

SAI/NIS/Acad./2024/.....²⁰⁹⁶

Date: 02.02.2024

Australian Strength and Conditioning Association (ASCA) Certification
Level 1

Website for paying course fee:
<https://www.ssc.nsnis.in/manager/pub/paymentoptionsubi.php>

Online payment open: 03.02.2024

Last date for paying course fee: 09.02.2024 11:00 am

Course fee is Rs. 25,000/- (Non-refundable)

Candidates selected for the Australian Strength and Conditioning Association (ASCA) Certification Level 1 (Annexure A) are advised to read the following instructions carefully and act accordingly

1. **Course fee is Rs. 25,000/-**, to be deposited online as per dates mentioned above
2. **Payment Procedure**
 - A. Portal Link for payment: <https://www.ssc.nsnis.in/manager/pub/paymentoptionsubi.php>
 - B. Enter your complete Application Id. (Mentioned in your application form)
 - C. System will fetch your details automatically, see your details carefully and press Pay button.
 - D. Pay fee through payment gateway.
 - E. After successful payment, print your receipt.
 - F. Note: Payment gateway transaction charges may be applicable in case of payment through Credit Card, Debit Card or Net banking. Please choose payment method as per convenience.

Mode of Course : Offline

Mode of Instructions: English

COURSE ASSESSMENT

- Pre-Course - Successfully complete the online multiple-choice quizzes prior to course attendance.
- View all video resources and complete all modules of the ASCA Level 1 Course.
- Successfully complete the Sport integrity Australia Anti-Doping Quiz.
- Complete Sign and return the ASCA Consent and Coaches Code of Behaviour Form.
- **Practical Assessment in Course** – Participants will be assessed in course on competency and ability to coach, teach and/or demonstrate all components of the practical skills outlined in the ASCA Level 1 Course. (E.g. ASCA Level 1 lifts & Variations, speed & agility drills, stretching & mobility exercises & energy system conditioning & endurance).

- **Post Course** - Successfully complete the ASCA Level 1 Course Workbook within the allocated time frame.
- **Post Course** - Complete 30 hours of practical S&C coaching within 6 months of course attendance. A minimum of 10 of these hours must be completed with a minimum ASCA Level 1 Accredited Coach. Note a list of mentor coaches can be found on the ASCA website under 'Find a Mentor Coach'.
- Provide required evidence of competency and ability to coach, teach and/or demonstrate all components of the practical skills outlined in the ASCA Level 1 Course. (E.g. ASCA Level 1 lifts & Variations, speed & agility drills, stretching & mobility exercises & energy system conditioning & endurance). This is required to be verified by an approved mentor coach.

PRACTICAL ASSESSMENT

- During the course there will be practical sessions that require active participation. However, all active, physical participation is optional and participants will not be disadvantaged by not actively participating in any of the exercises. As part of the practical assessment, participants are required to demonstrate competencies in coaching/teaching the practical skills included in the ASCA Level 1 Course.
- Participants are required to complete and return a 'Pre-Course Questionnaire' prior to attendance to notify the ASCA Presenter/Assessor of their individual situation.

Attendance: 100% Attendance is compulsory to appear in the examination

3. Candidates reporting for practical classes have to bring with them photocopy of education certificate, Aadhar card photocopy and fee receipt.
4. Further communications will be sent to candidate's registered email id.
5. Candidates coming for the practical classes will have to bring their own sports kit.

General Instructions:

- i. The list of batch wise candidates will be uploaded on our website www.nsnis.org on 12.02.2024.
- ii. It is compulsory to stay inside NIS campus during the offline class. Extra charges for Boarding and Lodging as per detail:
LODGING:
AC Hostel room Rs. 200/- per person per day.
BOARDING:
Food – Veg./Non-veg. Rs. 450/- Per person per day.
Hostel link will be shared separately.
- iii. Offline classes will be started in batches at SAI NS NIS, Patiala.
 - **Batch 1:** 28-29 February 2024
 - **Batch 2:** 1-2 March 2024
 - **Batch 3:** 3-4 March 2024
- iv. Candidate's email id should be working as all official communication will be sent to candidate email id.
- v. For queries: email- Helpline No: 0175-2394252
- vi. Personal cars/four wheelers are not permitted in the campus.
- vii. Use of banned drugs and consumption of alcoholic drinks and smoking and chewing of tobacco is strictly prohibited in the campus, any candidate found guilty strict action will be taken against him/her.

