

FAQ - NASM Online

1.What is the format and mode of delivery for this training program?

The program is delivered **100% online**, allowing you to attend classes from the comfort of your home.

2.What is the duration of the course?

The comprehensive special training curriculum is structured to be completed in exactly **45 days**.(6 weeks)

3.Will I receive recordings of the classes?

Yes. Every session is conducted live and is also recorded, allowing you to revisit the content anytime for revision.

4.What is the weekly class schedule and timing breakdown?

- This is a **6 weekend program running every Saturday and Sunday**.
- **Class Timings:** 10:00 AM – 3:00 PM
- **Training Hours:** 5 hours per day (10 total hours of intensive learning per weekend).

5.When does the upcoming batch begin?

The next batch starts on **July 20th**.

6.What are my enrollment options and what certificates will I receive?

You can choose between two specialized tracks depending on your career goals:

- **Option 1 – NASM CPT (₹45,000 + Discounted Exam Fee):**
- **Option 2 – SFS CPT Only (₹45,000):** You receive the Super Fitness School Certified Personal Trainer Certificate. This is ideal for trainers focusing solely on developing high-tier practical coaching skills.

7.What exactly will I learn in the NASM vs. SFS portions of the course?

The curriculum is split to give you both theoretical mastery and real world gym application:

- **NASM CPT (Exam Prep):** Human Anatomy & Physiology, Functional Movement, Corrective Exercise, Exercise Programming, Client Assessment, Nutrition Fundamentals, Behaviour Change & Coaching, and complete exam preparation.

- **SFS CPT (Practical Skills):** Exercise Technique & Coaching, Program Design, Practical Assessments, Client Communication, Cueing & Demonstration, Gym Floor Application, Real-Life Case Studies, and hands-on training skills.

8.What is the total cost of the program?

The costs

- For online NASM would be ₹45,000 + NASM Exam fee (discounted price)
- For SFS CPT would be ₹45,000

Note: NASM Exam Fee will be provided at a heavily discounted rate.

9.Is part payment or an installment plan available?

Yes. The fee can be split and paid in three distinct stages:

- **Payment 1:** ₹20,000 – Due upon enrollment
- **Payment 2:** ₹20,000 – Due by the start of Week 3
- **Payment 3:** NASM Exam Fee + ₹5,000 – Due by the start of Week 5 (*Note: The NASM exam fee can be paid just before booking your official examination*).

10.Is an EMI option available?

Yes. EMI options are available for students using eligible credit cards.

11.What is the cancellation or refund policy?

No. Once enrolled, no refunds will be provided at any point during the course.

12.Is there an exclusive discount for returning students?

Yes! We offer a 10% discount for alumni on the program tuition.

13.Does the school provide job assistance after graduation?

Yes, the program offers **100% placement support after certification** to help you kickstart your career as a world class certified personal trainer.

14.Will I receive study materials or a course manual?

Yes. Every student receives a comprehensive course manual to support learning throughout the program.

15.What kind of learning support will I receive to clear the exam?

The program provides special attention and mentorship specifically tailored to help you thoroughly prepare for and clear the rigorous NASM CPT exam. Additionally, all enrolled students are eligible for a special discount on the official NASM exam fee.

16.What happens if I don't clear the NASM exam within the six weeks?

No problem. You can attempt the NASM examination whenever you feel fully ready. Even after the 6 week course ends, you will continue to receive:

- Dedicated WhatsApp support
- Regular doubt clarification
- Direct faculty guidance

17.Is there any financial assistance or concession for the exam fee?

Yes! Enrolled students receive a **special discount on the official NASM exam fee.**

18.Are there unlimited seats for the July 20th batch?

No, there are **limited slots available** to ensure every student receives personalized attention and high quality mentorship.

19.Who should join this special training program?

This course is tailored for:

- Aspiring Personal Trainers & Fitness Enthusiasts looking to build a career
- Existing Gym Trainers & Fitness Coaches
- Strength & Conditioning Coaches
- Individuals specifically looking for an internationally recognized fitness certification

12.How can I register or request more details about the program?

You can **DM (Direct Message)** the school on social media or reach out directly via contact details below:

WhatsApp / Call: +91 9980902269

Instagram Handle: @thesuperfitnessschool