

**Subject List of Lecture / Training Programs at Western Sports Institute**

<b>Subject No</b>	<b>Subject</b>
1	Athletics Course (Practical & Theory)
2	Football Course (Practical & Theory)
3	Volleyball Course (Practical & Theory)
4	Netball Course (Practical & Theory)
5	kabaddi course (Practical & Theory)
6	Swimming Course (Practical & Theory)
7	Badminton course (Practical & Theory)
8	Cricket course (Practical & Theory)
9	Gymnastics course (Practical & Theory)
10	karate course (Practical & Theory)
11	Wushu Course (Practical & Theory)
12	Table Tennis Course (Practical & Theory)
13	Basket boll Course (Practical & Theory)
14	General Theory of Training (Practical & Theory)
15	Nutrition and weight management Course (Practical & Theory)
16	Sports First Aid (Practical & Theory)
17	Strength and fitness (Practical & Theory)
18	Gym Instructor Course (Practical & Theory)
19	Yoga Instructor Course (Practical & Theory)
20	Aerobic Instructor Course (Practical & Theory)
21	High Altitude Instructor Course (Practical & Theory)
22	Ground Maintenance and Preparation Course (Practical & Theory)
23	Kids Athletic Course (Practical & Theory)
24	Sports Management Certificate Course(Practical & Theory)
25	Emotional development for sports (Practical & Theory)
26	Psychological relaxation strategies for sports (Practical & Theory)
27	Sports personality development (Practical & Theory)
28	Leadership and teamwork (Practical & Theory)
29	Volleyball Technical Officer (Practical & Theory)
30	Athletics Technical Officer (Practical & Theory)
31	Football Technology Officer (Practical & Theory)
32	Karate Do Technical Officer (Practical & Theory)
33	Netball Technical Officer (Practical & Theory)
34	Tug of war Technical Officer (Practical & Theory)
35	Badminton Technical Officer (Practical & Theory)
36	Table Tennis Technical Officer (Practical & Theory)
37	Gymnastics Technical Officer (Practical & Theory)
38	Elle Technical Officer Course (Practical & Theory)
39	Cycling Technical Officer (Practical & Theory)
40	Swimming Technical Officer (Practical & Theory)
41	Wushu Technical Officer Course (Practical & Theory)
42	Basketball Technical Officer (Practical & Theory)
43	Race walking Technical Officer (Practical & Theory)
44	Cricket Technical Officer (Practical & Theory)
45	Kabaddi Technical Officer (Practical & Theory)
46	Weight lifting Technical Officer (Practical & Theory)
47	Beach Training (Practical & Theory)
48	Human anatomy and bio mechanics (Practical & Theory)
49	Workplace Communication and Interpersonal Relationships(Practical &

	Theory)
50	Practical Occupational Health and Safety Measures (Practical & Theory)
51	coaching Introduction
52	Energy system
53	Preparation Plan
54	Talent Identification