



FGIIT

Future Of Skill Development In India





**WEB
DEVELOPMENT**



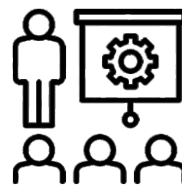
**APP
DEVELOPMENT**



**DIGITAL
MARKETING**



**HEALTH AND
FITNESS COURSE**



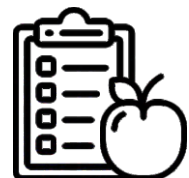
**MANAGEMENT
COURSE**



**PERSONAL
TRAINER**



**PHYSIOTHERAPY
COURSE**



**NUTRITION
COURSE**



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 :

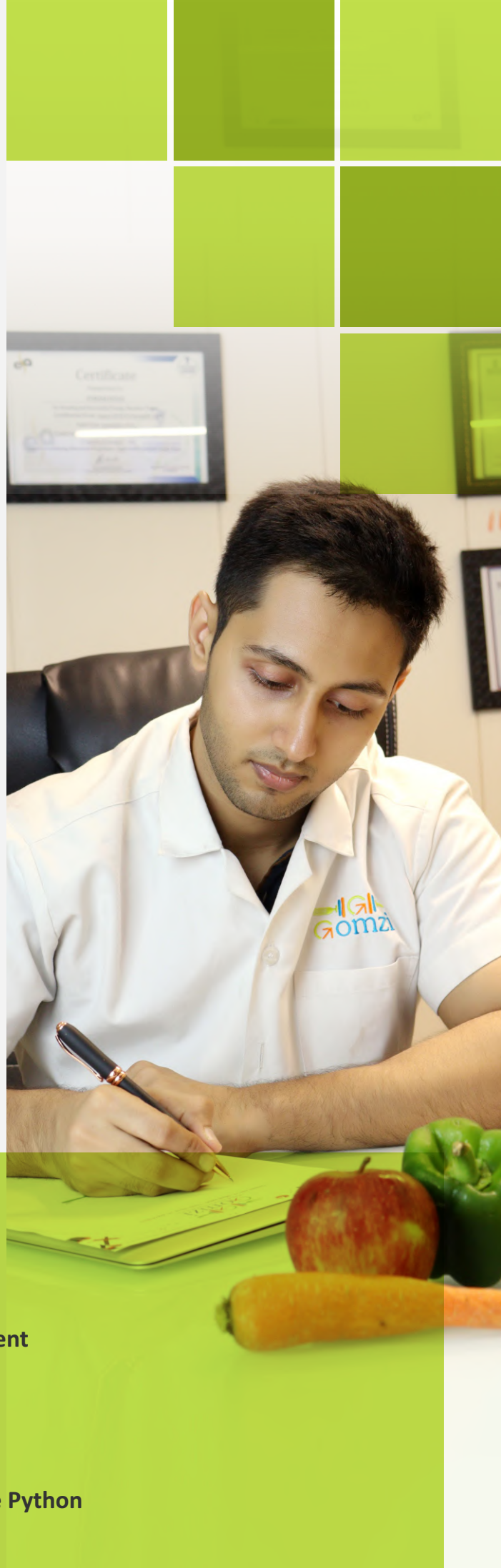
We started this nutrition courses in order to make the fitness and nutrition industry-main streamline after 10th and 12th. A student who wants to follow their passion and earn money simultaneously they can register for our courses.

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 flexible Courses Details :

1. Nutri-Trainer Course
2. Diploma in Dietitian Course
3. Diploma in Personal Trainer Course
4. Diploma In Health & Fitness Business Management
5. Anabolic Androgenic Steroids Master Class
6. Tabata & Functional Master Class
7. Injury Rehabilitation Masterclass
8. Advance Clinical Nutrition
9. Python Programming And Learn Core & Advance Python
10. Digital Marketing Course Online












1. Diploma in Nutri-Trainer Course

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



Key Features

-  **Offline Session at Academy**
-  **Online Session at Zoom**
-  **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 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
- 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 Floor
- 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

2. Diploma in Dietitian 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
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- DIET FOR HEALTHY SKIN, HAIR & NAILS
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- SPORTS NUTRITION
- SUPPLEMENTS
- HOW TO MAKE DIET PLAN
- JOB PLACEMENT



Key Features

-  **Offline Session at Academy**
-  **Online Session at Zoom**
-  **Recorder Session**
-  **Duration 3 Month**
-  **Internship 1 Month**
-  **Quality Content**
-  **Live Support**
-  **Mentorship**
-  **Video & Pdf Material**

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 base and 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
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4. Diploma In Health & Fitness Business Management

If Businesses Or Individuals Want Greater Success, Then The Answer Resides Within The Ability To Improve Motivation, Improve The Use Of Energy And To Improve Talent. Yet, Almost Every Time, The Emphasis Is On Talent Or The Hard Skills With Little Or No Focus On Developing One's Own Personality.

Gym Management Course That Is Designed To Help Emerging Leaders Create A More Dynamic, Loyal And Energized Personality And Replicate It In Their Workplace.



