



भारतीय खेल प्राधिकरण
नेताजी सुभाष राष्ट्रीय खेल संस्थान: पटियाला
SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA



Admission to
2nd Batch of
**ONE YEAR POST GRADUATE DIPLOMA IN STRENGTH AND
CONDITIONING (Session 2024-25)**

Online application open: 01.05.2024

Last date for filling up online application: 31.05.2024

Website for online application: <https://www.ssc24.nsnis.in>

(NSNIS Academic Division)

Helpline No: 0175-2394261,2394340

Email: nis.sportscience@gmail.com

Attn

**ADMISSION NOTICE FOR
2nd POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING
(ACADEMIC SESSION 2024-25)**

LAST DATE FOR SUBMISSION OF APPLICATION: 31.05.2024

Website for online application: <https://www.ssc24.nsnis.in>

Sports Authority of India (SAI), Netaji Subhash National Institute of Sports (NS NIS), Patiala, invites online application for admission to 2nd Post Graduate Diploma in Strength and Conditioning for the Academic Session 2024-25.

ADMISSION PROCEDURE:

- Interested candidates who meet the eligibility criteria for the 2nd Post Graduate Diploma in Strength and Conditioning are invited to apply online via the registration portal <https://www.ssc24.nsnis.in> before the deadline specified in the notification.
- Comprehensive instructions for completing the online application and making fee payments are available on the aforementioned registration portal. For any inquiries, applicants are encouraged to contact the helpline numbers provided on the registration portal.
- Eligible candidates will be shortlisted for an online admission test.
- Prior to commencing the course, candidates must ensure they possess all original certificates, credentials, and other necessary documents for verification purposes.

I. EDUCATION CRITERIA

Sr. No.	Specialization	Eligibility Criteria
1	Strength and Conditioning	Graduate with 50% marks from a recognized University

II. SEAT VACANCIES:

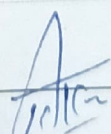
Sr. No.	Specialization	Number of Seats
1	Strength and Conditioning	50

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

VI. IMPORTANT GUIDELINES FOR CANDIDATES:

- Prior to submission of the online application, candidates must ensure that they meet the eligibility criteria for the examination.
- Applications from candidates who do not fulfill the eligibility criteria will be rejected.
- Once submitted successfully, the online application cannot be withdrawn.
- Requests for changes in any particulars of the application form will not be entertained under any circumstances.
- Admission to the course is subjected to the verification of educational certificates and documents.
- Submission of a migration certificate from the last attended university is mandatory at the time of course enrollment.
- Providing false information, identity, or presenting forged certificates will result in immediate termination/disqualification, and legal action may be taken.
- The name on the photo identification card must match the name provided in the application. In case of name change due to marriage or other reasons, relevant documents must be presented during document verification.
- In the event of technical issues or natural disasters, the entrance exam may be rescheduled.
- All the communications will be sent to Candidate's registered e-mail Id.
- Virtual interviews will be conducted via an online platform. Candidates are advised to ensure they have access to a reliable and stable internet connection and a laptop/computer system.
- The provisional merit list of candidates will be published on the NSNIS website: www.nsnis.org.
- Government employees must obtain a No Objection Certificate (NOC) from their respective government organization and submit it to SAI NS NIS Patiala during document verification.
- Physical presence at the center may be required during the course. However, accommodation and boarding facilities in the premise is subject to availability on payment basis.
- A minimum of 80% attendance per semester is mandatory to be eligible for the semester examination.

Any leave requests must be submitted well in advance to the course coordinator.

- In case of a tie, preference will be given to the candidate who has higher education qualification.
- Candidates awaiting final year results of graduation-level degree courses until the last date of form submission will not be considered for admission.

FEE STRUCTURE

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	3575.00
2	Examination Fees (Semester I)	3040.00
3	Examination Fees (Semester II)	3040.00
	Total	9655.00
Semester I		
4	Course Fees (semester I)	51845.00
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
	Total	67845.00
Semester II		
12	Course Fees (semester II)	67,500.00
	Fees to be Submitted at NSNIS, Patiala	1,45,000.00

1st installment: Rs. 50,000/- to be paid in July,2024

2nd installment: Rs. 47,500/- to be paid in November,2024

3rd installment: Rs. 47,500/- to be paid in March,2025

A. FEE REFUND:

If a student chooses to withdraw from the Post Graduate Diploma Course in Sports Science in which he/she is enrolled, the institute will follow the refund policy of University Grants Commission (UGC) 2018 as applicable.

B. COURSE TIMELINE:

S. No.	Particulars	Date
1	Online application opening date	01.05.2024
2	Last date to apply	31.05.2024
3	Online Written test	23.06.2024
4	Online Interview	27.06.2024 onwards
5	Results (merit list)	04.07.2024
6	Fee submission	04.07.2024- 10.07.2024
7	Inauguration and Orientation Program (Address by Executive Director, NSNIS, Patiala, Campus Tour and faculty Interaction with verification of educational documents)	11.07.2024
8	Commencement of online classes	15.07.2024



Kamal Ali Khan
Incharge Academics
SAI NS NIS Patiala
कमल अली खान/KAMAL ALI KHAN
प्रभारी शैक्षणिक/Incharge Academics
भारतीय खेल प्राधिकरण/Sports Authority of India
नेताजी सुभाष राष्ट्रीय खेल संस्थान, पटियाला
Netaji Subhash National Institute of Sports, Patiala

NOTE:

- *Sports Authority of India reserves the right to cancel any education Programme, change the venue and also increase/decrease the duration of the course, due to administrative and other reasons.*
- *Candidates suspended under doping offence are not eligible to apply during their suspension period.*
- *Candidates facing criminal charges are not eligible to apply for taking admission under the Post Graduate Diploma course*

