



IF **INSTITUTE OF FITNESS GHANA**
THE REAL EDUCATOR IN FITNESS

COURSES AND CAREERS IN FITNESS, HEALTH & NUTRITION

Vocational Education and Training in the Community and in Schools



About The Company

The Institute of Fitness Ghana is Ghana's first health and fitness vocational education provider with networks that extend across West Africa.

We offer an internationally accredited Certificate in Personal Training and many more courses to come. We offer students the choice to study on campus, online or by way of a blended delivery mode.

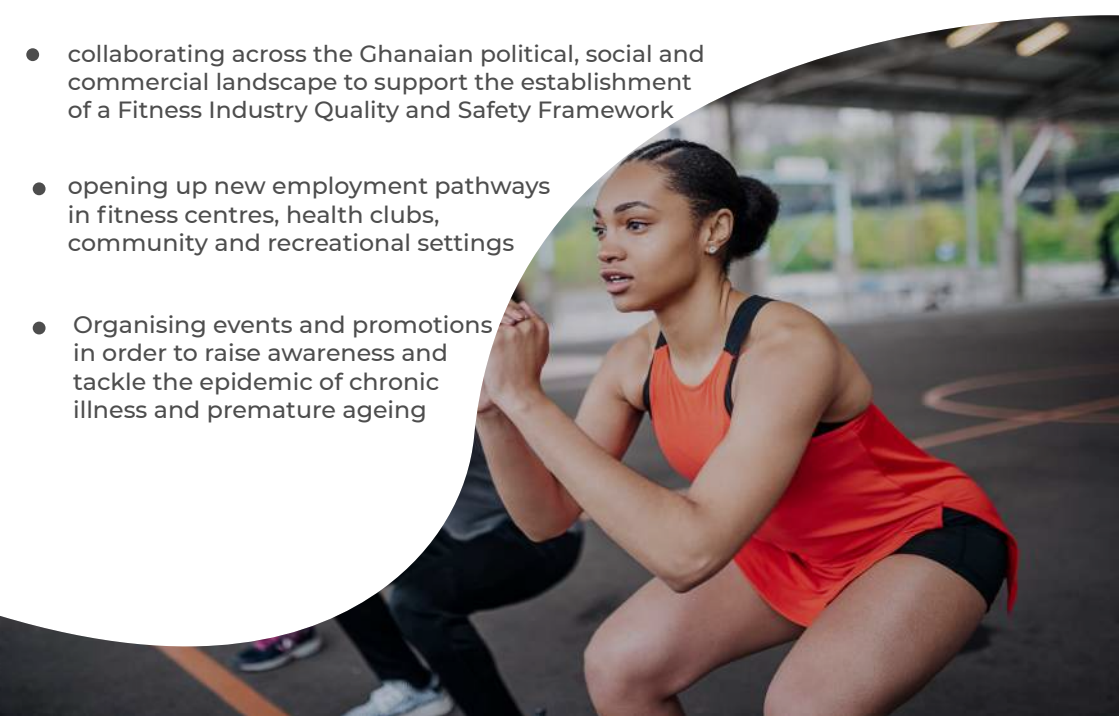
We also offer mentoring packages and a comprehensive career assistance program, which includes access to Career Mentors, plus invitations to our FIRE (Fitness Industry Recruitment Events).

Mission Statement

Our Mission is to raise the standards of health and fitness in Ghana and West Africa. We lead the way through the delivery of best practice health and fitness education, promotion and events.

We do this by:

- providing evidence-informed internationally recognised Health and Fitness Education with the aim of developing qualified health and fitness professionals in Ghana
- collaborating across the Ghanaian political, social and commercial landscape to support the establishment of a Fitness Industry Quality and Safety Framework
- opening up new employment pathways in fitness centres, health clubs, community and recreational settings
- Organising events and promotions in order to raise awareness and tackle the epidemic of chronic illness and premature ageing



Certificate in Personal Training

Enrol Now!

Developed in collaboration with 24 of the world's most influential and progressive Health & Fitness educators.

Course topics include:

- **Exercise Sciences** with industry experts like **Paul Chek** (Digestion), **Chuck Wolf** (Muscular System), **Dr John Berardi** (Nutrition), and many more
- Specific **Business Development Skills, Sales Techniques, and Marketing Strategies** to build a clientele quickly and effectively
- In-depth **Behaviour Change, Motivational Interviewing, and Communication** techniques and tools
- A **Motivation System** with ready-made Client Orientation Questionnaires
- A **Movement System** for creating and manipulating exercises in 3-dimensions inspired by the Gray Institute
- **Functional Anatomy** using Thomas Myers' Anatomy Trains
- **Special Populations** with industry experts like **Dr Christian Thompson** – professor at U of San Francisco (Older Adult), **Brian Grasso** – founder of International Youth Conditioning Association – IYCA (Youth), **Annette Lang** (Pregnancy)
- **Metabolic Training** using Energy System Development techniques
- A **Programming System** with the first ever **Behaviour-based Program Design Tool** filled with hundreds of pre-made, 12-week periodised programs to match a client's **Goal, Style** of training, and Level of ability.

ACHIEVE YOUR CAREER GOALS

IFG's Accredited Personal Trainer certification ensures you have the skill and industry recognition necessary to succeed within Ghana and the United States

Whether you are looking to start your personal training career or build on your existing skills, here at the Institute of Fitness Ghana we have the education experience for you

Course Duration:

6 Months

Course Fee:

PTA Certification: \$550 USD / 3000 GHS

NCCA Certification: \$650 USD / 3550 GHS



EDUCATION FOR HEALTH AND FITNESS PROFESSIONALS IN GHANA AND WEST AFRICA

Vision

To build the health and wealth of the people of Ghana and West Africa by providing best practice, evidence-informed training on exercise, movement, health, nutrition and food safety for the public good.

Key Objective

We aim to:

- combat the extremely high prevalence of non-communicable diseases due to sedentary lifestyles and incorrect dietary habits and
- increase employment pathways to the many youth and adults who are passionate about health and fitness.



**Contact us today
to Register your Interest:**

 info@ifghana.com

 www.instituteoffitnessghana.com

