

## **Workshop Details**

Date : 26th & 27th Feb'11

Timings : 9.00 am to 5.00 p.m.

Venue : Hotel Savera  
146, Dr. Radhakirshnan Salai  
Chennai - 600 004.

Open for : Physiotherapists &  
Fitness Trainers

Cost of the Workshop Rs.2,000/-  
20% Discount for Students

DD/Cheque in favour of Fitness &  
Rehab Forum

H-2 / 10, Gateway, Thiruvalluvar Nagar,  
Thiruvanmiyur, Chennai - 41, India.

More info Call:

Dinesh - 90947 91922

Vijay Kaliswaran - 95516 95706

E-mail : [earnestvijay@frf.co.in](mailto:earnestvijay@frf.co.in)

Website : [www.frf.co.in](http://www.frf.co.in)

**Official Sponsor**



**HEALTH STUDIO**

GYM \* AEROBICS \* DANCE \* YOGA

- Nungambakkam ■ Mogappair
- Velachery ■ Besant Nagar



**FITNESS &  
REHAB FORUMS**

**Fitness  
Professional's  
Workshop**

**26th & 27th Feb '11**

## OBJECTIVE

The work shop is a foundation for the Certification of Physiotherapists & Fitness Professionals into the Wellness & Fitness Clinics, Sports & Cardio rehab units.

*A hands on Experience!*

## CONTENT

### THEORY

#### Module 1

- Applied Biomechanics
- Kinesiology of Exercise

#### Module II

- Exercise Physiology
- Introduction to Exercise Prescription
- Introduction to Metabolic Calculation

#### Module III

- Cardio Respiratory Fitness (CRF)
- Muscle Strength & Endurance
- Flexibility
- Exercise Prescription for Cardio Respiratory Condition
- Exercise Prescription for Special Population

#### Module IV

- Body Composition
- Weight Management
- Nutrition

#### Module V

- Fitness Injuries
- Posture
- Fitness Myths
- Recent Trends in Fitness

#### Module VI

- Fitness Testing
- Cardiac Stress Testing

#### Module VII

- Fundamentals of Group Aerobics
- Basics of Yoga
- Relaxation & Massage
- Basics of Pilates

### PRACTICAL

#### Session 1

- Cardio Respiratory Fitness Testing
- Metabolic Calculations
- Exercise Prescription

#### Session II

- Flexibility Testing
- Stretching Techniques for all major muscle groups

#### Session III

- Evaluation of Strength
- Strength Training Techniques

#### Session IV

- Body Fat Evaluation
- Girth Measurements

## RESOURCE PERSONS

#### Earnest Vijay MSPT, COMT (Aus)

- Master in Sports Physiotherapy from Guru Nanak Dev Univerity (GNDU), Amritsar
- Health Fitness Specialist Certified by the American College of Sports Medicine (ACSM)
- Fitness Director at O2 Health Studio

#### Saravan Kumar MSPT, MIAP

- Master in Sports Physiotherapy from the GNDU, Amritsar
- Incharge, Department of Physiotherapy, Nizams Inst. of Medical Science (NIMS), Hyd.

#### Nagarajan MPT (Sports), MIAP

- Master in Sports Physiotherapy Chennai
- Principal, Adhiparasakthi College of PT, Melmaruvathur