



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

File no: SAI/NS NIS/Acad./2022-23

Date: 13.04.2022

**Subject: Conduct of Internship Programme In Sports Science at Sports Authority of India,
Netaji Subhas National Institute of Sports, Academics Centers.**

The programme of Internship in Sports Science at SAI, Academic centres is to provide an opportunity and exposure to the Graduates/Post Graduates/Research Scholars enrolled in recognized universities/institutions in India and abroad in Sports Sciences/Sports Nutrition/Exercise Biochemistry/Sports Physiotherapy/Sports Physiology/Sports Medicine/Sports Biomechanics/Sports Anthropometry Psychology/ to the Research and Development activities carried out by Sports Authority of India in state of art laboratories in the fields relevant to sports sector.

Internship Programme in Sports Science will be conducted at all SAI Academic centres. Details for Internship Programme in Sports Science at Sports Authority of India, NS NIS, Academic Centres are mentioned below.

**Col. Raj Singh Bishnoi (Retd.)
Senior Executive Director (A)**



**SPORTS AUTHORITY OF INDIA
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NOTIFICATION

Date: 13.04.2022

Internship Programme in Sports Science in SAI NS NIS, Academic centres:

The programme of Internship in Sports Science at SAI, Academic centres is to provide an opportunity and exposure to the Graduates/Post Graduates/Research Scholars enrolled in recognized universities/institutions in India and abroad in Sports Sciences/Sports Nutrition/Exercise Biochemistry/Sports Physiotherapy/Sports Physiology/Sports Medicine/Sports Biomechanics/Sports Anthropometry Psychology/ to the Research and Development activities carried out by Sports Authority of India in state of art laboratories in the fields relevant to sports sector. **Internship programme of MYAS will continue throughout the year as per a guideline.**

1. Process of Application:

- i. Submit duly filled in Internship Enquiry form through email on directornsnis@gmail.com (**Annexure VI**)
- ii. Upon receipt of a reply mail from us submit duly filled application form through email on directornsnis@gmail.com-(**Annexure V**)
- iii. Selected applicant to produce
 - a) Original mark sheets
 - b) NOC from college/institution at the time of joining, by Institutional Head – **Annexure-III**
 - c) NOC should indicate that the student would not be registered for any course requiring his/her attendance in the class during the period of internship.(Summer / Winter Internship / Semester Internship)– **Annexure-III**
 - d) Self-declaration form – **Annexure-IV**
- iv. Selection will be done on need basis.
- v. Decision of the Director Academics, NS NIS, Patiala regarding the suitability of a candidate as an intern shall be final and binding.

2. Objectives of the Scheme: Skill Set for capacity building

- i. To relate different sports science subjects and become familiar with the laboratory tests and equipment.
- ii. To provide insights into the scientific know-how in the latest technological and advances in sports science.
- iii. To provide fundamental knowledge and on field dynamics.
- iv. To provide hands-on training in project development, implementation, analysis and interpretation of data in sports science.
- v. Provide exposure to work with national / international athletes.

3. Salient Features of the scheme are as under:

- i. Internship Training is provided in the areas relevant to Sports Authority of India.
- ii. Provide opportunity to interns to be associated with research / training /projects being conducted at SAI centres.

- iii. The students to make correspondence Director Academics NS NIS, Patiala through their Institute/College
- iv. Interns will be permitted only to the Labs as specified for the purpose.
- v. SAI will not be liable for any compensation in case of personal injury caused by accident arising out of and in the course of the students' attachment to SAI Labs.

4. Scope for Interns

- i. Opportunity to know about the functioning, developmental policies, sports science functioning in SAI and contribute in generating scientific inputs
- ii. Provide platform to students seeking opportunities that stimulate their interests and provide real-time sports experiences.
- iii. Develop short term projects between SAI and universities/ Colleges
- iv. The interns shall have opportunity to know about the requirements of Sports Sciences and can contribute in developing / recording data, creating educational material, reports, etc.
- v. Promote academic, career and/or soft skill development such as communication, self-confidence and awareness of work culture.
- vi. Complete their credit requirements / professional development.

