

Sports Science Skill Development Course

Two-week Sports Science Skill Development Courses for Coaches and Physical Educators are under progress at Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, from 18th September 2016 onwards. Eight such courses would be conducted to create awareness of various sports sciences which help to maximize athlete's performance and play vital roles in an athlete's career development. These Sports Science courses would focus on the development of methods that allow athletes to train at higher intensities with more efficiency and without injury. The first such course is being presently conducted at SAI NSNIS, Patiala, in which 80 coaches from different regional centres of SAI have been called not only to refresh their sports science knowledge but also to develop new scientific methodologies to impart better training.

