



**SPORTS AUTHORITY OF INDIA  
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS  
OLD MOTI BAGH: PATIALA-147001**

**Admission to  
1<sup>st</sup> Batch- ONE YEAR POST GRADUATE  
DIPLOMA IN STRENGTH AND CONDITIONING  
(Session 2023-24)**

**Online Application Open:16.05. 2023**

**Last date for filling up online application: 15.06 2023**

**(NSNIS Academic Division)  
Helpline No: 0175-2394261,2394340  
E: mail: nis.sportscience@gmail.com**

**ADMISSION NOTICE FOR ONE YEAR POST GRADUATE  
DIPLOMA IN STRENGTH AND CONDITIONING  
(ACADEMIC SESSION 2023-24)**

**Last date for filling up online application: 15.06 2023**

A. **Website for Online Application:** <https://ssc.nsnis.in/>

B. NS NIS, Sports Authority of India invites online applications from the candidates who fulfill the **eligibility criteria for admission** to the **one year Post Graduate Diploma in Strength and Conditioning**

**ADMISSION PROCEDURE:**

- Eligible candidates desirous to seek admission to **One Year P.G Diploma in Strength and Conditioning** should apply online on the registration portal <https://ssc.nsnis.in/> before the last date prescribed in the notification.
- All details regarding filling up of online application form and fee payment is given on the above mentioned registration portal. For any queries, helpline numbers given on the registration portal are required to be contacted.
- Eligible candidates shall be called for an online admission test on the basis of documents submitted by them.
- Candidates must be in possession of all original certificates/credentials and other documents for verification by the respective academic centres at the time of joining the course.

**I. EDUCATION CRITERIA**

Sr. No.	Specialization	Eligibility Criteria
1	Strength and Conditioning	<b>Must Possess Any One of The Following Qualifications with at least 50% Marks in The Aggregate</b> <ul style="list-style-type: none"><li>• Bachelor's Degree in Sports Sciences/</li><li>• Bachelor's Degree in Physical Education/Physical Education &amp; Sports</li><li>• Bachelor's Degree in Physiotherapy</li><li>• Bachelor's Degree in any stream with Diploma in Sports Coaching.</li></ul>

**II. SEAT VACANCIES:**

Sr. No.	Specialization	Number of Seats
1	Strength and Conditioning	50

### III. CENTRE:

SAI Netaji Subhas National Institute of Sports: Patiala,  
Old Moti Bagh, Moti Bagh, Patiala, Punjab 147001

### IV. ADMISSION CRITERIA

- ❖ Written Test -80 marks
- ❖ Interview-20 marks
- ❖ Total Marks 100
- ❖ Mode- Online

### V. **SYLLABUS FOR ON-LINE ADMISSION TEST (MCQ format):**

Area	Marks
<ul style="list-style-type: none"><li>• <b>Sport's knowledge</b> - Current affairs, basic sports awareness at national and international level, basic knowledge of biomechanics, and kinesiology.</li><li>• <b>Logical reasoning and coaching aptitude</b> - Numerical, relationship, sequential, diagrammatic, reasoning pattern of intermediate standard. Fault finding, problem solving and analytical aptitude.</li><li>• <b>Language and communication test</b> - Grammar, comprehensive, synonyms, antonyms of matric standard in English.</li><li>• <b>Basic computer knowledge</b> - Basic knowledge of Microsoft office, excel and PowerPoint, terminology of computer and internet.</li></ul>	20
<b>Subject Specific Knowledge</b> <ul style="list-style-type: none"><li>● Basic Knowledge of Strength and conditioning</li><li>● Basic Knowledge about Energy system</li><li>● Basic Knowledge about Training Theory and Periodization</li><li>● Special Considerations with Emphasis on Child/Youth Resistance Training</li><li>● Basic Knowledge about Endurance, hypertrophy, Strength, power.</li><li>● Basic knowledge about speed, agility, Flexibility, and balance.</li><li>● Basic Knowledge about Mobility and Movement Exercises</li><li>● Basic Knowledge about Program Designing</li></ul>	60

### VI. **IMPORTANT POINTS FOR THE ATTENTION OF THE CANDIDATES:**

- The candidates, before submitting the online application form, shall ensure their eligibility to appear in the examination.

