

# **ADD ON CERTIFICATE COURSE IN NUTRITION AND EXERCISE FOR FITNESS**

## **Affiliated to the University of Mumbai**



### **OBJECTIVES**

- i. To introduce a career oriented and skill enhancing course on nutrition for fitness
- ii. To impart knowledge regarding importance of nutrition and exercise for physical, psychological, social and spiritual fitness of an individual.
- iii. To impart and develop intellectual as well as physical skills among the students in the planning and execution of exercise and nutritional principles for fitness management.
- iv. To understand the importance of alternative therapies in the overall fitness of an individual.
- v. To enable the students develop entrepreneurial abilities in the field of fitness.

**DURATION : 3 MONTHS**

**FEE STRUCTURE: RS 3,500/- PER STUDENT**

**ELIGIBILITY : STUDENTS OF PG DIPLOMA IN  
DIETETICS & T.Y. B.Sc.**