

Course Outcomes:

On completion, graduates will have competencies in performing the following,

- Physiological performance assessment for athletes, normal healthy and people with controlled disease
- Movement / Biomechanical analysis of sport
- Training and conditioning athletes
- Manage a fitness/wellness facility

Course Fee:

First year: 1,35,000 INR Second year: 1,25,000 INR

Attractions:

- State of the art facilities for Sports and Exercise Science at Manipal University in MARENA.
- Externship at India's top sporting organizations during the final semester which can open up future employment
- Multi-disciplinary environment in Manipal (support for sport psychology, nutrition, sports management)
- A program that will increase the versatility of the scope of work of health professionals

Admission:

Selection of students will be based on the marks obtained in the degree examination and an interview

- Classes commence from **18.08.2014**

How to Apply?

- You can apply online (www.manipal.edu) *or*
- Application forms are available at selected branches of the State Bank of India across the country *or*
- Write to the Director, Admissions mentioning the name of the course and your complete postal address (include PIN, telephone/mobile number and e-mail). Enclose a DD of INR 600 drawn in favor of "Manipal University" and payable at Manipal or Udupi.

While filling in the application mention the **group code as 98** and **course code as 770**

Further Queries

Course Coordinator: Dr. Fiddy Davis, Associate Professor,
School of Allied Health Sciences, Manipal University, Manipal.
Mobile: +91 94482 52299; Email: fiddy.davis@manipal.edu



Marena - Indoor Sports Complex

M.Sc. Exercise and Sports Science

School of Allied Health Sciences
Manipal University



INSPIRED BY LIFE



MANIPAL UNIVERSITY

Manipal - 576 104, Karnataka, India

About Manipal University (MU)



Manipal University has become the preferred destination for students and scholars across the globe and School of Allied Health Sciences (SOAHS) is the largest and most comprehensive grouping of allied health professions in India. The variety of disciplines across constituent institutions of the University gives an unparalleled environment for interdisciplinary professions like exercise and sports science to evolve. Manipal University houses, state of the art infrastructure for teaching, library, hostel accommodation and research prowess. The university has the best sporting infrastructure in India and arguably one of the best across the globe.

Exercise and Sports Science

Interdisciplinary field that explores the complex nature of human movement and how the body respond to acute and chronic physical exertion such as general fitness regimens, recreational activities and elite sports. Exercise science encompasses many disciplines, but not limited to exercise physiology, movement analysis, training and conditioning and sport and exercise psychology. Sports science is a sub discipline that explores the factors influencing sport performance and strategies to improving it. There is a growing demand for exercise and sports scientists around the globe.

Mission

To provide education that would enhance health, quality of life and sports performance by discovering and applying the knowledge pertaining to human movement.

Scope of Work after Graduation:

Graduates on completion, will have the knowledge, skills and abilities to work in sports medicine centers, professional sports organizations, corporate fitness/wellness industries and occupational health as an

- Exercise and Sport Physiologist
- Movement analysts/biomechanists
- Trainers / health fitness specialists / exercise specialists
- Sports science administrators and faculty
- Scientists involved in research pertaining to health and human performance

Who Can Apply?

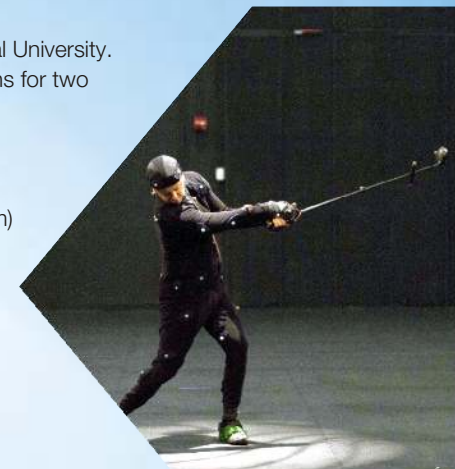
Graduates in Physiotherapy, Occupational Therapy, and Exercise/ Sports Science

Course Structure:

Two year (four semesters) program offered at Manipal University. Students will be placed at leading sports organizations for two months in the final semester and will complete a research work at Manipal.

Course Content:

- Exercise and Sport Physiology (theory and practicum)
- Movement Analysis (theory and practicum)
- Training and conditioning (theory and practicum)
- Nutrition and Human performance
- Sports and Exercise Psychology
- Externship at India's leading sports organizations
- Dissertation



"I was delighted to know that School of Allied Health Sciences at Manipal University is offering a master degree in exercise and sports science. I am presently at Manipal University for rehabilitation following ACL reconstruction. The facilities for sport and exercise, along with a dedicated faculty, make Manipal University an ideal place for a career centric professional course like this to start. At present there is a serious dearth of sports science professionals in India, I sincerely hope that this course will cater to the need."

Olympian Diju Valiyaveetil - Indian Badminton Player

"Academic excellence and superb faculty is expected from a world class institution, and that is what the School of Allied Health Sciences (SOAHS), Manipal University, has to offer. Being a part of SOAHS was a privilege and more importantly the most crucial component of my academic endeavor. Having pursued my Master's Degree in Physiotherapy in the field of Health promotion and fitness, I am absolutely sure that, the MSC in Exercise and Sports sciences program offered by SOAHS will be the best of its kind. Backed by experienced and knowledgeable faculty and world class facilities, the program is surely going to be of maximum benefit for individuals wanting to make a career in the field of sports and exercise sciences"

Mr. Shakeel Ahmed (Alumnus) - Doctoral Scholar, University of Florida

