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Gym instructor course provides information related to human physiology, anatomy, physical workout, sports activities, nutrition, first aid, injury prevention, muscular functions and exercising technique. They are offered to fitness instructors and sports trainer who wish to make their career in physical education. The basic education imparted in these courses helps the instructors in teaching fitness to his students.

There are different gym instructor courses varying from yoga and meditation to group exercises, personal grooming and CPR. They vary on the basis of age, sex and physiology of a person. Fitness institutes, government recognized training institutes and private fitness associations offer these courses.

In case you intend to become a fitness instructor in near future, you can select one of these courses:

1) Group Exercise Courses

Group instructors basically motivate a group of teenagers, senior citizens or females in a social setting. They teach muscle conditioning, aerobics, yoga stances and light exercises which can be easily grasped by different individuals working in a group. A group exercise instructor course focuses on principles of anatomy, workout combinations, aerobic injury prevention and other practical teaching skills.

2) First Aid And CPR Courses

CPR and first aid training forms an important part of any regular gym instructor course. CPR is administered to a senior citizen or a heart patient when he blacks out, becomes over winded, stresses himself or encounters respiratory issues due to excessive workout. While first aid is administered during minor injuries and muscle cramps.

3) Specialized Courses

Specialized courses are offered on special areas like meditation, energy healing, yoga, cycling, Pilates, aquatics, weight management and pregnancy training. If you wish to become a trainer for one of these fields, you must acquire your degree from an approved institute only. These courses are meant for gym trainers and owners only.

4) Personal Training Courses

Personal gym instructor courses are offered to folks who are willing to become certified coaches for individuals like celebrities, sportsmen, politicians or other important people. These instructors learn the trick of offering excellent physical training in both professional as well as residential settings. Such courses include details on physiology, exercise science, biomechanics, strength training, stretching, cardiovascular exercises, flexibility exercises, cross-training, athletics, weight management, diet management, aerobics, meditation and gymnastics.

Whatever gym instructor course you are choosing, just make sure you choose a valid degree from a genuine instructor or institution only. Avoid scams and be cautious while choosing your teachers!

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