



B.Sc. SPORT AND EXERCISE SCIENCE

HONOURS/ HONOURS WITH RESEARCH



TEST

Your skills and abilities to outperform & thrive. Become the soul of sports in this fast-growing industry. Your potential has no limit!

TRAIN

Your mind and body to withstand the demands in sports industry. Level up with experts, and become one yourself!

PERFORM

All tasks with maximum efficiency. Become the heartbeat of sports with an intensive curriculum. This is your turn to revup your ambitions and build a successful career.



www.ssss.edu.in

SYMBIOSIS SCHOOL OF SPORTS SCIENCES (SSSS)

MEMBER OF
SPORTS SCIENCE AND RESEARCH
INSTITUTE OF INDIA

BE A PART OF A **GLOBAL COMMUNITY** OF OVER

25,000+

STUDENTS
FROM MORE THAN
85 COUNTRIES

GET INSPIRED BY
VIBRANT CAMPUS



SPORT EDUCATION REVOLUTIONIZED

- ▶ Novel program offering Sport & Exercise Science
- ▶ Vibrant & Active campus with state of art laboratories
- ▶ Curriculum in line with International Standards
- ▶ Emphasis on practicals
- ▶ Intensive Internship Program
- ▶ Placement assistance
- ▶ Opportunities to study on a semester exchange program with a foreign University
- ▶ Opportunity to represent the University in sports at National level

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)



NAAC accredited A++
grade and Category - I
status by UGC.



Ranked 31st in the
Universities Category of
NIRF (2021)



Amongst top
801-1000 in the World
by The Times Higher
Education World
University Ranking.



Ranked 4th in the category
of 'University & Deemed to
be University (Private-Self-
Financed)' in Atal Ranking
of Institutions on Innovation
Achievement - 10

B.Sc. (SPORT & EXERCISE SCIENCE) Honours/Honours with Research - 4 years

This program would lay the foundation for a deeper understanding and application of the science behind Sport performance, Exercise, Health and Physical activity. This is a four-year full-time application-based program with a unique blend of theory and practical components. The program will help you develop your knowledge and gain scientific understanding of the four strands of Sport and Exercise Science namely Anatomy & Physiology, Psychology, Biomechanics & Nutrition.

STUDYING SPORT & EXERCISE SCIENCE AT SYMBIOSIS

Ideal for those with an interest in sport and the allied sciences, this program will provide you with scientific understanding of human performance.

TOP LEARNING FACILITIES

State of art laboratories designed for anatomy and physiology and new biomechanics lab are located in the campus. Some teaching would also take place in the Medical College laboratories.



RESEARCH ENVIRONMENT

You will experience a research intense environment with an opportunity to work on evidence based research through the state of art research centres like brain imaging, stem cell artificial intelligence and nanotechnology.



ABOUT THE PROGRAM:

Explore the new exciting degree at Symbiosis School of Sports Sciences and contribute towards making India a SPORTING NATION. An opportunity to study the science behind Sports Performance, Exercise, Health and Physical activity at a Health Promoting International University.

The multi-disciplinary nature of sports will be addressed by the experts from the fields of Medical Sciences and Engineering to provide you with the latest knowledge across all allied sciences and cutting edge technology as applied in Sports. The program provides for a unique blend of theory and on-field practical.

Research forms an integral part of our curriculum and you will have an opportunity to make your own contribution to the field of Sports Science.

PROGRAMME STRUCTURE - B.Sc. (S & ES)
Honours/Honours with Research 2023-2027

SEMESTER I
Major Courses
Functional Human Anatomy
Basics of Exercise Physiology
Foundations of Sports and Exercise Biomechanics
Essentials of Sports and Exercise Psychology
Discipline-Specific Minor Course
Fundamentals of Sport
Minor Courses (Choose Any One of the Following Courses)
Science of Training I
Fundamentals of Strength Training and Conditioning I
Ability Enhancement Courses
Presentation Skills
Skill Enhancement Courses
Fitness and Sports
Mandatory Non-Credit Course
Health and Wellness Module I

SEMESTER IV
Major Courses
Research Methodology
Motor Learning and Development
Basic Excel
Athlete Injury, Prevention and Rehabilitation
Minor Courses- Compulsory
Sport First Aid
Service Learning
Discipline Specific Minor Course (Choose Any One from the Following Courses)
Athletics – II
Badminton - II
Basketball – II
Cricket – II
Football – II
Kabaddi – II
Swimming - II
Table Tennis - II
Tennis – II
Volleyball - II

Minor Courses (Choose Any One from the following courses)
Coaching Pedagogy - Process and Practice
Strength Training and Conditioning for performance
Skill Enhancement Course
Essentials of Video Analysis in Sports
Common Value-Added Course
Sustainable Studies
Mandatory Non-Credit Course
Vasudhaiva Kutumbakam
Multidisciplinary Courses (Choose Any One Course from the University Basket of Multidisciplinary)
MD3
Vocational Courses (Summer) (Only for students who wish to exit after the Second Year with a Diploma) (Choose Any One of the Following Courses)
Field Experience in Sports Coaching
Field Experience in Strength and Conditioning

