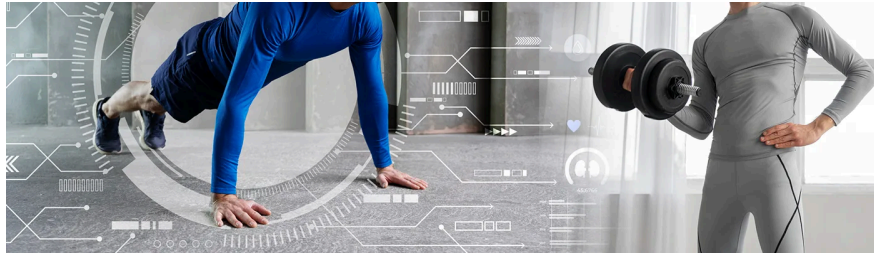


<https://shu.edu.pk/center-of-sport-and-fitness/>



Salim Habib University Center for Sports & Fitness

The Center for Sports & Fitness at Salim Habib University is dedicated to promoting health, wellness, and physical education through innovative programs and industry partnerships. Our offerings are designed to prepare students for successful careers in various fields related to sports and fitness.

We provide a range of programs, including:

- Bachelor of Science in Sports & Fitness
- Associate Degrees in Sports & Fitness
- One-Year Diplomas in Sports & Fitness
- Diplomas in Self-Defense
- Certification Courses in Sports & Fitness

Our curriculum emphasizes both theoretical knowledge and practical skills, ensuring that students are well-prepared to thrive in the dynamic sports and fitness industries.

Postgraduate Program

Postgraduate Diploma in Sports & Fitness

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Undergraduate Program

Certification Program in Sports & Fitness (4 Months)

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Undergraduate Program

Diploma Program in Sports & Fitness (1 Year)

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Undergraduate Program

BS Sports & Fitness

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Undergraduate Program

Associate Degree in Sports & Fitness

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