

# Certificate in Gym Trainer (CGT)

Duration: 6 Months (1 Semester)

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## Semester – I

S. No.	Paper Numerical Unique	Class & Papers	Paper Name / Subject
1	CGT101	1CGT1	Fundamentals of Gym Training
2	CGT102	1CGT2	Human Anatomy & Physiology
3	CGT103	1CGT3	Exercise Science & Workout Techniques
4	CGT104	1CGT4	Practical Training & Client Handling

## Course Details (Semester – I)

- **Fundamentals of Gym Training** – Role of a gym trainer, fitness principles, gym safety.
- **Human Anatomy & Physiology** – Muscular system, skeletal system, cardiovascular basics.
- **Exercise Science & Workout Techniques** – Warm-up, strength training, cardio, flexibility exercises.
- **Practical Training & Client Handling** – Gym floor practice, posture correction, workout planning for clients.