

Programme structure for M.Sc. in Sports Science
Distribution of Credit and Marks (Theory 1 credit = 16 hr; Practical 1 credit=32 hr)

Subject code	Paper title	Credit distribution			Marks distribution			Teaching hour		
		Theory	Practical	Total	Theory	Practical	Total	Theory	Practical	Total
Semester I: Core subjects										
SSMSCT 101	Introduction to Sports and Exercise Physiology (Theory)	2	0		50			32		64
SSMSCP 101	Introduction to Sports and Exercise Physiology (Practical)		1			50			32	
SSMSCT 102	General Theory and Training Methods (Theory)	2	0		50			32		64
SSMSCP 102	General Theory and Training Methods (Practical)		1			50			32	
SSMSCT 103	Sports Biomechanics (Kinematics) (Theory)	2	0		50			32		64
SSMSCP 103	Sports Biomechanics (Kinematics) (Practical)		1			50			32	
Total core		6	3		150	150	300	96	96	192
Semester I: Electives (any one) and Mandatory Generic Elective (Any one)										
SSMSET 104	Cardio-respiratory responses and adaptation to exercise and training (Theory)	2	0		50		100	32		
SSMSEP 104	Cardio-respiratory responses and adaptation to exercise and training (Practical)		1			50			32	
SSMSET 105	Motor learning and Muscle physiology sports (Theory)	2	0		50		100			
SSMSEP 105	Motor learning and Muscle physiology sports (Practical)		1			50				
SSMSMT 106	Basics of Physiological Sciences (Theory)	2	0		50		100	32		
SSMSMP 106	Basics of Physiological Sciences (Practical)		1			50			32	
SSMSMT 107	Basics of Physical Sciences (Theory)	2	0		50		100			
SSMSMP 107	Basics of Physical Sciences (Practical)		1			50				
Total elective		4	3		100	100	200	64	64	128
Semester Total		10	6		250	250	500			384

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Semester II: Core subjects										
SSMSCT 201	Research Methodology and statistics (Theory)	2	0		50			32		96
SSMSCP 201	Research Methodology and statistics (Practical)		1			50	100		32	
SSMSCT 202	Exercise Metabolism (Theory)	2	0		50			32		96
SSMSCP 202	Exercise Metabolism (Practical)		1			50	100		32	
SSMSCT 203	Sports Biomechanics (Kinetics) (Theory)	2	0		50			32		96
SSMSCP 203	Sports Biomechanics (Kinetics)(Practical)		1			50	100		32	
SSMSCT 204	Ergogenic aids and Doping (Theory)	2	0		50		50	32	0	32
	Total core	8	6		200	150	350	128	96	224

Semester II: Electives (any one)										
SSMSET 205	Kinesiology in Sports (Theory)	1	0		50		100	16		48
SSMSEP 205	Kinesiology in Sports (Practical)		1			50			32	
SSMSET 206	Sports Analytics (Theory)	1	0		50		100			
SSMSEP 206	Sports Analytics (Practical)		1			50				
	Total elective	2	2		50	50	100	16	32	48
	Semester total	10	8		250	200	450			272

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Semester III: Core subjects										
SSMSCT 301	Applied Physiology of Sports (Theory)	2	0		50		100	32		64
SSMSCP 301	Applied Physiology of Sports (Practical)		1			50			32	
SSMSCT 302	Sports Nutrition & Kinanthropometry (Theory)	2	0		50		100	32		64
SSMSCP 302	Sports Nutrition & Kinanthropometry (Practical)		1			50			32	
SSMSCT 303	Sports Medicine (Theory)	2	0		50		100	32		64
SSMSCP 303	Sports Medicine(Practical)		1			50			32	
SSMSCT 304	Sports Psychology (Theory)	2	0		50		100	32		64
SSMSCP 304	Sports Psychology(Practical)		1			50			32	
Total core		8	8		200	200	400	128	128	256
Semester III: Electives (any one)										
SSMSET 305	Principles in Sports Engineering (Theory)	1			50		100	16		48
SSMSEP 305	Principles in Sports Engineering (Practical)		1			50			32	
SSMSET 306	Sports Management (Theory)	1			50		100	16		48
SSMSEP 306	Internship		1			50			32	
Total elective		1	1		50	50	100	16	32	48
Semester Total		9	9		250	250	500			304

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Semester IV: Core subjects										
SSMSCT 401	Dissertation	2			50			32		352
SSMSCP 401	Dissertation		10			200			320	
SSMSCT 402	Physiological Back up to Athletes and Feedback to Coaches (Theory)	2	0		30			32		64
SSMSCP 402	Physiological Back up to Athletes and Feedback to Coaches (Practical)		1			20			32	
	Semester Total	4	11		80	220	300			416
	Grand Total of all Semester	23	34	57			1700			1376