

DBHS Certification Syllabus

MODULE 1: Foundations of Health and Fitness

- * Fundamentals of Health and Fitness: Comprehensive introduction to the core principles of health, wellness, and fitness from a medical perspective.
- * Basic Anatomy of the Human Body: Detailed study of body systems to understand how they interact during exercise and physical activity.
- * Skeletal System: In-depth exploration of bones, their functions, and how they support movement.
- * Joints, Tendons, and Ligaments: Understanding joint structures and their role in mobility and stability.
- * Muscular System Anatomy & Physiology: Learn the structure and function of muscles, and how to maximize their performance in training.
- * Kinesiology: Study of human movement and how to apply it in real-life training scenarios.
- * Resistance Training Fundamentals: Science-backed techniques for building strength through resistance training.

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MODULE 2: Designing Effective Workout Plans

- * Training Variables: Mastery of the essential factors that influence fitness outcomes, such as intensity, volume, and frequency.
- * Creating Customized Workout Plans: Step-by-step guidance on building tailored workout plans for individuals of all fitness levels.
- * Workout Splits and Exercise Selection: Learn how to structure weekly workout schedules and choose the most effective exercises for different goals.
- * Advanced Exercise Techniques: Introduction to progressive overload, periodization, and other advanced methods for maximizing client results.
- * Case Studies and Real-Life Applications: Practical insights from real client case studies, illustrating how to apply training principles in diverse scenarios.

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MODULE 3: Nutrition for Optimal Performance

- * Fundamentals of Nutrition: A deep dive into the science of food, nutrients, and how they affect the human body.
- * Energy Systems & Metabolism: Learn how the body converts food into energy and how to fuel for different types of exercise.
- * Designing Personalized Nutrition Plans: Craft individualized meal plans based on fitness goals, lifestyle, and dietary preferences.
- * Dietary Strategies: Effective approaches for fat loss, muscle gain, performance, and overall health improvement.
- * Case Studies: Explore nutrition strategies applied in real-world scenarios to solve common challenges clients face.

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MODULE 4: Advanced Topics in Fitness & Injury Prevention

- * **Supplementation:** Overview of the most effective and scientifically supported supplements for performance, recovery, and health.
- * **Micronutrients & Hydration:** Learn about vitamins, minerals, and the critical role hydration plays in health and fitness.
- * **Injury Prevention and Management:** Identify common gym-related injuries and how to prevent them through proper training techniques and recovery strategies.
- * **Practical Training Sessions:** Participate in compulsory live, hands-on sessions where you apply everything you've learned in a real-world setting.
- * **Comprehensive Revision Classes:** Dedicated time for review and Q&A to ensure full understanding and preparation for the final exam.
- * **Final Practical Exam:** Test your ability to apply theoretical knowledge in a live, practical environment.