

INTERNATIONAL HEALTH AND FITNESS ASSOCIATION



(Registered by Ministry of Corporate Affairs, Government of India)

IHFA INSTITUTIONAL MEMBERSHIP

The **International Health and Fitness Association (IHFA)** is a globally recognized organization dedicated to advancing education in health, fitness, and rehabilitation. As an accredited member of **CPD UK** (Continuing Professional Development) and an official representative of **CHE** (Continuing Health Education), IHFA upholds high standards in professional development and skill enhancement.

With a global presence in over 16 countries, IHFA has successfully provided **24,000+ certifications** across a diverse range of health and fitness disciplines. The organization's certifications are recognized internationally, empowering fitness professionals, physiotherapists, and health practitioners with the skills and knowledge necessary to thrive in a competitive industry. IHFA's comprehensive educational programs are designed by experts to ensure that they meet the evolving needs of the health, wellness, and rehabilitation sectors.

Through collaborations with institutions, universities, and health professionals, IHFA strives to promote lifelong learning and professional excellence on a global scale.

Eligibility: Institutional Membership Open recognized institutes includes college and Universities which offering programs on health, fitness and sport sciences.

Benefits of IHFA Membership for Institutes/Colleges

- 1. Access to Cutting-Edge Curriculum**
 - Member institutes gain access to internationally accredited and industry-recognized courses in rehabilitation, fitness, and exercise sciences, ensuring students receive top-tier education aligned with global standards.
- 2. Exclusive Faculty Training Programs**
 - IHFA offers specialized faculty development programs to enhance teaching methodologies, ensuring instructors stay updated with the latest trends, research, and practical applications in health and fitness education.

3. **International Certification for Students**
 - Students of member institutions can earn IHFA-recognized certifications, providing them with a competitive edge in the global job market and opening opportunities for higher employability.
4. **Collaboration on Research and Projects**
 - Member institutes have the opportunity to collaborate with IHFA on research projects, initiatives, and publications in the areas of fitness, rehabilitation, and health sciences, furthering academic growth and innovation.
5. **Participation in Knowledge Exchange Programs**
 - Institutes can participate in national and international knowledge exchange programs, workshops, and seminars. This facilitates networking and professional growth for both students and faculty members, offering exposure to global best practices.
6. **Networking with Global Experts**
 - Membership provides access to IHFA's extensive network of international experts in fitness, rehabilitation, and health sciences, allowing institutions to collaborate on a global level and exchange knowledge.
7. **Discounted Access to IHFA Events and Resources**
 - Member institutes enjoy discounted access to IHFA events such as international conferences, workshops, and continuing education programs, as well as premium resources and study materials.
8. **Institutional Recognition**
 - Becoming a member of IHFA enhances the reputation of the institution as a center of excellence in health and fitness education, adding value to the institution's brand and attracting prospective students.
9. **Student Internships and Placement Assistance**
 - Member institutes are given priority in IHFA's global internship and job placement programs, helping students transition smoothly into the professional world with valuable work experience.
10. **Support for Curriculum Development**
 - IHFA assists member institutes in developing and updating their curriculum to meet international standards, ensuring that the educational programs remain relevant and competitive.

Steps towards IHFA Institutional Membership

- Complete the Institutional Membership Form with all required information.
- Scan and email the form to edu@ihfitness.com.
- Once the membership is approved, IHFA will send a welcome email along with the Membership Certificate.
- The member institute will be listed on the official IHFA website at <https://www.ihfitness.com/institutional-members>.
- IHFA will appoint a coordinator to facilitate further communication and provide updates on IHFA events and activities.

INTERNATIONAL HEALTH AND FITNESS ASSOCIATION



(Registered by Ministry of Corporate Affairs, Government of India)

INSTITUTIONAL MEMBERSHIP APPLICATION FORM

1. Institution Information:

- **Institution Name:** _____
 - **Institution Type** (College, University, Training Center, etc.): _____
 - **Year Established:** _____
 - **Location:** _____
 - **Country:** _____
 - **Website:** _____
 - **Phone Number:** _____
 - **Email Address:** _____
-

2. Primary Contact Information:

- **Name:** _____
 - **Position/Title:** _____
 - **Phone Number:** _____
 - **Email Address:** _____
-

3. Programs Offered by the Institution:

Please list the health, fitness, or wellness programs offered at your institution:

- _____
 - _____
 - _____
-

4. Accreditation or Licensing:

- Is your institution accredited by a national/regional authority?
 - Yes
 - No

If yes, please provide details of your accreditation(s):

5. Institutional Membership Goals:

Please explain why your institution would like to become an IHFA member and how it aligns with your institution's mission:

7. Facilities and Resources:

Please describe the facilities (e.g., labs, fitness centers, classrooms) and resources available at your institution to support health and fitness education:

8. Professional Staff:

Please provide details of the number of qualified staff/faculty members in your health, fitness, or wellness programs:

- **Number of Faculty/Trainers:** _____
- **Average Experience (years):** _____

9. Membership Fees:

Annual Membership Fee: **5000/ Year**

Please select your preferred payment method:

- Credit Card
 - Bank Transfer
 - Other: _____
-

10. Agreement and Signature:

By submitting this application, we agree to comply with IHFA's standards, code of conduct, and membership guidelines.

Authorized Representative Name: _____

Signature: _____

Date: _____

IHFA Programs and Certifications of Interest:

Please indicate which IHFA programs or certifications you are interested in offering at your institution (check all that apply):

S.L	CERTIFICATION	CREDIT HOURS
	<i>Certified Antenatal Postnatal Exercise Specialist (CAPES)</i>	16
	<i>Certified Diabetic Rehab Specialist (CDRS)</i>	16
	<i>Certified Geriatric Rehab Specialist (CGRS)</i>	32
	<i>Certified Pediatric Rehab Specialist (CPRS)</i>	32
	<i>Certified Pelvic Floor Rehab Specialist (CPFRS)</i>	16
	<i>Certified Personal Trainer (CPT)</i>	20
	<i>Certified Posture Specialist (CPS)</i>	16
	<i>Certified Pulmonary Rehab Specialist (CPRS)</i>	16
	<i>Certified Rehab Nutrition Specialist (CRNS)</i>	16
	<i>Certified Senior Fitness Specialist (CSFS)</i>	16
	<i>Certified Sports Nutrition Specialist (CSNS)</i>	16
	<i>Certified Sports Rehab Specialist (CSRS)</i>	16
	<i>Certified Youth Fitness Specialist (CYFS)</i>	16
	CONTINUING EDUCATION	CREDIT HOURS
	<i>Barefoot Rehab</i>	
	<i>Blood Flow Restriction</i>	
	<i>Diabetic Rehab</i>	
	<i>Diaphragm Rehab</i>	
	<i>Dysphagia Rehab</i>	
	<i>Cupping Therapy</i>	
	<i>Foam Rolling</i>	
	<i>Functional Training</i>	
	<i>Lumber Spine Assessment</i>	
	<i>Manual Muscle Testing</i>	
	<i>Pelvic Floor Rehab</i>	
	<i>Running Injury</i>	
	<i>Sports Injury Management</i>	
	<i>Sports Nutrition</i>	
	<i>Strength Training</i>	