



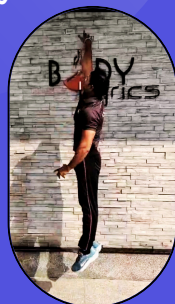
✦ **VENUE : Savera Hotel, Chennai -04**

✦ **DATE : 24th & 25th January 2026**

✦ **TIME : 9 Am-5 Pm**

✦ **HIGHLIGHTS :**

- Hands On Practicals
- A/V & Live Demo
- Lunch & Tea
- Literature & Exercise Videos



✦ **REGISTRATION :**

Early Bird - Rs. 6,500/-Till 30th Nov'25

Rs. 7,500/-From 1st Dec'25

Limited Entries !

✦ **Open For : Physiotherapists,
Fitness & Sports Trainers, Sports Coaches
and Exercise Science Professionals**

TO REGISTER, SCAN / CLICK BELOW



<https://forms.gle/qNopW5kiZBLodY7TA>

CONTACT US

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📱 fitnessandrehabforum

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**Fitness and Rehab Forum
Presents**

SPORTS FITNESS WORKSHOP

2026 Jan 24th & 25th

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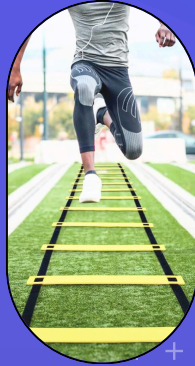




KEY TOPICS

Sports Fitness Assessment

MSK Screening in Sports



Sports Biomechanics

Strength & Conditioning in Sports



Speed & Agility Training in Sports

Plyometric Training in Sports

Sports Injuries & Management

KEY RESOURCE PERSONS

Earnest Vijay MSPT, MIAP

Sports Physiotherapist

ACSM Certified Exercise Physiologist

02 Health Studio, Chennai



Sravan Kumar MSPT, MIAP

Sports Physiotherapist

Principal, School of Physiotherapy

Nizam's Institute of Medical Sciences

Hyderabad



MuthuKumaran J Ph.D

Sports Physiotherapist

ACSM Certified Exercise Physiologist

Principal, School of Physiotherapy

Sri Balaji Vidyapeeth , Chennai



Rajinikumar Palaniyappan Ph.D

Associate Professor

Head, Sports Biomechanics & Kinesiology

TNPES University, Chennai