



• Maharashtriya Mandal's  
**CHANDRASHEKHAR AGASHE**  
College of Physical Education

## Your next step to a Career in Sports & Fitness



**Building Careers in Sports & Fitness Education since 1977**

With a vision of social transformation through Health, Physical Education and Sports,  
Chandrashekhar Agashe College of Physical Education aims to develop  
sensitive human resource catering to health, physical education and sports  
by transforming society through service, innovative strategies,  
academic programs and cutting edge research.

College Affiliated & Accredited by:



Marketed by:





**Dr. Sopan Kangane**

Principal, CACPE

Our commitment at CACPE is to provide a safe and intellectually challenging environment that will empower students to become innovative thinkers, creative problem solvers and inspired learners prepared to thrive in the twenty-first century. To my mind an educational institute is not just about walls made up of bricks, grout and concrete, but about building character, enriching minds and experiences that last a lifetime. Today, the role of a college is not only to pursue academic excellence, but also to motivate and empower its students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society.

High standards and expectations for each student in regard to academic performance, co-curricular participation, and responsible citizenship are the foundation of our college. It is with pride that we hold these high standards and ask each of our students to commit to maintaining the extraordinary record of achievement and contribution that has been the legacy of CACPE students. It is the contribution of our students to our college community that makes CACPE an exceptional learning community. Full participation in academic and co-curricular programs and a willingness to act responsibly as an individual within our educational environment are the factors that enable all to have a successful and enjoyable career.

I invite you all to experience and join our certification courses. Let us all together build sports, physical education and fitness family. In conclusion, I wish you all the best.

Sincerely,  
Dr. Sopan Kangane  
Principal  
([sssopi@gmail.com](mailto:sssopi@gmail.com))

# Learn From Our Esteemed Faculty



**Dr. Sharad Shankar Aher**  
(Ph.D.)  
Co-Ordinator



**Dr. Mahesh N. Deshpande**  
(Ph.D.)  
HOD Certificate Courses



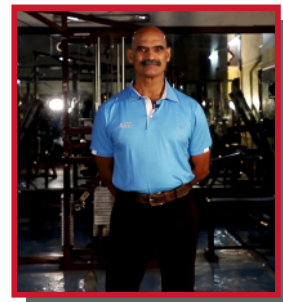
**Dr. Shraddha Naik**  
(Ph.D.)  
Physical Literacy Course



**Mr. Milind Dhamdhare**  
Sports Journalism



**Mr. Darshan Wagh**  
(PG in Strength & Conditioning)  
Gym & Outdoor Fitness



**Mr. Anil Mare**  
(M.Ed. PE)  
Gym Instructor Course



**Dr. Geetanjali Bhide**  
(Ph.D.)  
Sports Nutrition Course



**Dr. Sonali Talavlikar**  
(BHMS)  
Geriatric Fitness Course



**Ms. Pallavi Kavhane**  
(M.Ed. PE & M.A. Yoga)  
Yoga Instructor Course



**Mrs. Ashwini Kulkarni**  
(ACE Certified)  
Aerobic Instructor Course



**Dr. Ujwala Rajee**  
(Ph.D.)  
Aerobic Instructor Course



**Dr. Shirish Vijay More**  
(Ph.D.)  
Outdoor Fitness Course





## YOGA INSTRUCTOR COURSE (BEGINNER LEVEL)

### The objectives of this course are:

1. Information regarding yoga.
2. Basic information about asanas.
3. Should know how to give instructions,
4. Should be able to perform Asanas step-by-step with progression
5. Knowledge to explain how Asanas are performed.

