Sport Conditioning & Training Course

- First time in India
- Offered by SRASSC, India’s premier sports sciences centre
- In collaboration with eta, South Africa
- International recognition by REPs (Register of Exercise Professionals)
- 6 months course duration
- Part-time / Full time options
- Intense contact hours
- Experienced international faculty
- Placement opportunities in top national sports bodies like SAI, AIFF, BCCI, IOC and abroad

Sri Ramachandra Arthroscopy & Sports Sciences Centre

Sri Ramachandra University
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Sport Conditioning & Training

Course objective
To give you the knowledge and skills to enter the workplace in the sport industry as a specialist sport conditioning trainer. If you combine your qualification with appropriate experience and personal attributes you can target employment prospects nationally and internationally or run your own private practice.

This course provides a scientific balance between learning theory and learning through practical experience.

Sri Ramachandra Arthroscopy & Sports Sciences Centre - SRASSC

The first of its kind in India, this sprawling facility has state of the art & sophisticated facilities like High Performance Centre, Indoor Sports Arena, Exercise Physiology Labs to test VO2max, Anaerobic power & Blood Lactate levels, High altitude training chamber, BIODEX Isokinetic Lab, Biomechanics Lab with 3D motion capture, Forceplates & Wireless EMG, Fitness Gym & Indoor Swimming Pool, Practice facilities for Cricket, Football, Tennis etc.

SRASSC has affiliations with leading national and international sports institutions like

- University of Cape Town, South Africa
- Sports Science Institute of South Africa, SSISA
- Board of Control for Cricket in India, BCCI
- Sports Authority of India, SAI
- All India Football Federation, AIFF
- Asian Football Confederation, AFC
- International Cricket Council, ICC

Certificate Course in Sport Conditioning & Training

This course is recognized internationally where the Register for Exercise Professionals operates. REPs operate in Europe, United Kingdom, Australia, New Zealand & South Africa. Your qualification will also be recognized in many other countries because of your providers’ (eta & SRASSC) good standing globally.

Admission Criteria and requirements
You need to have a grade 12 school leaving certificate with English as one of the subjects. In addition, fitness related qualifications would be preferable

Learning resources
You will receive a course manual, a study guide & portfolio of evidence (PoE) file. Online learners will have access to web based learning portal

To Apply
Mail your particulars with copies of your qualifications including Higher Secondary School Leaving Certificate (12th Standard) to the address overleaf.

Boarding & Hostel facilities available in campus at nominal rates