- Application form of candidates who do not fulfill the eligibility criteria shall be rejected.
- Online application form cannot be withdrawn once it is submitted successfully.
- Requests for change in any particular in the application form shall not be entertained under any circumstances. However, a chance will be given to the candidates to correct/modify/edit some of the particulars of the application form online only through the correction window.
- Admission of a candidate to the course is provisional to verification of educational certificates.
- **Submission of Migration certificate from the last attended Institute/University at the time of joining the course is mandatory.**
- In case a candidate is found providing incorrect information or identity is proved to be false or certificates found fake at any time even after the start/end of the course, the candidate will be terminated/disqualified and shall face penal action as per law.
- The name on the photo identification card must match with the name as in the form submitted. If the name has been changed due to events such as marriage, candidate must show the relevant document at the time of the exam. (Marriage Certificate /Divorce/Degree /Legal Name Change Document)
- In case of any technical issue or due to a natural disaster, the entrance exam may get rescheduled.
- Virtual interview will be conducted through **Online Platform**. Make sure that you have a good quality laptop and Internet connection before appearing for the online interview.
- Provisional Merit list of the candidates will be displayed on NSNIS website [www.nsnis.org](http://www.nsnis.org)
- In case the applicant is serving as a government employee, Non-Objection Certificate (NOC) from a concerned government organization needs to be taken and submitted to concerned NSNIS Patiala.
- In case of Tie, admission will be given to the candidates who is elder in age.
- During the conduct of the course students may be asked to report physically at the center, however boarding and lodging facilities will be self-arranged.
- During the complete academic year at **least 80%** attendance per semester is compulsory to appear for the Semester exam. Further permission needs to be taken well in advance for the leave, from the course coordinator of the concerned centre.
- While filling out Educational Qualification the candidates who are awaiting final year result of **graduation level degree courses till the last date of submission of form, won't be considered for the Course.**

**NOTE:**

- 1. Sports Authority of India reserves the right to cancel a course or change the venue of a course in view of inadequate response or due to other administrative reasons.**

2. Candidates suspended under doping offence are not eligible to apply during their suspension period.
3. Candidates facing criminal charges are not eligible to apply for taking admission under the diploma course

## **FEE STRUCTURE FOR ONE YEAR P.G DIPLOMA COURSE IN STRENGTH AND CONDITIONING FOR SESSION 2023-24**

1. Application fees Rs. 1500\*/- (Non-Refundable)

2. Fee Structure:

Sr. No.	Specialization	Fees to be paid (in INR)
1	Strength and Conditioning	1,45,000.00

3. FEES BIFURCATION:

### **A. POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING**

Sr. No.	Fee Bifurcation	Amount(Rs)
1	Registration Fees	3405.00
2	Examination Fees (Semester I)	2270.00
3	Examination Fees (Semester II)	2270.00
	<b>Total</b>	<b>7945.00</b>
<b>Semester I</b>		
4	Course Fees (semester I)*	53555.00
5	Uniform (Blazer Tie)	2500.00
6	Establishment/ Academic Charges	5000.00
7	Lab Charges	5000.00
8	Syllabus	1000.00
9	Security Deposit (Refundable)	1000.00
10	Scientific Journal and Library Fees	1000.00
11	Medical assistance for Minor Ailments	500.00
	<b>Total</b>	<b>69555.00</b>
<b>Semester II</b>		
12	Course Fees (semester II)	<b>67,500.00</b>
	<b>Fees to be Submitted at NSNIS, Patiala</b>	<b>1,45,000.00</b>

**1<sup>st</sup> installment: Rs. 50,000/- to be paid in July,2023**

**2<sup>nd</sup> installment: Rs. 47,500/- to be paid in November,2023**

**3<sup>rd</sup> installment: Rs. 47,500/- to be paid in March,2024**

**B. FEE REFUND:**

If a student chooses to withdraw from the One year P.G Diploma in Strength and Conditioning in which he/she is enrolled, the institute will follow the refund policy of University Grants Commission (UGC)

**C. COURSE TIMELINE:**

<b>S. No.</b>	<b>Head</b>	<b>Date</b>
1	Announcement of course	16.05.2023
2	Last date to apply Application closing	15.06.2023
3	Online Written test	28.06.2023
4	Interview	04.07.2023 onward
5	Results (merit list)	10.07.2023
6	Last date for fee submission	20.07.2023
7	Commencement of classes	24.07.2023

*Kalpana Sharma*

Prof. Kalpana Sharma  
Director (Academics)  
SAI NSNIS Patiala

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