5. Terms & Conditions

- i. Should attend office on all working days.
- ii. One/two days leave shall be permitted every month with prior intimation.
- iii. Interns should submit a brief report/paper at the end of their assignment to Heads of the concerned Vertical/ Division about their learning experience.
- iv. During the internship, the interns are required to maintain office decorum, discipline and confidentiality.
- v. It may be strictly observed that the conduct of the interns and their access to data shall be the sole responsibility of the concerned Advisers/Heads of Verticals only.
- vi. Attendance record and details of work supervision shall be maintained by Heads of Verticals/ Divisions.
- vii. The intellectual property rights will rest with SAI/NS NIS.

Annexures:

- 1. Location of Internship - I**
- 2. Eligibility Criteria - II**
- 3. Letter issued to the students by the college / university - III**
- 4. Student Declaration - IV**
- 5. Application Form- V**
- 6. Internship Enquiry Form -VI**

Location with Internship Areas

S.No	SAI NCOE Centers*	Internship for Sports Science Verticals
1	Patiala	Anthropometry, Biochemistry, Biomechanics, Physiology, Physiotherapy, Psychology, Nutrition, Sports Medicine, Strength & Conditioning
2	Bangalore	Anthropometry, Biochemistry, Biomechanics, Physiology, Physiotherapy, Sports Medicine, Strength & Conditioning
3	Kolkata	Physiology, Strength & Conditioning
4	Trivandrum	Biomechanics, Physiology, Physiotherapy, Psychology
5	Delhi	Physiology, Physiotherapy, Psychology, Nutrition

*** Update for location will be issued time to time.**

Eligibility for Internship

The eligibility for the internship will be specific to the vertical applied in sports science

S.N o.	Area	Eligibility	Duration/s
7.1	Sports Nutrition	<p>Eligibility: Post graduate (PG) students (M.Sc in Foods & Nutrition or equivalent) having completed/ appeared in the term end exams of first year/2nd semester of their post graduate programme.</p> <p>OR Students who have appeared in the final exam/ waiting for admission for higher studies/ completed PG.</p> <hr/> <p>Learning Outcomes: (4-8 weeks)</p> <ol style="list-style-type: none"> 1. Understand the fundamentals of various sports science subjects and their interrelationship with Sports Nutrition. 2. Develop competency in assessment, planning and monitoring of personalized sport specific diet plans. 3. Discuss Institutional mess management of professional athletes. 4. Design sports nutrition educational material for athletes of different levels. <p>Learning Outcomes: (12-24 weeks)</p> <ol style="list-style-type: none"> 1. Understand the fundamentals of various sports science subjects and their interrelationship with Sports Nutrition... 2. Develop competency in assessment, planning and monitoring of personalized sport specific diet plans... 3. Discuss Institutional mess management of professional athletes... 4. Design sports nutrition educational material for athletes of different levels. .. 5. Formulate nutrition periodization and advances in sports nutrition. 6. Organize and integrate in project development, implementation, analysis and interpretation of data in sports nutrition 	4-8 weeks Or 12 to 24 weeks
7.2	Exercise Biochemistry	<p>Eligibility: Postgraduate students from Sports Science with Biochemistry as a specialization</p> <p style="text-align: center;">OR</p> <p>Post-graduation in Biochemistry/Post-graduate student of the final semester from MSc Medical /General/Exercise Biochemistry.</p> <hr/> <p>Learning Outcomes:</p>	24 weeks