Note: Sports Authority of India Netaji Subhas National Institute of Sports, Patiala reserves the right to cancel the course without assigning any reason.

प्रो. कल्पना शर्मा/Prof. KALPANA.SHARMA
निदेशक (अकादमिक)/Director (Academic)
भारतीय खेल प्राधिकरण/Sports Authority of India
नेताजी सुभाष राष्ट्रीय क्रीडा संस्थान, पटियाला
Netaji Subhash National Institute of Sports, Patiala

Prof. Kalpana Sharma
Director (A)
SAI NS NIS Patiala

2/2/24

List of registered candidates for Australian Strength and Conditioning Association (ASCA)
Certification Level 1

S.N.	STUDENT NAME	FATHER NAME	APPLICATION NO
1	AAKASH MAHALWAL	JAIDEV MAHALWAL	ASCA-1747
2	ABHAY PRATAP SINGH	BHANU PRATAP SINGH	ASCA-1790
3	ABHISHEK KUMAR	HARISH KUMAR SHARMA	ASCA-1832
4	AJAY KUMAR YADAV	RAM BILAS YADAV	ASCA-1777
5	AKHILISH SHARMA	SUKHDEV RAJ	ASCA-1775
6	AMARDEEP KUMAR	JAYKALASH SAH	ASCA-1580
7	AMARNATH J	JAYARAMAN G	ASCA-1827
8	AMEESH MOHAN	MOHANADAS S	ASCA-1696
9	AMIT	YAGYPAL	ASCA-1452
10	AMRITA PRITAM	RAM SINGH JAISWAL	ASCA-1792
11	ANCHAL SINGH	LALIT KUMAR SINGH	ASCA-1549
12	ANKIT YADAV	J S YADAV	ASCA-1588
13	ANKUR DHIMAN	SHIV KUMAR	ASCA-1711
14	ANKUSH BANSIWAL	RAMKISHAN BANSIWAL	ASCA-1571
15	ANOOP J KALLOOR	JJO JOSEPH	ASCA-1514
16	ANUBHAV DIKSHIT	BIMAL KUMAR DIKSHIT	ASCA-1655
17	ARUMITA DUTTA	N S PRAMANIK	ASCA-1577
18	ARUMUGAM M	MANTHIRAN	ASCA-1471
19	ARYAN DRALL	KRISHAN KUMAR	ASCA-1631
20	BHARAT	RAMESH	ASCA-1785
21	BHAVESH GHENGAT	VIJAY GHENGAT	ASCA-1551
22	BOYA SIVA	BOYA PARANDHAMA	ASCA-1409
23	BRIGHTLY.V	C.VARATHA RAJAN	ASCA-1313
24	CHANDRU M	MOORTHY K	ASCA-1741
25	DASHANSH VERMA	SURESH VERMA	ASCA-1540
26	DEEPA MATHUR	D K MATHUR	ASCA-1614
27	DEEPAK	RANBIR PHOGAT	ASCA-1570
28	DEEPAK KUMAR TYAGI	SHRI SHYAMLAL TYAGI	ASCA-1640
29	DEEPESH GHAVARI	SANJAY GHAVARI	ASCA-1743
30	DHRUV SAHU	PRADEEP SAHU	ASCA-1494
31	DINESH SAINI	MADAN LAL SAINI	ASCA-1857
32	GAJJAR HARDIKKUMAR	CHANDRAKANT	ASCA-1617
33	GAURAV MANGLANI	PADAM KUMAR	ASCA-1843
34	GIRISH CHANDRA SINGH	MOHAN SINGH RAWAT	ASCA-1658
35	INSHA AMIN	MOHD AMIN BHAT	ASCA-1473

