery ◆ Tests for monitoring of sports training, endurance, strength, flexibility, & reaction time ◆ Importance of diff ex, advantages & disadvantages of types of ex., physiological basis of selection for specific sports. ◆ Effect of Exercise on Various Body Systems: Body Composition, Respiratory system, cardiovascular system, Nervous system, excretory system, Endocrine system,

#### 3. PSYCHOLOGICAL THEORIES AND PRINCIPLES APPLIED TO PERFORMANCE / PARTICIPATION IN SPORT / EXERCISE.

#### 4. SPORTS NUTRITION:

◆ Carbohydrates in Sports Nutrition ◆ Protein in Sports Nutrition ◆ Lipids in Sports Nutrition ◆ Micro Nutrients in Sports Nutrition ◆ Energy Requirements ◆ Water & electrolytes balance ◆ Ergogenic aids and Doping, Injury Supplementation ◆ Training nutrition, pre-competition nutrition, competing nutrition and recovery nutrition.

#### 5. ATHLETES AND EATING DISORDERS

#### 6. DIET PLANNING: ENDURANCE SPORTS: LIKE MARATHON RUNS, CRICKET ETC.

◆ Strength Sports: Boxing, Weight Lifting etc

### COURSE OBJECTIVES:

The primary purpose of the course is to introduce the student to latest research in the field of sport nutrition and applied areas within the field.

◆ Develop a broad understanding of the field with respect to sport science and exercise physiology. ◆ Understand the nutritional requirements for athletes. ◆ Develop an understanding of psychological theories and principles and their influence on participation and performance in exercise and sports. ◆ To plan diet for various sport activities.

#### USEFUL FOR :

M.B.B.S, B.D.S, B.H.M.S, B.A.M.S, B.U.M.S, Dieticians, Physiotherapists, Fitness trainers and Health professionals.

#### COURSE MATERIAL

Course Material will be provided.

#### PASSING MARKS

50%

BFY FACULTY

OUR AFFILIATES

CERTIFICATION COURSES

HUMAN KINETICS DSW COURSES

SCW COURSE

DIET COURSES

WORKSHOP

VIDEOS

PHOTOS

CARTOON SERIES

BLOG / FAQs

FORUM

Share on Your Network



BFY HEAD OFFICE MUMBAI 400015

MOBILE NO:- 9323506751 / 9324558744 ◆ TELL:- 24152695 / 24152697 ◆ BFY WHATAPP NO:- 8850907717

BFY DELHI CENTRE MOBILE NO:- 09910046658 ◆ LANDLINE NO:- 011 41717127

www.bfysportsnfitness.com | www.bfymarket.com



## WEIGHT MANAGEMENT CERTIFICATION COURSE

BFY was founded with an aim to help promote and develop the Sports, Health and Fitness Industry in India. Since its foundation in 2000, BFY has conducted various leading International programs, courses and workshop by experts. BFY offers the latest, world class programs, thereby enabling the students to be at par with fitness professionals around the world. BFY also offers placement services to the industry and to clients looking for certified professionals. The only Fitness Academy having students spread across 116 cities across India, working in 273 gyms.

**BFY VISION**  
• Setting International Standards in India • Following Global Practices • Safe & Effective Training for all • Promote an Active & Healthy Lifestyle • Reaching out to people in all states and district of India • Having a Global Presence.

### COURSE IN WEIGHT MANAGEMENT

**BASIC NUTRITION • RCOMPONENT OF BODY WEIGHT • RREGULATION OF BODY WEIGHT  
RWEIGHT INBALANCE: OBESITY • RWEIGHT IMBALANCE: EXCESSIVE LEANNESS  
RNUTRITION IN EATING DISORDERS**

**SYLLABES**  
**BASIC NUTRITION**  
• Nutrients and their function • Food pyramid and balanced diet • Energy metabolism

**COMPONENTS OF BODY WEIGHT**  
• LBM, FFM, Adipose tissue, water • Hypertrophy and hyperplasia.

**REGULATION OF BODY WEIGHT**  
• Longterm and Shorterm • Theories related to weight management: fat cell theory, Set point theory. • Factors regulating energy intake and body weight

