Sports Authority of India
Netaji Subhas National Institute of Sports, Patiala
(Examination Branch)

SAI/NS-NIS/P.G.Courses/Exam/2026-27/ 523 DATE: 04.11.2026

Datesheet of Post Graduate Diploma Course 1st Semester 2026-27

- **Theory Examination Timing: 10:00 A.M. to 01:00 P.M.**
- **Duration of Examination: 03 Hours**

THEORY				
S. No.	**COURSE NAME**	**Paper Code**	**SUBJECT NAME**	**Date of Examination**
1.	**P.G. Diploma in Sports Nutrition**	SPND1101T	Introduction to Sports Science	01-12-2026 (Tuesday)
2.		SPND1102T	Exercise Physiology and Biochemistry	02-12-2026 (Wednesday)
3.		SPND1103T	Fundamentals of Sports Nutrition	03-12-2026 (Thursday)
4.		SPND1104T	Sports Specific Nutrition	04-12-2026 (Friday)
1.	**P.G. Diploma In Sports Performance Analysis**	SPAD-01-01-01-T	Applied Sport Sciences	01-12-2026 (Tuesday)
2.		SPAD-01-01-02-T	Introduction to Performance Analysis	02-12-2026 (Wednesday)
3.		SPAD-01-01-03-T	Performance Indicators and Profiling	03-12-2026 (Thursday)
4.		SPAD-01-01-04-T	Performance Analysis in Practice	04-12-2026 (Friday)
1.	**P.G. Diploma in Sports Psychology**	SPSD1101T	Interdisciplinary Studies – I	01-12-2026 (Tuesday)
2.		SPSD1102T	Introduction to Applied Sports Psychology	02-12-2026 (Wednesday)
3.		SPSD1103T	Interventions in Sports Psychology	03-12-2026 (Thursday)
4.		SPSD1104T	Social – Psychological and Cultural Aspects in Sports	04-12-2026 (Friday)
1.	**P.G. Diploma in Strength & Conditioning**	SNCD1101T	Strength and Condition 1 – Physiology	01-12-2026 (Tuesday)
2.		SNCD1102T	Applied Biomechanics in Strength and Conditioning	02-12-2026 (Wednesday)
3.		SNCD1103T	Fundamentals of strength and Conditioning	03-12-2026 (Thursday)
4.		SNCD1104T	Periodization: Theory and Methodology of Training	04-12-2026 (Friday)

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- **Practicum Examination (Time: 10:00 A.M. to onwards)**

PRACTICUM				
S. No.	**COURSE NAME**	**Paper Code**	**SUBJECT NAME**	**Date of Examination**
1.	**P.G. Diploma in Sports Nurtition**	SPND1105P	Sports Science Assessments	05-12-2026 (Monday)
2.		SPND1106P	Practical Sports Nutrition – I	08-12-2026 (Tuesday)
3.		SPND1107P	Project – I	09-12-2026 (Wednesday)
1.	**P.G. Diploma In Sports Performance Analysis**	SPAD-01-01-01-P	Applied Sport Sciences	07-12-2026 (Monday)
2.		SPAD-01-01-02-P	Performance Analysis in Practice	08-12-2026 (Tuesday)
3.		SPAD-01-01-03-P	Project	09-12-2026 (Wednesday)
1.	**P.G. Diploma in Sports Psychology**	SPSD1105P	Sports Science Assessments	05-12-2026 (Monday)
2.		SPSD1106P	Practical Sports Psychology	07-12-2026 (Tuesday)
3.		SPSD1107P	Project - I	08-12-2026 (Wednesday)
1.	**P.G. Diploma in Strength & Conditioning**	SNCD1105P	Sports Science Testing of Elite Athletes	07-12-2026 (Monday)
2.		SNCD1106P	Strength & Conditioning – I	08-12-2026 (Tuesday)
3.		SNCD1107P	Project – I	09-12-2026 (Wednesday)

4.11.26

Dr. Jatinder Singh
Controller of Examination
NSNIS, Patiala