



**THE NATIONAL UNIVERSITY OF ADVANCED LEGAL STUDIES**

**Kalamassery , Kochi -683 503.**

No.NUALS/Ad C/H C T /27875/2019

Dated 09- 06-2022

**NOTIFICATION**

Applications are invited in the prescribed format for selection as **Health Club Trainer**, in the National University of Advanced Legal Studies, **on Contract Basis.**

**1 Educational Qualifications** : A Bachelor's Degree in any Discipline from a recognised University

2 Desirable : : Diploma in Fitness Management /Knowledge in Weight Training and Yoga .

3)Experience : Minimum six months' experience in a reputed Gymnasium /Health - Club, or a similar organization.

Age : Not more than 40 Years

Job Requirements:

The person engaged as Health Club Trainer, is expected to perform the following duties:

- 1 To demonstrate exercises /routines to clients,
- 2 Assist the clients in exercises to minimise injury and to promote fitness,
- 3 Modify exercises according to clients' fitness levels,
- 4 Monitor the client progress,
- 5 Providing information /resources on general fitness and health issues,
- 6 Provide emergency first-aid, if necessary,
- 7 Take care of the Gymnasium equipment.

Remuneration : Consolidated remuneration of Rs 18,000/- PM

**Application Fee** :Rs 500/- (for General candidates and Rs 250/- for SC/ST candidates )

**How to apply :**

Application forms can be downloaded from the NUALS' Website [www.nuals.ac.in](http://www.nuals.ac.in) and are to be submitted to the Office of the Registrar , NUALS, H M T Colony (PO), Kalamassery- 683 503 ,

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along with self - attested copies of the documents regarding qualifications ,experience etc .and application fee remitted by way of **Demand Draft drawn in favour of the ‘Registrar , NUALS’, (payable at Ernakulam).**

**Last Date for Receipt of Applications:**

The applications are to reach the Office of the Registrar, NUALS, HMT Colony (PO), Kalamassery 683503, **on before 25 -06-2022**

REGISTRAR

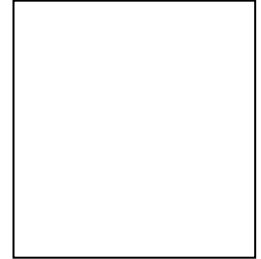


# THE NATIONAL UNIVERSITY OF ADVANCED LEGAL STUDIES (NUALS)

NUALS Campus, HMT Colony P.O., Kalamassery, Kochi – 683 503, Kerala

Ph: 0484 2555990, Tele-Fax: 0484 2555992

E-mail: registrar@nuals.ac.in Website: www.nuals.ac.in



Application for: HEALTH CLUB TRAINER (ON CONTRACT)

1.	Name in full (IN BLOCK LETTERS)	
2.	Full address to which communications are to be sent	
3	Religion and Community	
3.	(a) Age	
	(b) Date of Birth	
4	E mail id and Mobile Number	

5	Qualifications:				
	Name of Examination passed	Name of University/Board/ Institution	Year of passing	Class, Rank etc.	Percentage of marks
	Degree				
	Diploma in Fitness Management etc				

Weight Training & Yoga					
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6	Full details of experience.	
7	Details of Fees paid	

7	List of enclosures	
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I hereby certify that the information given above are correct to the best of my knowledge and belief. I agree to bind myself to the conditions of service of the National University of Advanced Legal Studies that may be drawn up from time to time.

Place:

Signature of the Applicant:

Date:

Name:

(IN BLOCK LETTERS)

(N.B. . If the space provided in the application form is insufficient, separate sheet of paper may be attached and pinned to the main application form and references to the same made in the relevant columns.)