



Department of Sports Science and Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute
(Deemed to be-University declared by Govt. of India under Section 3 of UGC Act, 1956)
Belur Math, Howrah 711202, West Bengal

Admission Open for Six-month Certificate Course in Strength & Conditioning in Sports



Eligibility

30 Seats
Only

- Medically fit **male** adults (18 - 45 years)
- Students (B.Sc/ BPT/ B.P.E.S/B.P.Ed.) interested to pursue career in fitness and strength & conditioning
- People working in fitness centers, gymnasium, sports and rehabilitation industry
- Candidate should be at least 12th standard pass

Programme Objectives

- Specialize in the application of scientific principles to improve physical fitness, athletic performance and reduce injury risk.
- Develop proficiency in exercise training program design
- Explain and demonstrate different exercise techniques

Subjects

- Fundamentals of Strength & Conditioning
- Physiology of Strength & Conditioning
- Biomechanical Aspects of Strength & Conditioning
- Periodization and Program Design
- Testing and Training Monitoring

General Information

- Medium of instructions: English
- Learning based on: Classroom teaching, Laboratory and Field
- Class timings: 10:00 AM - 5:00 PM (Only on Sundays)
- Mode of course delivery: Offline
- Certificate will be awarded by RKMVERI
- Resource Persons: Faculty of DSSY

**Weekend
program:**
Sundays
10am-5pm

Course fee:
Rs 12,000/-

Admission Procedure

- Candidates must produce medical fitness certificate from a registered physician.
- Selection of candidates will be done based on field test (50 meter Sprint, Standing Broad Jump, Overhead Back Throw, Beep Test). Refer to course prospectus available in <https://sy.rkmvu.ac.in>

Important Dates

- Last date of application: **30 June 2024**
- Field test & interview: between **1st - 5th July 2024**
- Class begin: **15 July 2024**

How to Apply

- Online Application Portal:
<https://isr.rkmvu.ac.in/admission>