



FGIIT

FG International Institute of Teaching



FGIIT

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



BE A CERTIFIED DIETITIAN & PERSONAL TRAINER

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ABOUT US :

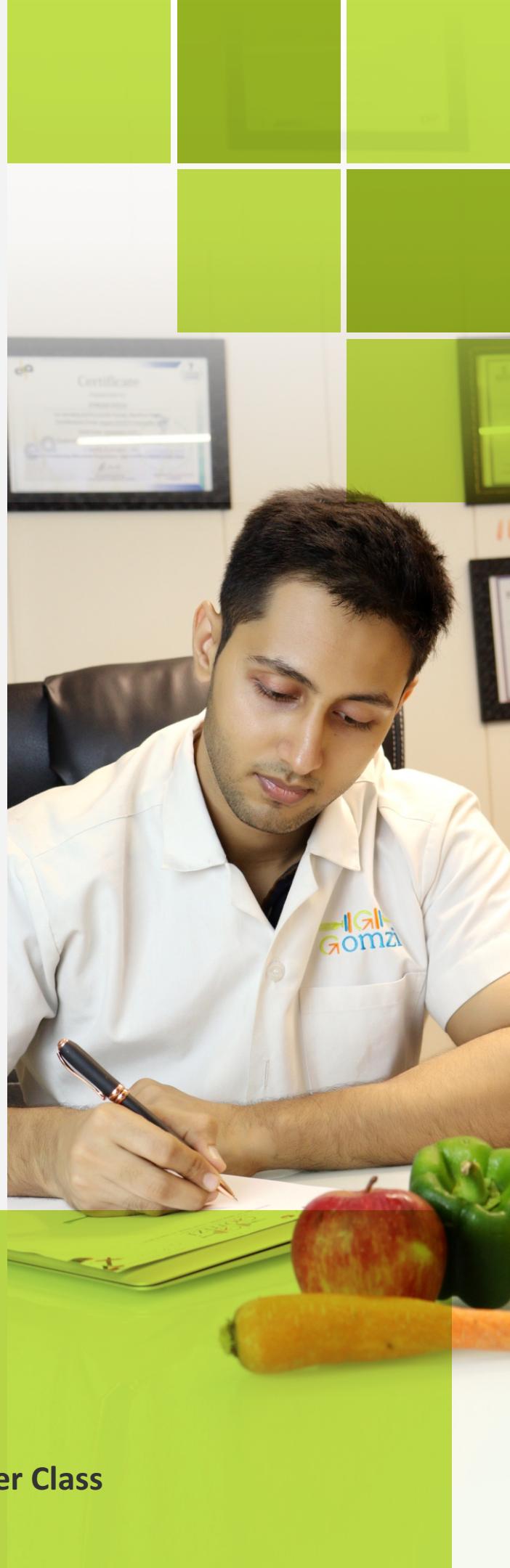
We started this nutrition courses in order to make the fitness and nutrition industry-main streamline after 10th and 12th. A student who wants to follow their passion and earn money simultaneously they can register for our courses.

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 Online Courses Details :

- 1. Nutri-Trainer Course**
- 2. Diploma in Dietitian Course**
- 3. Diploma in Personal Trainer Course**
- 4. Anabolic Androgenic Steroids Master Class**
- 5. Tabata & Functional Master Class**



Tabata Functional & TRX Band Master Class

₹5,400 + 18% GST

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 doctor 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

- Zoom Session Every Sunday
Time - 08:00 am to 10:00 am
- Duration 1 Month
- Quality Content
- Live Support
- Mentorship
- Video & Pdf Material
- Recorder Session



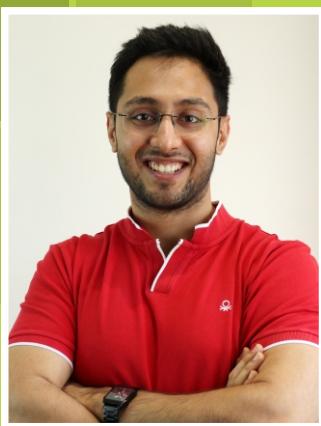
IAO Certified Institute

FG IIT is recognized by International Accreditation Certificate (IAO) for achievement of the highest standards organizational management, academic management, and Institutional performance through a commitment to quality and continuous improvement.

You'll get certificate once you have complete course which is valid in 192 countries



Our Faculties



1. Dt. Gautam Jani

Mr. Gautam is a civil engineer. By passion he is a dietitian and had started practicing it in the year 2016. He is the founder of fitnesswithgomzi firm established in 2018. He has achieved many certificate from ACSM, ISSA and VLCC.



2. Dt. Foram Desai

Ms. Foram is a sport dietitian and Taekwondo 4 Dan Black Belt holder. She is the founder of Fitnesswithgomzi established in 2018. She is an International coach and National referee. She has an experience of 10 years coaching Taekwondo at S.D. Jain School. She has achieved certificates from ACSM, ISSA and VLCC. She is the best dietitian in Surat.



