



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)
 Belur Math, Howrah 711202, West Bengal
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Two years MSc Sports Science Program Structure

Semester 1		Semester 2	
Sl. no.	Courses	Sl. no.	Courses
1	Introduction to Sports Science	1	Exercise Physiology
2	Introduction to Human Anatomy	2	Biomechanics of Human Movement II
3	Introduction to Human Physiology	3	Bioenergetics & Exercise Metabolism
4	Nutrition & Metabolism	4	Sports Psychology
5	Sports Coaching & Training Methods	5	Sports Medicine, Ergogenic aids & Doping
6	Biomechanics of Human Movement I	6	Physiology of Yogic Practices
		7	Kinesiology
		8	Games of Specialization **
		9	Adapted Physical Education **
Semester 3		Semester 4	
Sl. no.	Courses	Sl. no.	Courses
1	Applied Sports Physiology	1	Dissertation / Internship
2	Sports Biomechanics	2	Sports Rehabilitation **
3	Strength & Conditioning	3	Sports Performance Analytics **
4	Sports Nutrition		
5	Research Methodology & Statistics		
6	Ethics in sports & pedagogy		
Electives			
1	Sports Genomics & Proteomics		
2	Application of Neuroscience in Sports		
3	Clinical Exercise Physiology		
			** <i>Field courses</i>

Total Credits: 80,

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