		<ol style="list-style-type: none"> 1. Describe clinical biochemistry analytical procedures 2. Explain the application of Exercise Biochemistry in sports. 3. Organize and integrate sample analysis, instrumentation, laboratory procedures, report interpretation, quality control, projects, data management & analysis. 4. Understand the fundamentals of various sports science subjects and their interrelationship with Exercise Biochemistry. 5. Evaluate biochemistry of athletes from different sports disciplines. 6. Appraise performance programming and services that we offered to athletes. 7. Implement theoretical knowledge of Biochemistry in sports settings. 	
7.3	Sports Physiotherapy	<p>Eligibility: Under Graduate Students(BPT / MPT) those who have pass their final year exam from Indian Association of Physiotherapist (IAP) Recognized University (Certificate to be issued from parent college)</p> <p>OR</p> <p>Masters in Physiotherapy students – can be permitted for their thesis / field work for the specific duration subject to needful permission from college and Competent Authority SAI NSNIS Patiala for same</p>	4-8 weeks Or 12 to 24 weeks
		<p>Learning Outcomes: .</p> <ol style="list-style-type: none"> 1. Learn the fundamentals of sports science subjects and their interrelationship with sports physiotherapy. 2. Structure assessments, planning and monitoring of sports specific patients 3. Describe athlete’s injury 4. Plan sports specific rehabilitation or exercise protocols. 5. Differentiate injury prevention protocols and strategy for athletes 	
7.4	Sports Psychology	<p>Eligibility: Post graduate (PG) students (M.A./M.Sc in Applied/Sports/Clinical Psychology or equivalent) having completed/ appeared in the term end exams of first year/2nd semester of their post graduate programme.</p> <p>Students who have appeared in the final exam/ waiting for admission for higher studies/ completed PG.</p>	4-8 weeks Or 12 to 24 weeks
		<p>Learning Outcomes: (4-8 weeks)</p> <ol style="list-style-type: none"> 1. Learn the concepts of sports science subjects and their interrelationship with Sports Psychology. 2. Develop knowledge of basic assessment 	

		<p>requirement of sport specific Psychological Skills.</p> <ol style="list-style-type: none"> Discuss basics of psychological support for developmental athletes. Design sports Psychology educational material for athletes. <p>Learning Outcomes: (12-24 weeks)</p> <ol style="list-style-type: none"> Learn the multi-disciplinary nature of sports sciences and its interrelationship with Sports Psychology. Develop competency in applied assessment of sport specific Psychological Skills. Learn basics of psychological support for Elite athletes. Develop competency in preparing sports Psychology educational material for athletes at development stage. Formulate Psychological preparation for competitions. Organize and integrate project development, implementation, analysis and interpretation of data in sports Psychology 	
7.5	Sports Physiology	<p>Eligibility: Post graduate (PG) students (M.Sc Physiology/Sports Physiology & relevant discipline) having completed/ appeared in the term end exams of first year/2nd semester of their post graduate programme.</p> <p>Learning Outcomes: (24 weeks)</p> <ol style="list-style-type: none"> Understand various sports science departments and their interrelationship with Sports Physiology. Relate current Sports Physiology advances and practices. Execute Physiological concepts related to exercise testing Calibrate lab equipment Carry out field monitoring/data recording/alternative methods/ training monitoring/ counselling/ protocol Construct small pilot study with review writing 	24 weeks
7.6	Sports Medicine	<p>Eligibility: Post graduates /practicing physicians in physical medicine/orthopaedics/medicine/surgery</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> Classify soft tissue injuries. Summaries sports specific injuries Carry out assessment, application of treatment protocols and monitoring of an athlete towards recovery Calculate the training load and application of rehabilitation protocols. Judge the demand of an athlete for early return to 	2-4 weeks

		<p>play</p> <p>6. Plan the medical setup in organizing sports events.</p>	
7.7	Sports Anthropometry	<p>Eligibility: MSc (Physical / Biological Anthropology)</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Explain application of anthropometry in sports. 2. Understand the applications of various sports science subjects and their interrelationship with sports anthropology. 3. Develop competency test basic assessment of sport specific anthropometrical skills. 4. Describe anthropometrical support for developmental athletes. 5. Design sports anthropology educational material for athletes of developmental levels. 6. Describe project development, implementation, analysis and interpretation of data in sports anthropology 	12 to 24 weeks
7.8	Sports Biomechanics	<p>Eligibility: M.Sc. Sports Science, M.Sc. Sports Biomechanics, M.Sc. Biophysics, MPT (Sports/Orthopedics)</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Carry out competency in assessment, planning and monitoring of sports biomechanics support to the players. 2. Exposure to work with professional athletes. 3. Develop competency in preparing game specific models of biomechanical reports for different games or events. 4. Understand the fundamentals of sports science subjects and their interrelationship with Sports Biomechanics. 5. Describe project development, implementation, analysis and interpretation of data in sports biomechanics (for 12 months internship only). 	12 to 24 weeks
7.9	Strength & Conditioning	<p>Eligibility: Post graduate (PG) students (of Sports Science/ Physical Education) having completed/ appeared in the term end exams of first year/2nd semester of their post graduate programme.</p> <p>Students who have appeared in the final exam/ waiting for admission for higher studies/ completed PG.</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Understand the fundamentals of sports science subjects and their interrelationship with Strength and conditioning. 2. Develop competency in planning, assessment and monitoring of individualized sport specific Strength 	12 to 24 weeks