3. PT. Chirag Pandey

Best Personal Trainer & Faculty at FGIIT Mr. Chirag is a Mechanical engineer. By passion he is a PowerLifter, Bodybuilder, and Nutritionist and had started practicing it in the year 2017. He is Coach of fitnesswithgomzi firm established in 2018. He has achieved Certification from FGIIT.



4. Dr. Asha Jiyani

Owner & Founder- Care Physiotherapy and FitnessCentre Since 2015.Dr. Asha Jiyani is one of the renowned names in Surat. She is BPT MIAP and working physiotherapist for her knowledge of Physiotherapy. She has treated more than 7000 patients with her utmost knowledge about

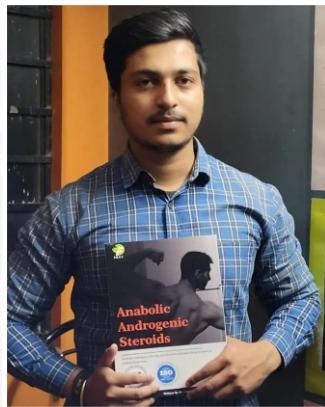


5. Dr. Ishaver Patel

Bachelor in Mech Engineering / law graduate / MBA/MSW Doctorate in Alternative Medicines Certified Diabetes educator from Indo Vietnam medical board Certified nutritional advisor Post graduation in Food safety and quality management (Running)



Online Convocation Ceremony



Google Reviews



Nisha Jariwala

" FGIIT - Nutrition Courses i really liked this course. The way of teaching them is very easy. I really enjoyed doing this course."

★★★★★



Maisuria Pragnesh

" One of the best institute in India. Love uploads Goutam sir for sharing lots of valuable knowledge. I will surely use it for betterment of people. Request every fitness enthusiast to join the institute."

★★★★★



Rizwana Kanchwala

" Thank u so much Forum Mam and Gautam sir for this wonderful course. It's highly recommended course. I clearly feel the difference in my knowledge before course and after finishing it.. Thank u so much to FGIT."

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FGIIT *Terms & Conditions

The Program You Choose Is An International Diploma in personal trainers and Diploma in Nutrition course Of 3 Months At Fees Of Rs.15,300/- The Actual Fees For This Course Is Rs.35,100/- (Offline).

You, Will, Be Provided With Proper Material For The Course (Both High Definition Video Lectures And Pdf Format Notes) Through Which You Can Study For Your Course. Other Than That You Will Get A Subscription Ending Reminder 1 Week Before Ending The Course.

Certification Will Be Provided After A 150 Marks Exam Consisting Of 100 Marks Of MCQ, 2 Projects Of 25 Marks Each. You, Will, Be Given 2 Attempts For The Exam Only If You Fail The Exam. In Case If You Have Not Completed The Course Or Are Left With Studying Or Didn't Appear For The Exam For The Same, You Have To Inform The Mentor's Priory And Extend Your Time By 1 Month After Paying 1000/- As Plan-Extension Fee.

Failing In Both Attempts Will Make You Take The Course Again If You Want To Continue.

Charge Of 1000/- For Extension Of Course Which Should Be Informed Priory If Not Prepared For The Course Or Exam.

Doubts And Queries Will Be Solved Via WhatsApp Every Week Before Sunday.

Fees Paid Is Non-Refundable And Not Transferable.

Failing The Exam And Appearing It In Re-Exam Will Levy An Rs.1000/- Fine. If The Candidate Applies For The Installment Payment Method Then They Are Liable To Pay The Due Fee On Time.

If The Candidate Is Getting An Extension For Their Due Fee Payment Then They Have To Take The Extension Time Seriously Or It May End Up In These Stated Consequences.

If You Appeared A Month Delay Then You Need To Start The Course Again Followed By Paying Full Fees

The Second Installment Should Be Paid In Full After 15 Days Of Commencing The Course Or The Portal Will Be Closed For The Candidate.

If The Faculty Gives You The Extension For Payment Then It Should Be Valued Or The Results Will Be The Same As Above.

Video Panels Will Be Closed 3 Days Prior Of The Final Examination.

Q1. Is this certificate is valid nationally?

- Yes, this certificate and course are valid nationally and also valid in 192 countries in the world. This certificate is issued from California, USA.

Q2. What can you do after the completion of this course?

- You can work in these areas as below.
- Can work in Hospital or clinic
- Can work in a gym and sports club
- Can work in a sports academy.
- Can start your own clinic or training institute.

Q3. What will be course duration?

- Course maximum duration vary course to course and it is non negotiable

Q4. How to study in this course or what is a procedure?

- The study procedure will be easy.
- Registration your course.
- Classes will be conducted over zoom or offline at your nearest FGIIIT academy
- You will get panel link and its id and password.
- Start learning from our study videos with an introduction.
- You can contact with mentors if you have any difficulties during the course.

Q5. What is the exam procedure and how to give it?

- You can give the exam on your phone or laptop from home and anywhere.
 - MCQ Based Exam (100 Marks)
 - Viva (25 Marks)
 - Project Submission For Dietician (25 Marks)