### Details:

- |                                    |                        |
|------------------------------------|------------------------|
| 1. Yoga History                    | 6. Yoga Props          |
| 2. Ashtanga Yoga                   | 7. Pranayama           |
| 3. Suryanamaskar & Chandranamaskar | 8. Shuddhi Kriya       |
| 4. Type of Asanas                  | 9. All Asanas Practice |
| 5. Asanas                          | 10. Lesson Plan        |

**Duration:** The duration of the course shall be 30 hrs

**Medium of instruction & examination:** English and/or local language

**Batch Size:** Minimum 20 & Maximum 50

**Standard of Passing & Award of Certificate:** A Candidate will be allotted certificate of attendance  
Student shall be awarded certificate only if he/she has attended all session conducted.

### Eligibility of Admission

XII passed & / or Teaching Experience of at least six months as instructor or sports participation at state level in recognized sports

### Evaluation:

Sr no	Exam	Marks
1	Objectives (MCQ)	50 Marks
2	Practical Asana skill	10 Marks
3	Project	10 Marks
4	Lesson Plan	20 Marks
5	Viva	10 Marks

**Course duration:** Approx 2 months

**Batches:** Weekend / Weekdays

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE





## FUNDAMENTALS OF SPORTS NUTRITION COURSE



**This Course is conducted in association with**  
**Association of Sports, Nutrition and Fitness Sciences, Mumbai**

### **Objectives:**

To understand and implement the nutrition plan suggested by an expert Sports Nutritionist

### **Details:**

1. Nutrients – functions, sources and effect on sports performance
2. Energy systems used in various sports
3. Nutrition assessment of sportspersons
4. Nutrition requirements and diet planning of sportspersons
5. Nutrition problems observed in sportspersons
6. Overview of nutritional supplements (proteins, vitamins/minerals, sports foods and drinks)
7. Awareness on Doping in sports

**Duration:** The duration of the course shall be 30 hrs

**Medium of instruction & examination:** Online Mode-English and/or local language

**Batch Size:** Minimum 20 & Maximum 50

**Standard Of Passing:** Certificate Of Completion Will Be Provided To Candidates who Pass Exam And Also Have 70% Attendance

**Eligibility:** 12th Science or B.P.Ed. or M.P.Ed. or Any Allied Medical Courses, Health Sciences (at least diploma) or Minimum 2 Years of experience as a Coach, Trainer or PET

### **Evaluation:**

Online assessment will be conducted after completion of course. Pass percentage (min 50%).

**Course duration:** Approx 2 months

**Batches:** Weekend

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE



## GYM INSTRUCTOR COURSE

### The objectives of this course are:

1. To enable student to understand the need & importance of fitness centre
2. To make student aware about duties & responsibilities of gym instructor
3. To acquaint student to demonstrate exercise with proper posture with the applying biomechanics and kinesiology
4. To facilitate to assess & prescribe appropriate program with applying principles of training

### Details:

1. Fitness & conditioning practical
2. Anatomy, physiology & nutrition
3. Fitness assessments
4. Exercise prescriptions
5. Management of health club

**Duration:** The duration of the course shall be 30 hrs

**Medium of instruction & examination:** English and/or local language

**Batch Size:** Minimum 20 & Maximum 30 students

**Standard of Passing & Award of Certificate:** A candidate will be allotted certificate of attendance. Student shall be awarded certificate only if he/she has attended all session conducted.

**Eligibility for Admission:** XII passed & / or teaching experience of at least six months as instructor or sports participation at state level in recognized sports

### Evaluation:

Sr no	Exam	Marks
1	Practical	30 Marks
2	Written	20 Marks
3	Oral	10 Marks

**Course duration:** Approx 2 months

**Batches:** Weekend/ Weekdays

Student will get certificate on successful course completion.

. \*Above course details subject to change by CACPE





## AEROBICS INSTRUCTOR COURSE

### The objectives of this course are:

1. Enable students to catch the rhythmic beats.
2. To make students understand how class of 1 hour is conducted.  
(warm-up, workout session, cooling down)
3. Encourage students to know and work on how combinations are made.
4. Enable students for selection of songs for the session.
5. Enable students to give command.