SEMESTER II
Major Courses
Exercise Testing and Assessments I
Introduction to Sports and Exercise Nutrition
Exercise Technique-I
Discipline Specific Minor Course
Basics of Swimming
Minor Courses (Choose Any One of the Following Courses)
Science of Training II
Fundamentals of Strength Training and Conditioning - II
Ability Enhancement Course
Conversational and Soft Skills
Skill Enhancement Course
Innovation and Entrepreneurship in Sports
Common Value-Added Courses
Yoga – I
Mandatory Non-Credit Courses
Health and Wellness Module II

Multidisciplinary Courses (Choose Any One Course from the University Basket of Multidisciplinary Courses given in Annexure B)
MD1
Vocational Courses (Summer) (Only for students who wish to exit after the First Year with a Certificate)
Project (Choose Any One from the Following Courses)
Athletics -I
Badminton -I
Basketball -I
Cricket -I
Football -I
Kabaddi -I
Swimming -I
Table Tennis -I
Tennis -I
Volleyball -I

SEMESTER V
Major Courses
Basics of Statistics in Sports
Applied Exercise Physiology
Applied Sports and Exercise Biomechanics
Ergogenic Aids, Supplements and Anti-doping
Rehabilitation for Sports Injuries -I
Major Courses
Project
Skill Enhancement Course
Data Visualization and Interpretation
Mandatory Non-Credit Course
Core Environmental Studies

SEMESTER VI
Major Courses
Sports Analytics and Performance Analysis
Introduction to Technology in Sports
Applied Sports Nutrition
Applied Sports Psychology
Sports Governance and Policy
Minor Course
Flexi-credit course
Internship
Flexi-credit course
Internship

SEMESTER III
Major Courses
Foundation of Sports Coaching
Assessment of Sport and Exercise Performance
Exercise Technique II
Discipline Specific Minor Course (Choose Any One from the Following Courses)
Athletics - I
Badminton - I
Basketball - I
Cricket - I
Football - I
Kabaddi - I
Swimming - I
Table Tennis - I
Tennis - I
Volleyball - I

Minor Courses (Choose Any One from the following courses)
Coaching Psychology
Strength and Conditioning Program Design
Ability Enhancement Courses (Choose Any One Course)
Writing Skills
Common Value-Added Course
Artificial Intelligence in Sports
Multidisciplinary Courses (Choose Any One Course from the University Basket of Multidisciplinary Courses given in Annexure B)
MD2

SEMESTER VII
(Honours / Honours with Research)
Major Courses
Advanced Statistics in Sports -I
Advanced Research Methodology
Talent Identification in Sports
Physical Activity and Health
Minor Course
Essentials of Personal Training
Strength and Conditioning for High Performance-I

SEMESTER VIII (Honours)
Major Courses
Physiology of Exercise and Sport Performance
Advanced Statistics in Sports-II
Biomechanics for Optimization of Human Performance
Psychology for Sports Performance
Minor Courses
Strength and Conditioning for High Performance -II
Flexi-credit course
(Honours with Research)
Major Courses
Advanced Statistics in Sports -II
Testing Athletes in Human Performance Lab -I
Minor Courses
Strength and Conditioning for High Performance -II
Flexi-credit course
Research Project
Research Project

SPORT AT SYMBIOSIS

The state of art sports infrastructure provides an inspiring environment for both recreational and elite athletes. The facility includes Football ground, Cricket ground, Basketball courts, Volleyball courts, Badminton courts, Table tennis hall, Tennis court and Squash court along with modern Gym

SPORTS PARTICIPATION

You will get an opportunity to represent Symbiosis International University at National and International level and an opportunity to participate in various competitions.



SUPPORTING PROMISING ATHLETES

Our sports scholarships are aimed at providing support to the brightest and talented sportspersons.



Scan to visit website



CAREERS & EMPLOYABILITY/ FACILITATE CAREER DEVELOPMENT

The program and the diverse student experiences at Symbiosis School of Sports Sciences will enable you to develop transferrable skills in communication, presentation and problem solving that are valued by the employers. In addition to the scientific knowledge gained, you will have professional competencies required for a rewarding career in sports.

TYPICAL GRADUATE DESTINATIONS:

- ▶ Sports Science/High Performance Labs
- ▶ Sports Coaching
- ▶ Fitness industry
- ▶ Strength and Conditioning
- ▶ Sports Analysis
- ▶ Sports Psychology
- ▶ Sports Technology



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SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under Section 3 of the UGC Act, 1956) | Re-accredited by NAAC with 'A++' grade | Awarded Category - I by UGC