36	JASANDEEP KAUR	GURMEET SINGH	ASCA-1420
37	JAY PRATAP SINGH GURJAR	SITARAM GURJAR	ASCA-1770
38	JITHESH V NAIR	C VIJAYAN NAIR	ASCA-1500
39	JOHN KARUKANCHERIL THOMAS	THOMAS K JOHN	ASCA-1261
40	MANASEE GULATI	ANUPAM GULATI	ASCA-1501
41	MANDAR KADAM	NANDKUMAR KADAM	ASCA-1416
42	MANIK	RANBIR SINGH	ASCA-1637
43	MARNADU R	RAJENDRAN P	ASCA-1371
44	MARTIN RAJ	AROCKIASAMY	ASCA-1508
45	MAURYA VIJAY RAMLAKHAN	RAMLAKHAN MAURYA	ASCA-1543
46	MOHAMMED MODAN	ZUBER MODAN	ASCA-1352
47	MOHAN RAJ V	K VISWANATHAN	ASCA-1849
48	MOHD ISMAEEL	MUNNA SAYFI	ASCA-1751
49	MONU CHOUDHARY	KIRANVIR SINGH	ASCA-1393
50	N KEREN KIRUBAI	A J NELSON NITHIARAJ	ASCA-1433
51	NADIMPALLI DATTATREYA VARMA	NADIMPALLI KASIVISWANADHA RAJU	ASCA-1808
52	NAVEEN KUMAR.R	RAVIA	ASCA-1436
53	NAVPREET SINGH	DARSHAN SINGH	ASCA-1479
54	NEERAJ MAHOREKAR	DK MAHOREKAR	ASCA-1544
55	NEHA RAJAWAT	SURENDER SINGH RAJAWAT	ASCA-1515
56	NIMIT KUMRA	JL KUMRA	ASCA-1464
57	NISHANT PRALHAD DEHARIYA	PRALHAD	ASCA-1365
58	P KEERTHI VENKATESH	PVR CHOUDARY	ASCA-1803
59	P.KARUPPUSAMY	PALANISAMY	ASCA-1742
60	PANKAJ CHANDEL	RAJENDER SINGH	ASCA-1538
61	PARIKSHIT KHATRI	SANJAY KHATRI	ASCA-1359
62	POOJA MEHRA	MR CHATUR SINGH	ASCA-1509
63	POONAM RANA	DHYAN BAHADUR RANA	ASCA-1312
64	PRAVEEN AREGELA	VEERABHADRA RAO	ASCA-1801
65	PRIYA SHARMA	RAKESH KUMAR SHARMA	ASCA-1536
66	PURI TERI	PURI KAN BOA	ASCA-1367
67	R.SOWN DARARAJAN	K RAJENDRAN	ASCA-1818
68	RAHUL SINGH KARKI	BHIM SINGH KARKI	ASCA-1642
69	RAHUL SOLANKI	PRADEEP SOLANKI	ASCA-1638
70	RAJESH KUMAR SRIVASTAV	BINOD KUMAR SRIVASTAV	ASCA-1533
71	RAJI	JOSEPH CHRISTUDAS	ASCA-1721
72	RAKESH KUMAR VERMA	KAPIL DEV VERMA	ASCA-1439
73	RAVI KANT GIRI	LT.MADAN GIRI	ASCA-1651
74	RIDDHIBEN	RAJESHBHAI	ASCA-1668
75	ROHINI MENON K	VINOD MENON K	ASCA-1699

76	ROHIT MEHTA	BAHADUR SINGH	ASCA-1680
77	SACHIN THAKRAN	RAKESH KUMAR	ASCA-1358
78	SAMIRAN NANDI	SUSANTA NANDI	ASCA-1833
79	SANDEEP CHOUHAN	NARBAD SINGH CHOUHAN	ASCA-1773
80	SANGITA YADAV	LATE CHETRAM YADAV	ASCA-1516
81	SANIKA KOTKAR	JAYPRAKASH	ASCA-1466
82	SARATH NAMBIAR	M.NARAYANAN KUTTY	ASCA-1502
83	SHIVENDRA KUMAR SINGH	JANARDAN SINGH	ASCA-1685
84	SHRUTI SMART	CHANDRESH	ASCA-1746
85	SIVARAMAN SENTHILKUMAR	SENTHILKUMAR	ASCA-1826
86	SRIDHARAN	AIYYAVU	ASCA-1862
87	SUNIL KUMAR	WAZIR SINGH	ASCA-1736
88	T SAKTHI VEL	P THANGARAJ	ASCA-1823
89	TARUNA SHARMA	SHRI NARESH KUMAR SHARMA	ASCA-1643
90	VANDANA SHARMA	RAKESH SHARMA	ASCA-1412
91	VASUDEVAN .M	MUTHU	ASCA-1728
92	VIVEK PAI	VENKITESWARA PAI	ASCA-1720
93	WASIM AHMED	MOHD. AHMED	ASCA-1309

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