

Admission to

**POST GRADUATE DIPLOMA COURSES
(Session 2025-26)**

- **Strength and Conditioning**
- **Sports Performance Analysis**
 - **Sports Psychology**
 - **Sports Nutrition**
 - **Exercise Physiology**

Online application open: 02 April 2025

Last date for filling up online application: 02 May 2025

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

(NSNIS Academic Division)

Email: nis.sportscience@gmail.com

**ADMISSION NOTICE FOR
POST GRADUATE DIPLOMA COURSES
(ACADEMIC SESSION 2025-26)**

LAST DATE FOR SUBMISSION OF APPLICATION: 02 May 2025

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

Sports Authority of India (SAI), Netaji Subhash National Institute of Sports (NS NIS), Patiala, invites online application for admission to **Post Graduate Diploma Course** in following specialization for the Academic Session 2025-26:

- Strength and Conditioning
- Sports Performance Analysis
- Sports Psychology
- Sports Nutrition
- Exercise Physiology

ADMISSION PROCEDURE:

- Interested candidates who meet the eligibility criteria are invited to apply online via the registration portal <https://www.ssc.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

| <u>S.No</u> | <u>Specialization</u> | <u>Eligibility Criteria</u> |
|--------------------|------------------------------------|--|
| 1 | Strength and Conditioning | Graduate with 50% marks from a recognized University. |
| 2 | Sports Performance Analysis | Graduate with 50% marks from a recognized University. |
| 3 | Sports Psychology | Must possess any one of the following qualifications with at least 50% marks in the aggregate <ul style="list-style-type: none">• Bachelor's Degree with Psychology as core subject• Bachelor's Degree in Sports Science• Bachelor's Degree in Physical Education• Bachelor's Degree in Physical Education and Sports• Bachelor's Degree in Medical and Allied Health Sciences• Bachelor's Degree in any stream with Diploma in Sports Coaching |

| | | |
|---|----------------------------|---|
| 4 | Sports Nutrition | <p>Must Possess Any One of The Following Qualifications: With at Least 50% Marks in The Aggregate</p> <ul style="list-style-type: none"> • Bachelor's degree with nutrition as a core subject • Bachelor's degree in Life sciences • Bachelor's degree in Medical and allied health sciences • Bachelor's degree in Sports Science • Bachelor's degree in Physical education • Bachelor's degree in Physical education and Sports • Bachelor's degree in any stream with Diploma in Sports Coaching |
| 5 | Exercise Physiology | <p>Must possess any one of the following qualifications with atleast 50% marks in the aggregate</p> <ul style="list-style-type: none"> • Bachelor's degree in Physical Education/Physical Education & Sports • Bachelor's degree in Human Physiology • Bachelor's degree in Physiology • Bachelor's degree in Exercise Physiology • Bachelor's degree in Life Sciences • Bachelor's degree in Sports Sciences • Bachelor's degree in Sports Physiology • Bachelor's degree in Sports Nutrition & Physiology • Bachelor's degree in Strength & Conditioning • Bachelor's degree in Para-Medical Sciences • Bachelor's degree in Medical Sciences. |

II. SEAT VACANCIES:

| Sr. No. | Specialization | Total Number of Seats |
|---------|-----------------------------|---|
| 1. | Strength and Conditioning | 50 |
| 2. | Sports Performance Analysis | -35 Seats (General) -15 Seats (supernumerary – Direct Admission for outstanding Sports Person) * |
| 3. | Sports Psychology | 30 |
| 4. | Sports Nutrition | 30 |
| 5. | Exercise Physiology | 30 |

* **Direct Admission only for Post Graduate Diploma in Sports Performance Analysis (Supernumerary) -**
Without written Test and Interview.

