

Diploma in Fitness Training (DFT)

Duration: 1 Year (2 Semesters)

Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DFT101	1DFT1	Basics of Fitness & Health Science
2	DFT102	1DFT2	Human Anatomy & Exercise Physiology
3	DFT103	1DFT3	Principles of Strength Training & Cardio
4	DFT104	1DFT4	Nutrition & Diet Planning

Course Details (Semester – I)

- **Basics of Fitness & Health Science** – Concept of fitness, components of health, exercise benefits.
 - **Human Anatomy & Exercise Physiology** – Systems of the body and their role in exercise performance.
 - **Principles of Strength Training & Cardio** – Resistance training, endurance, HIIT, aerobic and anaerobic exercises.
 - **Nutrition & Diet Planning** – Macronutrients, micronutrients, meal plans for different fitness goals.
-

Semester – II

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	DFT201	2DFT1	Advanced Exercise Techniques & Injury Prevention
2	DFT202	2DFT2	Fitness Testing & Assessment

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
3	DFT203	2DFT3	Sports & Functional Training
4	DFT204	2DFT4	Practical Training / Internship

Course Details (Semester – II)

- **Advanced Exercise Techniques & Injury Prevention** – Safe training, corrective exercises, rehab basics.
- **Fitness Testing & Assessment** – Body composition analysis, strength, endurance, flexibility tests.
- **Sports & Functional Training** – Plyometrics, agility drills, functional strength development.
- **Practical Training / Internship** – Hands-on gym/institution practice, client program designing.