

<https://shu.edu.pk/FoMS/associate-degree-ade-sports-fitness/>

Undergraduate Program

Associate Degree in Sports & Fitness

[Faculty of Management Science](#)

>

[.center-prog { display: none !important; }](#)

[No child Department found for this program.](#)

[Apply Now](#)

Quick Link

[Apply Now](#)

[Scholarships & Financial Assistance](#)

[Faculty of Management Science](#)

[No child Department found for this program.](#)

Add a header to begin generating the table of contents

Introduction

The Associate Degree in Sports & Fitness is a two-year program designed to launch your career in the sports and fitness industry. Covering the fundamentals of physical education, health, and sports management, this curriculum also includes exciting electives like sports injury prevention and martial arts. This degree serves as a stepping stone to entry-level roles in fitness, sports management, and wellness industries.

Curriculum Structure

Area	Code	#
Physical Education	PE	5
Health & Fitness	HF	4
Sports Management	SM	3+0
Social Sciences	SOC	7
Electives	ELE	2
Project	PRJ	1
Total Courses		22
Total Credit Hours		66

About Program

- Internship and Career Prospects
- Details
- Details

Scheme of Study (Semester Wise)

- ▶ Details
 - ▶ Details
- ast-container