- ❖ Education Qualification is same as mentioned in I.
- ❖ Candidates will be selected on the basis of ranking as follows: -
 - First: Medal in Olympics.
 - Second: Medal in Senior World Championships.
 - Third: Participation in Olympics.
 - Fourth: Medal in Asian/ Commonwealth Games
 - Fifth: Participation in Senior World Championship

Note: In case of tie in Sports Achievement, admission will be given to the candidates who have higher education qualification.

- ❖ Vacancies will be allotted as per 10 priority sports (Archery, Athletics, Badminton, Boxing, Hockey, Shooting, Lawn Tennis, Wrestling, Weightlifting and Football)

- ❖ One vacancy for each Priority Sports. If not fulfilled by priority sports then it may be fulfilled by other priority sports discipline.
- ❖ If not fulfilled by the above, the supernumerary vacant seats will be filled by General Quota from among the candidates who have undergone the process of written examination and Interview.

III. CENTRE:

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

IV. ADMISSION CRITERIA

- ❖ Written Test -80 marks
- ❖ Interview-20 marks
- ❖ Total Marks 100
- ❖ Exam Mode- Online
- ❖ Interview- Offline at SAI NS NIS Patiala

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

| P.G. Diploma in Strength and Conditioning | 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 |

| P.G. Diploma in Sports Performance Analysis | 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. | 80 |

| P.G. Diploma in Sports Psychology | 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 |
| <ul style="list-style-type: none"> • Subject specific Knowledge ❖ Basic Statistical Methods and Research ❖ Introduction to Psychology and Sports Psychology ❖ Bio/ Physiological Psychology ❖ Cognitive/Emotional Processes and applications in Sports ❖ Motivation and applications in Sports ❖ Social Psychology and applications in Sports ❖ Understanding and dealing with Psychological Issues ❖ Personality and applications in Sports ❖ Psychological testing and applications in Sports ❖ Positive Psychology and applications in Sports | 60 |

| P.G. Diploma in Sports Nutrition | 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 |
| <ul style="list-style-type: none"> • Subject specific Knowledge ❖ Basic human physiology ❖ Nutritional Biochemistry ❖ Food Science and quality control, Nutrition through lifecycle ❖ Human Nutrition, Clinical Nutrition, Public Health Nutrition | 60 |

| P.G. Diploma in Exercise Physiology | 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 |
| Subject specific Knowledge <ul style="list-style-type: none"> • Basic human physiology | 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. Please ensure that email address is correctly entered in the application form.
- **Online examinations 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.
- **Offline interviews will be conducted at SAI NS NIS Patiala.** Candidates are advised to be present at the centre along with the original education documents for verification.
- Candidates who fail to appear for the online examination will not be permitted to attend the interview.
- 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 75% 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

The fee structure of all Post Graduate Diploma courses is annexed as Annexure A.


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


FEE REFUND:

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

COURSE TIMELINE:

| S. No. | Particulars | Date |
|--------|---|-----------------------------------|
| 1 | Online application opening date | 02 April 2025 |
| 2 | Last date to apply | 02 May 2025 |
| 3 | Online test | 17 May 2025 |
| 4 | Offline Interview at SAI NS NIS Patiala (Along with verification of educational documents) | 22-23 May 2025 |
| 5 | Results (merit list) | 29 May 2025 |
| 6 | Fee submission | 29 May – 19 June 2025 |
| 7 | Orientation Program and Commencement of classes (Address by Senior Executive Director, NSNIS, Patiala, Campus Tour and faculty Interaction) | 1 st Week of July 2025 |


01/04/25
Sibananda Mishra
Deputy Director (A)
SAI NS NIS Patiala



NOTE:

- *Sports Authority of India reserves the right to cancel any education Programme, without assigning any reason.*
- *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*

FEE STRUCTURE OF POST GRADUATE DIPLOMA IN STRENGTH AND CONDITIONING

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 June,2025

2nd installment: Rs. 47,500/- to be paid in November,2025

3rd installment: Rs. 47,500/- to be paid in March,2026

FEE STRUCTURE OF POST GRADUATE DIPLOMA IN SPORTS PERFORMANCE ANALYSIS

- Application fees Rs. 2500*/- (Non-Refundable)

