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Postgraduate Program

Postgraduate Diploma in Sports & Fitness

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Introduction

The Postgraduate Diploma in Sports & Fitness is a comprehensive one-year program designed for individuals passionate about sports management, fitness training, and health promotion. This diploma equips students with essential knowledge and practical skills in sports science, nutrition, coaching, and exercise physiology. Graduates will be prepared to pursue careers in fitness centers, sports organizations, and wellness programs, fostering a healthier lifestyle in communities. Through a blend of theoretical coursework and hands-on experience, this program emphasizes the importance of physical fitness and its impact on overall well-being.

About Program



Internship and Career Prospects

► Details

Scheme of Study (Semester Wise)

Program Structure

- Duration: 1 Year
- Credit Hours: 30
- Courses: 10
- Semesters: 2

► Details

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