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Syllabus

- **Introduction of management (provide brief intro about 21 century)**
 - Objective (organizational, social, personal) characteristics, concept (effectively, efficiently)
 - function of management (POSDCORB), Case study
- **MANAGEMENT SKILLS (definition& importance, top 10 management skills)**
 - Leadership (difference between leader& boss, top leadership skills for fitness hub, improve of leadership skills, example to be good leader, skill will matrix)
 - Time management (importance, challenges, how to designed)
 - Presentation skills (importance, how to improve, 5p's of presentation) & negotiation skills (benefits, sweet deal, tip to improve, case study)
- **INTRODUCTION OF MARKETING MANAGEMENT (American marketing association)**
 - Scope of marketing, (Product design, implementation of products, pricing of products, selection of layout, publicity of product, distribution channel, selling of products, collection feedback form)
 - 7 Ps of Marketing (product, price, place, promotion, people, process, physical Evidence)
 - Marketing research process (define problem, develop research plan, research approaches, collect method)
 - Crafting Brand equity (definition of brand, 7 steps to build up, how can fix brand reputation)
 - Cross selling (techniques of sales)
- **INTRODUCTION OF FINANCE MANAGEMENT (7 steps to set finance excellence via practical approach)**
- **HUMAN RESOURCE MANAGEMENT(ADM2)**
 - Introduction, objective, importance (for an Enterprise, for professional significance, social significance,
 - National significance
 - Job analysis (JD, JS by different method and example)
- **ORGANIZATION BEHAVIOUR**
- **concept & importance of OB**
 - Attitude (determinates of attitude, how can change the attitude)
 - Personality (Determinants)
 - Conflict management (meaning, technique to resolve conflict)
- **SERVICE MANAGEMENT (user based, product based, operation based)**
 - Rater Model of Services
 - Gap Model of Services
 - Six Sigma Organizational Structure
 - Factor Responsible for Growth of Service
 - CRM (how its maximize business performance, case study)
- **STRATEGIC MANAGEMENT**
 - introduction, fitness business marketing strategy
 - floor tactics, Strategy to bring business and retain customers
- **PERSONALITY DEVELOPMENT**
 - Communication Skills, (importance, type, barriers) 7C's Communication
 - Body language
 - Soft skills
 - Grooming
 - Enhancing skills for Personal mentor
- **ORGANIZATION ETHICS**
 - Example Gym Ethics
 - Define Value
 - Importance of Ethics & Value
 - Ethical guideline for fitness Professionals
 - Benefits of Value & Ethics
 - Workplace safety and postures
 - Grievances and discipline
- **Successful Entrepreneurs thoughts**

5. 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



Offline Session at Academy



Online Session at Zoom



Recorder Session



Duration 1 Month



Internship 1 Month



Quality Content



Live Support



Mentorship



Video & Pdf Material

6. Tabata Functional & TRX Band Master Class










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**



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7. 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 Away 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



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8. 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 Morden 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



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9. Python Programming And Learn Core & Advance Python

Python Is An Interpreted, Object-Oriented, High-Level Programming Language With Dynamic Semantics. Its High-Level Built In Data Structures, Combined With Dynamic Typing And Dynamic Binding, Make It Very Attractive For Rapid Application Development, As Well As For Use As A Scripting Or Glue Language To Connect Existing Components Together.

Python's Simple, Easy To Learn Syntax Emphasizes Readability And Therefore Reduces The Cost Of Program Maintenance. Python Supports Modules And Packages, Which Encourages Program Modularity And Code Reuse. The Python Interpreter And The Extensive Standard Library Are Available In Source Or Binary Form Without Charge For All Major Platforms, And Can Be Freely Distributed.

Syllabus










- Introduction/Installation
- Overview
- Operators
- Conditional Statements
- Control Statements
- Lists (Collection Of Data)
- Tuples
- Dictionary
- Sets
- Strings
- Functions
- Module
- Exception Handling
- File Handling

Advance :

- OOPS Concept
- Socket Programming
- Database
- Threading
- Regular Expressions



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10. Digital Marketing Course Online










We Have Seen A Major Problem In The Health And Fitness Industry In 2019 During Covid Which Was A Lack Of Knowledge On Digital Marketing And Malpractices Of Digital Agencies With Gym Owners. Not Every Gym Owner Is A Builder Or High-Profile Person. Even 90% Of Gyms In India Are Run By Small Gym Owners And Trainers Who Can't Do Trial And Error Each Month And Spend 10,000 After Gym Marketing.

Syllabus

- Social Media Marketing
- Content Creation
- Facebook Paid Ads
- Google Ads
- SEO
- Web Design & Development
- Video Editing & Graphic Designing



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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

FRANCHISE ACROSS INDIA



VESU - SURAT



RANDER - SURAT



ADIPUR - KACHCHH



SANGLI - MAHARASHTRA



BHIWADI - RAJASTHAN



BHARUCH - GUJARAT



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