### Details:

1. Music - how to catch the beats
2. Basic terminology
3. Link method & add-on method
4. Using appropriate instructions
5. Calculating heart rate

**Duration:** The duration of the course shall be 30 hrs

**Medium of instruction & examination:** English and/or local language

**Batch Size:** Minimum 20 & Maximum 30 students

**Standard of Passing & Award of Certificate:** A candidate will be allotted certificate of attendance. Student shall be awarded certificate only if he/she has attended all session conducted.

**Eligibility for Admission:** XII passed & / or teaching experience of at least six months as instructor or sports participation at state level in recognized sports

**Evaluation:** Formative & summative assessments as prescribed by faculty during course duration.

**Course duration:** Approx 2 months

**Batches:** Weekend / Weekdays

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE





## OUTDOOR FITNESS INSTRUCTOR COURSE

### The objectives of this course are:

1. To choose appropriate training location & complete proper risk assessment
2. To understand ideal instructor qualities
3. To demonstrate proper poster of exercise with the different fitness equipment
4. To assess & conduct group fitness program with different formation

### Details:

1. Functional training with different equipment
2. Cardio based group activities
3. Core training with flexibility exercise
4. Essential of outdoor fitness related terminologies
5. Assessment, prescription & conduct outdoor fitness batch

**Duration:** The duration of the course shall be 30 hrs

**Medium of instruction & examination:** English and/or local language

**Batch Size:** Minimum 20 & Maximum 30 students

**Standard of Passing & Award of Certificate:** A candidate will be allotted certificate of attendance. Student shall be awarded certificate only if he/she has attended all session conducted.

**Eligibility for Admission:** XII passed & / or teaching experience of at least six months as instructor or sports participation at state level in recognized sports

### Evaluation:

Sr no	Exam	Marks
1	Practical demonstration	30 Marks
2	Lessons	20 Marks

**Course duration:** Approx 2 months

**Batches:** Weekend / Weekdays

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE



## GERIATRIC INSTRUCTOR COURSE

This course is conducted in association with  
**SIRONA Wellness Consultants**

**The objectives of this course are:** To create a cadre of well qualified and dedicated fitness instructors capable of implementing senior citizen fitness programmes.

**Learning/program outcomes:**

1. The certified instructor should be able to understand the special needs of the geriatric population vis a vis fitness.
2. They should be able to apply the knowledge received and skills developed during training to develop and deliver fitness programmes to seniors.
3. They should also be able to understand their scope of practice and discern where inputs from other allied professionals ( medical doctors, physiotherapists, occupational therapists, nutritionists, dieticians etc) are necessary.

**Details:**

1. Ageing and wellness
2. Exercise physiology and ageing systems
3. Psycho-social aspects of programming
4. Assessments and programming guidelines
5. Senior nutrition requirements and limitations
6. Co-Morbidities and designing programmes around them

**Duration:** The duration of the course shall be 60 hrs

**Medium of instruction & examination:** English and/or local language

**Batch size:** Minimum 20 & Maximum 30 students

**Standard of passing & award of certificate:** A candidate will be allotted certificate of attendance. Student shall be awarded certificate only if he/she has attended all session conducted.

**Eligibility for admission:** XII passed & any recognized fitness certification.  
OR work experience of at least six months as instructor.

**Evaluation:** Formative & summative assessments as prescribed by faculty during course duration.

**Course duration:** Approx 3 months

**Batches:** Weekend

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE





## CERTIFICATION FOR PHYSICAL LITERACY

### The objectives of this course are:

1. To introduce and promote the concept of physical literacy
2. To provide knowledge, information and solutions to implement physical literacy
3. To provide basic curriculum implementation guidelines on physical literacy
4. To enable them to conduct on-ground activities to implement physical literacy
5. To introduce them to assessment approaches in physical literacy

### Learning / Program Outcomes:

1. Improved knowledge on physical literacy
2. Improved knowledge and skills to implement PL-oriented sessions
3. Improved curriculum guidelines knowledge as per each age group
4. Better assessment approaches for promoting participation by all

**Duration:** The duration of the course shall be 45 hrs (Theory 30, Practical 15 )

**Medium of instruction & examination:** English and Hindi

**Batch Size:** Minimum 20 & Maximum 30 students

**Standard of Passing & Award of Certificate:** A candidate will be allotted certificate of attendance. Student shall be awarded certificate only if he/she has attended all session conducted.

