

12.
POST GRADUATE DIPLOMA IN STRENGTH & SPORTS CONDITIONING (PGDSSC)
[Two-Semesters]
12.1 ADMISSION SCHEDULE

** Information can be sought regarding admission through website www.lnipe.edu.in*

12.2 ALLOCATION OF SEATS

Category	Total Seats
UR	10
SC (15%)	03
ST (7.5%)	02
OBC (27%)	05
EWS (10%) (Supernumerary)	02
PWD (3%)	As per GOI norms
The wards of Kashmiri Migrants and Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley (Supernumerary)	As per GOI norms
Ward of regular LNIPE staff (Supernumerary)	01

Note : *Seats for Foreign National candidates will be supernumerary.*

12.3 ELIGIBILITY FOR ADMISSION

Bachelor Degree in any discipline recognized by the University/Institute or equivalent with 45% marks [40% for SC/ST candidate and Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley].

Note :

- (i) *All the candidates appearing as Supplementary / Compartment in qualifying examinations for the session 2024-25 are eligible to appear in Entrance Test but their final results must be declared on or before the last date of Registration.*
- (vii) *Candidates should note that no “call letter” for the Entrance Test shall be sent to them by Post. They should report in the Institute on said date after filling up the Admission Form.*

12.4 ADMISSION PROCEDURE

Physical Fitness Test : 60 Marks

Marks will be awarded to Physical Fitness on the basis of performance in 50 meters sprint, Standing broad jump, overhead back throw and 1000 meters run/walk. The norms to convert the performance into points are given in

General Awareness (Written Test) : 40 Marks

Objective type questions on General Awareness, Fitness & Sports Awareness, Strength & Conditioning, General Anatomy and Muscular system will form the written test. The duration of written test will be of **90 minutes**.

NOTE:

1. **Appearance in written test and physical fitness test is mandatory in order to be eligible for consideration for admission.**

12.5 FEMALE CANDIDATES

Married women are eligible for admission. But, if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind.

12.6 FEE STRUCTURE

12.6.1 Each Student shall pay the fee as given in **Annexure-18**.

Note: *For a course to continue a minimum of 05 candidates are required. If the course is discontinue due to this reason, than the fee will be refunded to provisionally selected candidates.*

12.7 COURSE INFORMATION

Duration of the course is 01 year (two-semesters). A candidate must complete the course and pass the final examination within two academic years from the first admission to this programme. Details of Theory Subjects and Practical are as follows:

12.7.1 THEORY SUBJECTS :

Foundations of Strength Training, Resistance Training Program Design & Periodization-I, Resistance Training Program Design-II, Physiology of Strength Training, Exercise Nutrition, Assessment And Evaluation Of Strength

12.7.2 PRACTICAL :

Basic Level Practical Training (Internal), Teaching Lessons (Internal), Advanced Level Practical Training (External), Demonstration Ability (External)

12.7.3 INTERNSHIP :

Internship of duration (One month) preferably in the month of May & June.

Note : *Boarding & Lodging shall be provided to limited students depending upon the availability based on merit.*

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SYLLABUS OF WRITTEN TEST
Post Graduate Diploma in Strength and Sports Conditioning
(PGDSSC)

Subject Knowledge	Reasoning	Total
30 Marks	10 Marks	40 Marks

1. Concept of Strength its Types .
2. Components of Strength Training.
3. Principles of strength training.
4. Basics of Exercise Nutrition.
5. Physiology of Exercise.
6. Muscles and its types.
7. Preparation of workout design.
8. Strength evaluation and Assessment.