1. Fee Structure

| <u>Sr. No.</u> | <u>Particulars</u> | <u>For Indian Candidates Amount INR</u> | <u>For Foreign Candidates Amount INR</u> |
|----------------|---------------------------------------|---|--|
| 1 | Registration and Examination Fee | 12000 | 12000 |
| 2 | Scientific Journal & Library Fee | 1000 | 1000 |
| 3 | TV & Entertainment Fee | 500 | 500 |
| 4 | Medical Assistance for Minor Ailments | 500 | 500 |
| 5 | Syllabus | 1000 | 1000 |
| 6 | Security Deposit (Refundable) | 1000 | 1000 |
| 7 | Uniform | 2500 | 2500 |
| 8 | Establishment/Academic Charges | 5000 | 8000 |
| 9 | Tuition Fee | 130000 | 180000 |
| 10 | Lab charges | 5000 | 5000 |
| | Total Fee for the course | 1,58,500/- | 2,11,500/- |

**(Additionally, convenience fee for online transaction as applicable will be levied by the payment gateway)*

1st installment: Rs. 50,000/- to be paid in June, 2025

2nd installment: Rs. 54,250/- to be paid in November, 2025

3rd installment: Rs. 54,250/- to be paid in March 2026

FEE STRUCTURE OF POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

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

2. Fee Structure:

| Sr. No. | Specialization | Fees to be paid (in INR) |
|---------|-------------------|--------------------------|
| 1 | Sports Psychology | 1,30,000.00 |

*(Additionally, convenience fee for online transaction as applicable will be levied by the payment gateway)

3. FEES BIFURCATION:

A POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

| 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)* | 44345.00 |
| 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 | 60345.00 |
| Semester II | | |
| 12 | Course Fees (semester II) | 60,000.00 |
| | TOTAL FEES | 1,30,000.00 |

- 1st installment: Rs. 50,000/- to be paid in June,2025
- 2nd installment: Rs. 40,000/- to be paid in November,2025
- 3rd installment: Rs. 40,000/- to be paid in March,2026

FEE STRUCTURE OF POST GRADUATE DIPLOMA IN SPORTS NUTRITION

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

Fee Structure:

| Sr. No. | Specialization | Fees to be paid (in INR) |
|---------|------------------|--------------------------|
| 1 | Sports Nutrition | 1,00,000/- |

**(Additionally, convenience fee for online transaction as applicable will be levied by the payment gateway)*

FEES BIFURCATION: -

POST GRADUATE DIPLOMA IN SPORTS NUTRITION

| 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) | 28345.00 |
| 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 | 44345.00 |
| Semester II | | |
| 12 | Course Fees (semester II) | 46,000.00 |
| | TOTAL FEES | 1,00,000.00 |

1st installment: Rs. 50,000/- to be paid in June,2025

2nd installment: Rs. 25,000/- to be paid in November,2025

3rd installment: Rs. 25,000/- to be paid in March,2026

FEE STRUCTURE OF POST GRADUATE DIPLOMA IN EXERCISE PHYSIOLOGY

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

Fee Structure:

| Sr. No. | Specialization | Fees to be paid (in INR) |
|---------|---------------------|--------------------------|
| 1 | Exercise Physiology | 1,30,000/- |

**(Additionally, convenience fee for online transaction as applicable will be levied by the payment gateway)*

FEES BIFURCATION:

POST GRADUATE DIPLOMA IN EXERCISE PHYSIOLOGY

| 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) | 52,500.00 |
| | TOTAL FEES | 1,30,000.00 |

1st installment: Rs. 50,000/- to be paid in June,2025

2nd installment: Rs. 40,000/- to be paid in November,2025

3rd installment: Rs. 40,000/- to be paid in March,2026