**Eligibility for Admission:** XII passed

### Evaluation:

1. Formative assessment- Open ended assessment tools such as group discussion, case studies, etc.
2. Unit specific multiple choice questions
3. Area specific theory questions
4. Practical assessment : planning and delivery

**Course duration:** Approx 2-3 months

**Batches:** Weekend / Weekdays

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE





## SPORTS JOURNALISM COURSE

### The objectives of this course are:

1. To enable student to understand the need & importance of sports journalism
2. To make student aware about duties & responsibilities of sports journalist
3. To acquaint student to write sports news
4. To facilitate to assess & prescribe basics of sports photography

### Details:

1. Introduction
2. Concept of sports bulletin
3. Interviews
4. Role of sports journalism
5. Sports photography
6. Practical work

**Duration:** The duration of the course shall be 30 hrs

**Medium of instruction & examination:** English and/or local language

**Batch Size:** Minimum 20 & Maximum 30 students

**Standard of Passing & Award of Certificate:** A candidate will be allotted certificate of attendance. Student shall be awarded certificate only if he/she has attended all session conducted.

**Eligibility for Admission:** XII passed & / or teaching experience of at least six months as instructor or sports participation at state level in recognized sports

### Evaluation:

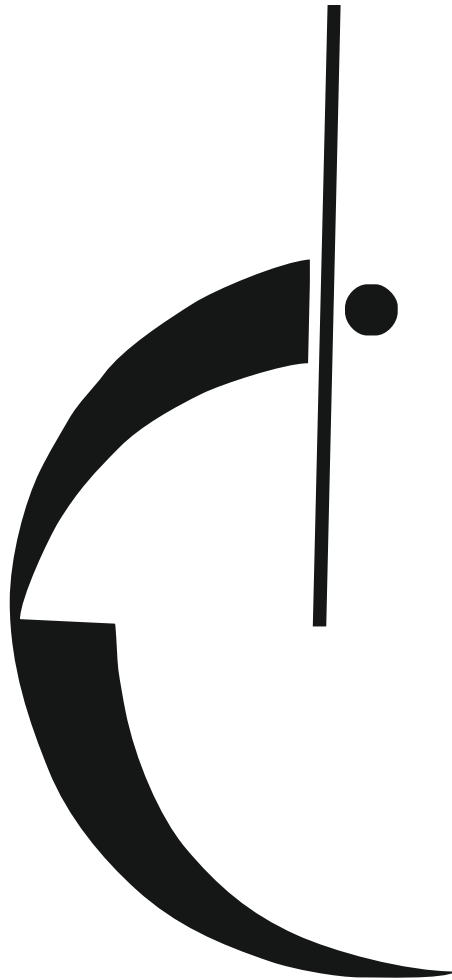
Sr no	Exam	Marks
1	Practical	30 Marks
2	Written	20 Marks
3	Oral	10 Marks

**Course duration:** Approx 2 months

**Batches:** Weekend / Weekdays

Student will get certificate on successful course completion.

\*Above course details subject to change by CACPE



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**For course information & admission**

 Opp. Tilak Maharashtra Vidyapeeth Nagar, Gultekdi, Pune - 411037

 +91-7620 051 998

 [extension@agashecollege.org](mailto:extension@agashecollege.org)

 [www.agashecollege.org](http://www.agashecollege.org) / [www.agesports.in](http://www.agesports.in)