		<p>and conditioning plans.</p> <ol style="list-style-type: none">3. Design Strength and conditioning educational material for athletes from various disciplines.4. Evaluation and interpretation of data obtained from sport science department and modifying S & C plans of respective athletes	
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Annexure-III

(To be given on Letter Head)/To be signed by HOD/Principal
Dated:-

Subject: - No Objection Certificate for Sports Authority of India Internship Program.

It is certified that <Mr./Ms.>_____ is a bonafide student <College ID No.> of <Semester / Year> of <name of the program> of this <institution/ College>.

The <institution/ College> has no objection for doing the Internship program at Sports Authority of India for the period from ----- to -----.

It is also certified that <he/she> is not registered for any course requiring <his/her> attendance in the class during the said period.

The conduct of the student as recorded by the <college/institution>has been found good/satisfactory/unsatisfactory.

(Signature and Seal)

STUDENT DECLARATION

I, _____, hereby declare that I agree to work on the projects as directed by SAI for the stipulated duration of _____ under the supervision of_____.

I also confirm that the data collected during my internship period will be solely used for my academic requirement, not for any other purpose, or obtaining higher educational degrees.

I also confirm that I will not use snapshots with athletes and social media for self-marketing of any kind.

Signature
(Name of the student)
Date:_____

Annexure- V

Paste Photo

APPLICATION FORM FOR INTERNSHIP AT SAI

1	Name				
2	Date of Birth				
3	Gender (Male / Female/ Other)				
4	Permanent Address				
5	Current Address				
6	E-Mail Address				
7	Tel. No.				
8	Educational Qualifications (+2 onwards)				
	Name of the Course	School/College/Board/City	Year	Subjects	Percentage of Marks
9	Whether completed course in (Tick as applicable)	Anthropometry/ Physiology/ Psychology/ Nutrition/ Strength & Conditioning/ Biomechanics/ Biochemistry/ Sports Medicine/ Physiotherapy.			
10	Knowledge of Statistical Software (please specify)				
11	Internship/Work Experience, if any				
12	Areas of interest	1 2 3			
13	Preferred place of Internship at SAI (Opt any one)	Patiala/ Bangalore/ Kolkata/ Trivandrum/ Delhi			
13	Awards/Achievements/papers presented/Published				
14	Details of extracurricular activities				
15	Any other additional relevant Information (attach extra sheet if required)				

Internship Enquiry Form

(To be signed by HOD/Principal)

1	Name of the University/Institution										
2	Correspondence Address										
3	Department seeking Internship										
4	Name of the Contact Person										
	Designation										
	Contact Number										
	Mail Id										
5	Subjects in which Internship is sought (refer to Annex-II for Eligibility Criteria)	Sports Nutrition	Exercise Biochemistry	Sports Physiotherapy	Sports Psychology	Sports Physiology	Sports Medicine	Sports Anthropometry	Strength & Conditioning	Sports Biomechanics	
	Specify the No. of Students Seeking Internship in each Subject										
	Specify the Course Name and Semester Students Pursuing										
6	Duration of Internship (refer to Annex-II for durations availability in different Disciplines)	2-4 weeks			4-8 weeks			12-24 weeks			
	Specify Duration										
7	Preferred location of Internship (refer to Annex-I for available locations in different Disciplines)	Patiala	Bangalore	Delhi			Kolkata		Trivandrum		
	Select Preference (number I,II...in order of merit)										

Declaration: The University/Institution hereby agrees to the term and conditions laid down.

(Signature & Seal)

**Name:
Designation:
Date:**