

## Brain Training Certificate Course

Offered by Physio Karma Solutions Pvt. Ltd.

*Redefining Excellence in Training, Therapy & Research*

### Overview

This 3-month hybrid certification empowers coaches, psychologists, physiotherapists, researchers, and academicians to integrate cutting-edge neuroscience, sports psychology, and technology-driven cognitive training into their practice. The program blends online theory with hands-on offline sessions using advanced brain-training modalities—equipping professionals to transform performance, therapy, and research outcomes.

### Core Learning Tracks

- **Brain Science & Cognitive Function**

Gain clarity on brain anatomy, neuroplasticity, decision-making, memory, attention, and emotional regulation.

- **Sports Psychology & Mental Skills**

Develop skills in focus training, resilience building, motivation strategies, and emotional control for sport and therapy.

- **Cognitive Training Techniques**

Master tools to enhance attention, reaction time, working memory, and decision-making.

- **Technology-Driven Brain Training**

Practical training with:

- Sensory Station, Strobe Glasses
- Neurofeedback Headsets & Cognitive Trainers
- Reaction Lights & Performance Trainers
- VR platforms (RTT, Neurotrainer, Mindful Meditation)
- tDCS devices, AVE, CES, energy patches, sensory tools

- **Integration & Application**

Learn to design individualized training plans, conduct assessments, and apply brain-training principles in sports, therapy, and research.

### Program Structure (3 Months)

#### Hybrid Format

- **Online:** Structured theory sessions
- **Offline (2x/week):** Hands-on device training & practical execution

#### Modules

1. Foundations of Brain Anatomy & Performance
2. Technologies in Brain Training
3. Assessment & Integrated Program Design
4. Sport-Specific Applications & On-Field Training
5. Capstone Project + Practical Certification

## Course Deliverables

- Course Completion Certificate
- Comprehensive Textbook + Step-by-Step Video Guides
- Access to one **Brain Training Modality** upon completion
- Hands-on experience with more than a dozen advanced technologies
- Practical skillsets to confidently run assessments, interventions, and athlete/client programs

## Why This Course Stands Out

- **Future-Ready Skills:** Learn tools used by elite global performance programs.
- **Immediate Deployability:** Start applying techniques with your own device post-certification.
- **Holistic Framework:** Combines neuroscience, psychology, sensory training, and tech-driven modalities.
- **Flexible Learning Ecosystem:** Designed for working professionals.

## Transform Your Practice

This certification empowers you to integrate science, technology, and psychology into high-impact performance and therapeutic programs. Whether you're elevating athletes, supporting clients, or driving research, this course positions you at the forefront of cognitive and performance innovation.