DELIVERED BY:
BodyGNTX Fitness Institute & GFFI Fitness Academy

ACADEMIC FRAMEWORK:
MMSx Authority Institute for Movement Mechanics & Biomechanics Research (USA)

ASSESSMENT & GRADING:
- Applied movement analysis assignments
- Program design & justification projects
- Capstone biomechanics case study
- Competency-based grading: Pass / Merit / Distinction

PROGRESSION PATHWAY
Eligible graduates may progress to Level-8 Clinical Biomechanics & Rehabilitation-Informed Performance Science.

ENROLLMENT & FEE STRUCTURE

• Program Fee: Available upon enquiry
• Flexible payment options may be offered
• Limited seats per cohort to maintain academic quality

For current fee structure and enrollment details:

info@mmsxauthority.com

+1-614-822-8038, +91-9910047204 (Whatsapp)

www.bodygntx.com, www.gffi-fitness.org

1503, NORTHCREST AVENUE, COLUMBUS OHIO, 43220, USA

35, NWA, PUNJABI BAGH WEST, NEW DELHI, 110026, INDIA

THESE QUALIFICATIONS ARE PROFESSIONAL DIPLOMAS ALIGNED WITH POSTGRADUATE-LEVEL COMPETENCIES. THEY ARE NOT ACADEMIC DEGREES BUT ARE STRUCTURED TO REFLECT ADVANCED APPLIED SCIENCE, CLINICAL REASONING, AND EVIDENCE-INFORMED PROFESSIONAL PRACTICE.



PROGRAM OVERVIEW

A Level-7 professional qualification designed for experienced coaches seeking postgraduate-level mastery in biomechanics-driven strength training. The program emphasizes applied reasoning, load-mechanics analysis, fatigue management, and performance risk control beyond exercise prescription.

Key Learning Outcomes
- Analyze movement mechanics under external load
- Apply advanced biomechanical reasoning to training design
- Identify and correct load-induced movement faults
- Manage fatigue, tissue tolerance, and performance risk
- Justify coaching decisions using applied evidence



CURRICULUM SNAPSHOT

- Functional anatomy & joint biomechanics
- Movement pattern diagnostics
- Advanced strength & conditioning science
- Neuromuscular control & motor learning
- Load management & injury risk
- Sport-specific S&C applications
- Applied biomechanics practice & digital tools
- Research literacy & capstone project

CERTIFICATION AWARDED:

ADVANCED DIPLOMA IN STRENGTH & CONDITIONING WITH APPLIED BIOMECHANICS (LEVEL 7)

"THIS QUALIFICATION BRIDGES TRADITIONAL STRENGTH & CONDITIONING WITH APPLIED BIOMECHANICS, PREPARING COACHES FOR SENIOR PERFORMANCE ROLES."

This program is not intended for beginners or individuals seeking entry-level fitness certifications.



BodyGNTX Fitness Instiutute

Advanced Diploma in Strength & Conditioning with Applied Biomechanics (S107) Prospectus

Level 7 – Advanced Applied Science & Professional Practice

PROFESSIONAL IDENTITY

MMSx-S&C

PROFESSIONAL SCOPE

This program is performance-focused and does not provide medical diagnosis or rehabilitation licensure. Graduates must operate within regional professional boundaries.

Career Pathways:
- Strength & Conditioning Coach
- Performance Coach
- Athletic Development Specialist
- Sports Academy Coach
- Advanced Fitness Professional

DELIVERED BY:

BodyGNTX Fitness Institute & GFFI Fitness Academy

ACADEMIC FRAMEWORK:

MMSx Authority Institute for Movement Mechanics & Biomechanics Research (USA)

ASSESSMENT STRUCTURE:

- Advanced applied written assignments
- Clinical reasoning case evaluations
- Research interpretation tasks
- Level-8 capstone project & defense

KEY RESEARCH FRAMEWORKS

- MOVE Protocol
- MMSx-SCAN
- BPIT (Balanced Progressive Intensity Training)

PROFESSIONAL SCOPE & BOUNDARY

This qualification is rehabilitation-informed but does not confer medical diagnosis, physiotherapy licensure, or pathology treatment authority.

PATHWAYS:

- Clinical Performance Specialist
- Rehabilitation-Informed Strength Coach
- Return-to-Performance Consultant
- Applied Biomechanics Practitioner
- Movement Science Educator / Advisor

Association with ASFU

This collaboration ensures MMSx specialists are recognized both nationally and globally, with credentials respected by sports organizations, fitness institutions, and rehabilitation centers worldwide & recognized globally.



PROGRAM OVERVIEW

A Level-8 postgraduate professional qualification designed for senior practitioners operating at the interface of clinical biomechanics, rehabilitation science, and performance return. Structured at MSc-equivalent depth while remaining a professional diploma.
Advanced Learning Outcomes:

- Interpret joint-level movement dysfunction non-diagnostically
- Analyze pain, fatigue, compensation, and load response
- Design rehabilitation-informed performance progressions
- Integrate MOVE, MMSx-SCAN, and BPIT decision logic
- Justify return-to-performance decisions using evidence



CURRICULUM DOMAINS

- Clinical biomechanics & joint-level analysis
- Rehabilitation science for performance
- Load tolerance & graded exposure
- Fatigue & pain-influenced movement
- Return-to-performance frameworks
- Research literacy & advanced case documentation
- Level-8 capstone & viva defense

CERTIFICATION AWARDED:

POST GRADUATE DIPLOMA IN CLINICAL BIOMECHANICS & REHABILITATION-INFORMED PERFORMANCE SCIENCE (LEVEL 8)

"THIS QUALIFICATION PREPARES PROFESSIONALS TO MAKE RETURN-TO-PERFORMANCE DECISIONS AT A CLINICAL-PERFORMANCE INTERFACE."

This program is not intended for beginners or individuals seeking entry-level fitness certifications.



BodyGNTX Fitness Instiutute

Post Graduate Diploma in Clinical Biomechanics & Rehabilitation-Informed Performance Science (S108)

Level 8 – Advanced Clinical & Research-Oriented Professional Practice

PROFESSIONAL IDENTITY

MMSx-CBR

PROFESSIONAL SCOPE

This program is performance-focused and does not provide medical diagnosis or rehabilitation licensure. Graduates must operate within regional professional boundaries.
Career Pathways:

- Strength & Conditioning Coach
- Performance Coach
- Athletic Development Specialist
- Sports Academy Coach
- Advanced Fitness Professional