

The students of the B. Sc. (Hons) Sports & Exercise Sciences course would be trained by highly qualified teachers. These students would also have ample opportunities to have internship at various sports associations and field locations of sports. Deserving students would be supported for student exchange programme between SRU and UCT.

#### WHAT NEXT?

This information brochure gives you a snapshot of Sports & Exercise Science today and the course contents. If you are interested in joining this health care professional course in our institution you may visit our website [www.sriramachandra.edu.in](http://www.sriramachandra.edu.in) or get further details from



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#### SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION AND RESEARCH (DU)

(Declared under Section 3 of the UGC Act, 1956)

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## B.Sc. (Hons) Sports & Exercise Science

*Offered by*

**Sri Ramachandra Institute of  
Higher Education & Research (DU)**

*in Collaboration with*

**University of Cape Town, South Africa**



## INDIAN SPORTS SCENARIO

Sports persons of today require consistent and rigorous scientific training of the highest quality standards to compete at the international level. Even though India has enormous human resource potential, many of our sports persons are not able to reach international levels consistently due to lack of proper scientific training.

In all the Olympic Games put together, developed nations like USA, Russia and Germany have won on an average more than 10 medals per million people residing in their country. India being the second most populated nation, with more than 1000 million people, should have theoretically won more than 10,000 Olympic medals so far, but we have won only 26 medals in total. If our dreams of also becoming a Sports Super Power have to be realized, it is important that we lay the foundation for the scientific assessment and enhancement of sports activities in the country

According to a study done by the Federation of Indian Chambers of Commerce and Industry (FICCI), India needs, for every 1100 athletes in the field, 25 Sports Medicine Experts, 55 Coaches, 50 Trainers, 22 Sports Nutrition experts, 106 Strength Trainers, 15 Track and Field experts, 11 Sports Psychologists and 106 allied specialists in Biomechanics, Sports Management, Sports Law, Sports Journalism and Competition Management. The projected Human Resource Requirement for next 10 years in the field of Sports Medicine 4,25,839.

Another study done by FICCI has shown a large gap between the demand and supply in Sports and Physical Education and stated About 3,00,00 Sports Support Personnel will be needed by the year 2017

Sri Ramachandra Medical College & Research Institute has conceived a national vision to establish an innovative, state-of-the-art Sports Science facility for Sports education, generation of trained manpower and Sports science oriented applied research.

## INFRASTRUCTURE AT SRI RAMACHANDRA INSTITUTE OF HIGHER EDUCATION & RESEARCH (DU)

University of Cape Town, South Africa is a pioneer in the field of Sports Medicine and Exercise. It has made hallmark contributions to the international sports and is ranked 103rd in the world as per "Times Higher Education Ranking of World Universities". Sri Ramachandra Institute of Higher Education & Research has entered into a Memorandum of Understanding with University of Cape town to create a world class facility for sports sciences and develop the curriculum for B.Sc. (Hons) Sports & Exercise course.

Centre for Sports Science is a state-of-the-art Sports Medicine Facility equipped with Exercise Physiology, Biomechanics Lab with VICON cameras for 3D motion analysis Force Platforms and Wireless EMG, BIODEX Isokinetic Trainer, High Performance Centre, Fitness Centre with indoor Running Track and Swimming Pool and an Altitude Training Chamber.



## WHAT WOULD I STUDY ?

Sports Science involves evaluation of fitness and enhancement of performance in various sports activities and deals with treating and preventing sports injuries. The various components in sports sciences are Physiology, Nutrition, Psychology, Pharmacology, Biomechanics, Fitness assessment and Rehabilitation.

B.Sc. (Honours) Sports & Exercise Sciences is a 4 year course consisting of 8 semesters. The final 2 semesters will have internship training. The medium of study is English. Students will study the following subjects:-

### I year

Anatomy, Physiology, Biochemistry, Pathology, Microbiology, Pharmacology, Community Medicine, Psychology, Sociology along with English language and Computer skills

### II year

Functional Anatomy, Biomechanics, Exercise Physiology, Sports Nutrition, Sports Psychology

### III year

Applied Sports Sciences, Performance Analysis & Rehabilitation, Sports Management, Trauma & Cardiac Life Support, Medical ethics and Project

### IV year

Internship Training

## WHAT ARE THE PRACTICE OPTIONS FOR SPORTS SCIENTISTS ?

- 1. Can work in a hospital:** Sports Scientist can work in a hospital or in Rehabilitation centers or in the community. He / She can educate and train people about Fitness, Exercises & Sports Training and Injury prevention.
- 2. Private Practice:** may offer consultations to a wide range of people who seek opinions for lifestyle fitness, Sports Training and performance enhancement.
- 3. Corporate sectors and Industries:** There is a growing demand for Fitness consultants and Trainers in our country to work in large corporate sectors and industries which operate health care and fitness centres.
- 4. Schools, Colleges & other Educational Institutions:** Sports scientists along with Physical Education specialists can monitor the physical condition of the students and impart special training to improve their sports activities
- 5. Commercial Fitness Centres:** can work as consultants in these facilities to offer scientific advise and training to their clients.
- 6. Sports persons, Teams & Clubs:** Opportunities exist to work with sports persons at individual level or with the various teams and sports clubs for a promising career

