

One year Postgraduate Diploma in Sports Science

The university has started one year Postgraduate Diploma in Sports Science from the academic session (2012-13) under the School of Rehabilitation Sciences and Physical Education, at IRDM Faculty centre, Ramakrishna Mission Ashrama, Narendrapur. This course aims to instill awareness and academic development in the broad multidisciplinary field of specialization of Sports Science.

Curricula structure:

Four essential components of the curriculum are: (i) theoretical learning, (ii) application of the theoretical knowledge to conduct scientific experiments, (iii) Assignments and exposure to the real life situation of competitive sports, and (iv) health & fitness development programmes. The course also involves internship or learning through organizational placement.

Course contains following learning modules and offers a course of 40 credits:

Module no.	Topic / field	Credits (Th+Pr)
Semester I		
SS 111	Basics of sports and exercise sciences	2 + 2 = 4
SS 112	Clinical aspects of sports and exercise	3 + 3 = 6
SS 113	Methodology of Physical training	3 + 3 = 6
SS 114	Statistics, sports management and entrepreneurship	2 + 2 = 4
Semester II		
SS 121	Sociology and psychology of physical activity and stress	2 + 2 = 4
SS 122	Physiology and biomechanics of sports	3 + 3 = 6
SS 123	Sports Nutrition, Exercise prescription and weight management	3 + 3 = 6
SS 124	Internship / Learning by organizational placement (One month)	4

Student outcome and Opportunities

The students will gain the following capabilities

- a) be able to assess the fitness (physiological and psychological) of persons involved in physical activity for health and wellbeing or competitive sports,
- b) understand the training process for competitive sports and help in designing training structures and evaluate the efficacy of these training structures,

c) understand the methods of motor skill development and the biomechanical aspects of performance and should be able to analyze human motion characteristics,

d) understand and be able to develop nutritional, weight management, and holistic wellbeing programmes for human beings in general and will also be able to impart relaxation programmes.

e) understand the mechanism of injury due to competitive sports and physical inactivity and would support rehabilitation process,

Glimpses of activities by the students and Faculty of the course for 2012-13.



PGDSS Students interacting with Khel Ratna Dhanraj Pillay at Sports Authority of India campus.



Dr. A. Goswami, Coordinator of PGDSS course, discussing with Khel Ratna P. Gopichand at Gopichand Badminton Academy, Hyderabad.



Students listening to Dr. S.R. Dasgupta on X-ray technique.



Students at Yubabharati Stadium