



**SGT UNIVERSITY**  
Shree Guru Gobind Singh Tricentenary University



# B.SC. SPORTS & EXERCISE SCIENCE



## Importance of Sports and Exercise Science in Global scenario

**S**ports and Exercise Science is a discipline that focuses on how the healthy human body works during exercise and how sports and physical activities promote health and performance. The demand of sports scientists and performance consultants is rising globally with the ever-increasing focus within the sporting world on achieving high performance standards. Sports and exercise science is incredibly varied and encompasses many disciplines like exercise physiology, biomechanics, sport and exercise psychology, strength and conditioning, nutrition, athletic training and injury prevention. When it comes to athletes, the difference between a Silver and Gold medal can even be a tenth, a hundredth or even a thousandth of a second! Research conducted by sports scientists can improve the performances of the athletes to create new records and win tournaments & trophies. Moreover, the recently announced “Fit India Movement” by the Government of India encourages people to remain healthy and fit by including physical activities and sports in their daily lives and further demands a thorough understanding of exercise and sports sciences to participate and excel in such engagements.



## Why Sports and Exercise Science at SGT university?

**S**hree Guru Gobind Singh Tricentenary University, established in 2013 is among the very few universities to initiate this unique course i.e. BSc. Sports & Exercise Sciences under the Department of Sports Sciences, Faculty of Physiotherapy. Faculty of Physiotherapy at SGT University is already running a Master's program in Sports Physiotherapy course since 2013 and Sports and Exercise Sciences is an extension to its vision of developing competent professionals to cater the health needs of athletes. The Department of Sports Science offers a Bachelors course in Sports & Exercise Science and has been set up with an aim to develop professionals with strong understanding of sports and exercise science in order to meet the challenges of the dynamic, demanding and perpetually evolving world of sports.

Department of Sports Sciences has an ideal combination of professional and academic excellence to provide an opportunity to the students to contribute to the world of sports carve a niche for themselves through learnings from this course. The department consists of well-equipped and adequately spaced laboratories with high-end instrumentations which gives immense opportunity to learn and grow. The vision of the department is to provide quality education to the youth and to produce competent, skilled and dedicated sports professionals which can cater the needs of sport persons at various levels.



## SGT Advantages:

- Industry oriented multi-disciplinary research and project based learning
- Student fraternity from all regions of India ensuring cultural diversity for a vibrant campus life
- Industry oriented and student centric teaching methodology to make students future ready
- Students exchange programmes with National & International Universities.
- Multiple academic, sports and extra-curricular clubs for holistic development of the students
- Interpersonal skills enhancement sessions
- Lush green, well equipped 70 acres campus
- Full support and guidance to avail education loan
- Industry oriented innovation curriculum
- Regular internship and placement fairs



# Course Highlights

- Renowned and highly qualified faculty
- Excellent Sports infrastructure
- Collaboration with sports associations and Federations
- National and International tie ups for students training and project work
- Research and job oriented curricula
- Opportunities for internship with eminent sports organisations

## Eligibility

Senior School Certificate Examination(10+2) of Board of School Education, Haryana or an examination recognized as equivalent thereto with at least 50% marks in any subject speciality (Science/ /Commerce/Arts) together both in qualifying and competitive examinations. In case of candidates belonging to Scheduled Castes/Scheduled Tribes of Haryana, the marks obtained should be 40% instead of 50%.

## Tie ups/collaborations

- Academy YAB, Indonesia
- Sports Authority of India, Rohtak
- Tau Devi Lal Stadium, Gurugram
- Special Olympics Bharat

# Outline of the Course

BSc. Sports & Exercise Science is a bachelor degree course with a duration of 3 years which includes a total of 6 semesters (3 Years). The first two semesters involve study of basic sciences and basic sports while second semester will involve analysis of core sports and exercise sciences. Third and fourth semester will be dedicated to the study of applied sports and exercise sciences while 5th semester and 6th semester primarily involves field-based project work and internship.

## This course will broadly cover the following subjects:

- Anatomy and Physiology
- Sports Dietetics and Nutritional biochemistry
- Exercise and Sports Physiology
- Biomechanics and Kinesiology of Sports
- Methods of Training and Conditioning
- Sports Traumatology
- Recovery and Regeneration in Sports
- Prevention and Rehabilitation of Sports injuries
- Sports Digitization and Data analytics
- Theory and Methodology of Physical education & coaching





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## Career opportunities

- Health & fitness consult
- Personal trainer
- Strength & conditioning expert
- Sports development officer
- Performance analyst
- Sports & exercise expert
- Coaching expert
- Sports & wellness entrepreneur
- Fitness training specialist
- Movement analyst



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