

**Kai. BapusahebEkambekarSevabhavi Sanstha, Udgir's**  
**KAI. BAPUSAHEB PATIL EKAMBEKAR MAHAVIDYALAYA, UDGIR**  
Near Sundar Garden Mangal Karyalaya, Shelhal Road, Udgir. Dist-Latur.

*Certificate Course*

**PHYSICAL FITNESS**

1. **Module Name:** Physical Fitness
2. **Sector:** Physical Education and Sports
3. **Entry Qualification:** Minimum 14 years to above age
4. **Terminal Competency:** Physically fit, Game improvement, Weight loss, job Opportunity as workout fitness manager
5. **Duration:** 3 months
6. **Course Contents:**

**Theory:**

Need, Scope, Importance of fitness, Information about workout  
Diet

**Practical Competencies:**

1. Endurance Training
2. Power Training
3. Agility Training
4. Circuit Training
5. Core Training

**Duration of the Course:** 3 months

**Scheme of Study:** Theory – 20%, Practical – 80%

**Number of Times offered in a year:** Once

**Fees:** Free

**Maximum No. of Students:** 15

**Certificate:** All successful students shall be awarded certificate

