



Bhaskaracharya College of Applied Sciences

(University of Delhi)

Sector-2, Phase-1, New Delhi-110075

Accredited "A" Grade by NAAC & Star College Status by DBT



Organizes

Online Short Term Certificate Course (40 hours)

in association with

Department of Physical Education and Sports Sciences

(University Of Delhi)

FITNESS MANAGEMENT



Overview

After the completion of course 'Fitness Management' you will be able to live a healthy and fit lifestyle and encourage more people to make healthy lifestyle changes. You will have the fundamental understanding of the factors that affect the fitness such as physical, stress, weight control, fitness and nutrition. The fitness level determines the immunity power of an individual

Eligibility

There is no need of any prior qualification or experience to enroll on this certificate course. THE ONLY NEED IS INTEREST IN FITNESS AND DRIVE TO SUCCEED.

Who should study the course?

This certificate course has been designed for anyone who has an interest in fitness and health. Regardless of whether the individual intends to use the knowledge for their own benefit, or the benefits of others, this online course will help all the way.

MODULES:

- **Study of Musculo-skeletal system**
- **Sports injuries and management**
- **Stress Management**
- **Yoga**
- **Energy Systems during exercise**
- **Exercise Mechanics**
- **Nutrition**
- **Weight control**
- **Measurement of Body Composition**
- **Aerobics Training**
- **Different types of exercises for fitness**
- **Wellness**
- **Fitness Testing**

Certificates will be awarded upon the successful completion of the course

Prof. Balaram Pani

Patron

(Principal, BCAS)

(Dean of Colleges, DU)

Dr. Dhananjoy Shaw

Chairman

(HOD, Department of Physical Education, DU)

Organizing Committee

Convener

Prof. Sidharth Sirohi

Coordinators

Dr. Neeru Sharma

Dr. Pawan Dabas

Co-coordinators

Dr. Anil Barak

Mr. Bholey Singh

Members

Prof. Anand Bhardvaja

Dr. Sujata Bhardwaj


Dr. Amit Kumar Singh

ABOUT THE COLLEGE

Bhaskaracharya College of Applied Sciences named after a great mathematician of 12th century was set up in October 1995. The college is a constituent college of the University of Delhi and is fully supported and funded by the Government of NCT, Delhi. Within a short span of time college has achieved remarkable recognition as one of the few excellent institutions in Delhi. The college is accredited by NAAC with “A” grade and also received a “STAR College Status” from DBT, Government of India. Currently, the college has fifteen departments and offers eleven undergraduate courses in various disciplines of sciences and applied sciences. The college believes in holistic education that goes beyond achieving academic excellence and vocational training. For more details visit: <https://bcas.du.ac.in>

REGISTRATION PROCESS

Interested participants are required to register latest by 28th June, 2021. (Date extended till 17th July, 2021)

- A registration fee of *INR 400/- for all the participants [non-refundable]* to be deposited online at <https://bcas.du.ac.in>
 - Click on *ONLINE FEE PAYMENT under Admission TAB*.
 - Click Check Box to proceed for payment & Proceed
 - Select the State (National capital Territory of Delhi) and Institution (Educational Institutions).
 - Select the Educational Institutions Name (Bhaskaracharya College of Applied Sciences (DU)).
 - Choose Category (*SHORT TERM COURSE - FITNESS MANAGEMENT*).
 - Enter details and submit your fees (*Write name of the student as “STUDENT” and student Roll No as 12345, in case if participant is a faculty/alumni etc.*).
- Save the PDF of fee receipt and upload the same during registration.
- Participants are required to fill up the online registration form with all required details after successful payment of registration fee.
- Please click on the link to register- <https://forms.gle/3ZrK3EojgSFcwjebA> 
- After successful registration, participants will receive a confirmation mail.

Kindly note that only 200 seats are available on first-come, first-serve basis.

For queries, reach us out at stcfmbcas@gmail.com