

# DIPLOMA IN SPORTS COACHING – YOGASANA (D.S.C)

**For Graduates (One –Year Duration & One Month Internship)**

## **Aim:**

The aim of the course is to produce competent Yogasana Sports Coach.

## **Objectives:**

- The objectives of the course are as under:
- To promote physical, mental, social and spiritual wellbeing through the practice of Yogasana.
- To introduce the techniques, salient points of Yogasana competition and its officiating.
- To promote personality development of player.
- To promote Yogasana as a sport.
- To understand the difference between qualitative and quantitative analysis of sports movements.

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## **Eligibility:**

A graduate degree in Yoga with 50% marks

OR

Any graduate degree with minimum 50% marks with Certificate course in Yoga for Wellness Instructor (CCYWI) from MDNIY / YCB Certified Level- II (Yoga Wellness Instructor) Or

Any degree with 50% marks with Certificate Course for Yoga Therapy Assistant (CCYTA) can join through lateral entry (2nd Semester)

**Duration:** One Year / Two Semesters. Course will going to start shortly.

**Intake capacity:** 30 seats per Batch.

**Outcome:** The students will become institutionally qualified Yogasana Sports Coach.

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