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MALDIVES
SPORTS
CORPORATION

Maldives Sports Corporation Ltd
Male', Maldives

Community Fitness Leaders Training!

Maldives sports corporation has initiated Community fitness leaders program this Sunday. The program will be held from 16th – 20th July 2017. The program includes 15 hours of theory and practical sessions.

The objective of program is to provide opportunities for participants to develop the knowledge, skills and attitudes needed to be effective community level Fitness Instructors. Upon completion of the program, the participants will demonstrate the ability to develop, select, and use various strategies available in promoting health fitness lifestyle among the community.

The program is conducted with 20 participants. The participants have shown their interest and support to the program during the first two sessions conducted to date. The themes which will be covered during this training includes Concept and Components of Fitness, Plan, Design and evaluate Fitness program, and Anatomy and physiology.

