



Skills and knowledge are the driving forces of growth and development in any field of specialization. The countries with better and higher levels of skilled professionals would standardize themselves more effectively to the challenges and opportunities of globalization in the years to come.

Keeping this in view, the institute has introduced a Skill Development Programme. To update the knowledge of our coaches, physical education teachers, sports scientists and supporting personnel.

The institute would conduct the following skill development programmes at Patiala, Bangalore and Kolkata. The details of the programmes to be conducted are as follows:

<b>Sr.No</b>	<b>Training Module</b>	<b>Course Duration</b>
1.	Sports Massage	3 weeks
2.	Physical Conditioning -	4 weeks
3.	Sports Nutrition and Dietetics	5 weeks
4.	Gym Management	5 days
5.	Personal Fitness Training	3 weeks
6.	Life Guard in Pool Swimming	4 weeks
7.	Psychology of Sport	2 weeks
8.	Biomechanics of Human Performance	3 weeks
9.	Physiology of Sports Performance	3 weeks
10.	Project / Event Management	3 weeks
11.	Sports Communication	3 weeks
12.	Talent Identification in Sports	2 weeks
13.	Prevention and Management of Injuries	2 weeks
14.	Rehabilitation and Recovery	2 weeks
15.	Life-guards	4 weeks
16.	Sociology of Sport	2 weeks
17.	Sports Law	3 weeks
18.	Training Methods	2 weeks
19.	Sports Anthropometry	2 weeks
20.	Research Methodology in Sports	2 weeks
21.	Measurement and Evaluation in Sports	2 weeks

These skill development programs would help to develop and update the knowledge in different spheres related to sports and sports sciences and would enhance the potential for getting employment in sports field.

**Eligibility Criteria:-**

- 1) 10+2 pass for training courses from Sr.No. 1 to 6
- 2) Graduation in any discipline from an Indian or foreign university for training courses from Sr.No. 7 to 21
- 3) Participation in sports (preferable)
- 4) Physical & Clinical fitness
- 5) Age less than 45 years and more than 18 years (relaxation in upper age limit of five years for working persons/SC/ST/OBC/North-East applicants)

**Note:** The Admission Notice along with Application Form for the above courses will be published on our website from time to time, as per the schedule of the course.