**WEIGHT IMBALANCE: OBESITY**  
• Measurement of Obesity • Calculating Body Mass Index (BMI) • Biologic and Medical Causes • The Biologic Pathway to Appetite • Specific Genetic Factors • Medical or Physical Causes of Obesity • Effects of Certain Medications • Cultural and Emotional Causes  
• Television and Sedentary Habits • Fast Foods and Restaurant Eating • Stress • Tissue adaptation to weight loss. • Risk Factors  
• Risk by Age • Risk by Gender • Risk by Economic Group • Ethnic Groups

**DIETARY HABITS THAT INCREASE RISK**  
• Night - Eating Syndrome • Binge Eating and Eating Disorders • Restrained Eating • Infrequent Eating

**SPECIFIC GROUPS AT RISK**  
• Anyone with Sedentary Lifestyles • Ex-Smokers • Shift-Workers • People with Disabilities

**OBESITY IN CHILDREN: SPECIAL CONSIDERATIONS**

**DEFINITION OF OBESITY IN CHILDREN**

**CAUSES AND RISK FACTORS FOR OBESITY IN CHILDREN**  
• Lifestyle Factors • Family History • Ethnic and Socioeconomic Factors • Factors Surrounding Birth

**BIOLOGIC EFFECT OF CHILDHOOD OBESITY ON ADULT WEIGHT**

**HEALTH CONSEQUENCES OF CHILDHOOD OBESITY**

**MANAGING OVERWEIGHT AND OBESE CHILDREN**

**COMPLICATIONS**  
• General Adverse Effects of Obesity • General Adverse Effects of Being Overweight (Not Obese) • Heart Disease and Stroke  
• Insulin Resistance, Type 2 Diabetes, and Metabolic Syndrome • Cancer • Reproductive and Hormonal Problems • Effects on the Lungs • Effect on the Liver • Sleep Disorders • Emotional and Social Problems

**WEIGHT LOSS AND MAINTENANCE**  
• Key Components of a Lifestyle Change Program • Weight Management • Calorie Restriction • Fat and Sugar Substitutes • Fat Substitutes  
• Artificial Sweeteners.

**LIQUID MEAL REPLACEMENTS**

**SUPPORT GROUPS AND BEHAVIORAL APPROACHES**  
• Commercial and Non-Profit Support Programs for Weight Loss • Cognitive Behavioral Approaches and Psychosocial Aspects  
• Stress-Reduction Techniques

**CHANGING SEDENTARY HABITS AND EXERCISE**

**MEDICATIONS**  
• Over-the-Counter Weight Loss Products and Herbal Remedies • Warnings on Some Ingredients in Over-the-Counter Diet Products • Orlistat (Xenical) • Sibutramine (Meridia)

**COMMERCIALLY AVAILABLE NUTRITIONAL SUPPLEMENTS**

**BARIATRIC SURGERY AND RESTRICTIVE BANDING PROCEDURES**  
• Side Effects and Complications • Medical nutrition therapy

**WEIGHT IMBALANCE: EXCESSIVE LEANNESS**  
• Etiology • Assessment • Management

**COURSE INCLUDES;**  
1) Weight Management Manual • 2) Exam Sample Test • 3) Exam

**NUTRITION IN EATING DISORDERS:**  
• Anorexia nervosa • Bulimia nervosa • Binge eating

**EXAM PASSING MARKS 100 MARKS OUT 50.**

**COURSE OBJECTIVES:**  
The primary purpose of the course is to introduce the student to latest research in the field of weight management and applied areas within the field.

- Develop a broad understanding of the field with respect to weight management
- Understand the basic nutrition and its impact on weight management.
- Understand the concept of obesity and its related complications.
- Understand the nutritional requirements of children and adults.
- Understand the effect of eating disorders on physical and psychological health.
- To gain knowledge about various commercial nutritional supplements and medicines for weight management.
- To plan diets in relation to weight management.

**BFY FACULTY**

**SCW COURSE**

**PHOTOS**

**OUR AFFILIATES**

**DIET COURSES**

**CARTOON SERIES**

**CERTIFICATION COURSES**

**WORKSHOP**

**BLOG / FAQS**

**HUMAN KINETICS DSW COURSES**

**VIDEOS**

**FORUM**

Share on Your Network



**BFY HEAD OFFICE MUMBAI 400015 MOBILE NO:- 9323506751/9324558744**

**TELL NO:- 24152695/24152697 • BFY WHATAPP NO:- 8850907717**

**BFY DELHI CENTRE MOBILE NO:- 09910046658 • LANDLINE NO:- 011-41717127**

**www.bfysportsnfitness.com | www.bfymarket.com**