



**Department of Sports Science and Yoga**  
 Ramakrishna Mission Vivekananda Educational and Research Institute  
 (Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956)  
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**MSc Sports Science 2021-23 Program Structure**

Semester 1	Semester 2
<p><b>Sl. no. Courses</b></p> <ol style="list-style-type: none"> <li>1 Introduction to Sports Science (T)</li> <li>2 Introduction to Human Anatomy (T+P)</li> <li>3 Introduction to Human Physiology (T+P)</li> <li>4 Nutrition &amp; Metabolism (T+P)</li> <li>5 Sports Coaching &amp; Training Methods (T+P)</li> <li>6 Biomechanics of Human Movement (T+P)</li> </ol>	<p><b>Sl. no. Courses</b></p> <ol style="list-style-type: none"> <li>1 Sports &amp; Exercise Physiology (T+P)</li> <li>2 Sports Biomechanics (T+P)</li> <li>3 Bioenergetics &amp; Exercise Metabolism (T+P)</li> <li>4 Sports Psychology (T+P)</li> <li>5 Sports Medicine, Ergogenic aids &amp; Doping (T)</li> <li>6 Adapted Physical Education (T+P)</li> <li>7 Ethics in Sports &amp; Pedagogy (T)</li> <li>8 Communication Skills &amp; Academic writing (T)</li> </ol>
Semester 3	Semester 4
<p><b>Sl. no. Courses</b></p> <ol style="list-style-type: none"> <li>1 Advanced Sports Physiology (T+P)</li> <li>2 Advanced Sports Biomechanics (T+P)</li> <li>3 Training Strength &amp; conditioning (T+P)</li> <li>4 Sports nutrition &amp; Kinanthropometry (T+P)</li> <li>5 Research methodology &amp; Biostatistics (T)</li> <li>6 Sports Performance Analytics (T+P)</li> </ol> <p><b>Electives</b></p> <ol style="list-style-type: none"> <li>1 Sports Genomics &amp; Proteomics (T+P)</li> <li>2 Clinical Exercise Physiology (T+P)</li> <li>3 Entrepreneurship, Management &amp; Journalism in Sports (T)</li> </ol>	<p><b>Sl. no. Courses</b></p> <ol style="list-style-type: none"> <li>1 Dissertation (P)</li> <li>2 Internship / Supervised placement (P)</li> <li>3 Physiotherapy/Athlete's care &amp; rehabilitation (T+P)</li> </ol>

Total Credits: 80,

Note: T = Theory; P = Practical, Theory 1 credit = 16 hrs; Practical 1 credit=32 hrs