

## **Internship Program in Sports Science at Sports Authority of India New Delhi**

SAI New Delhi provides opportunities for internship to students with good academic record as well as interest and aptitude in research in Sports Sciences. The Maximum duration of the internship can be either 4-8 weeks/ 12-24 weeks duration without any stipend.

### **Eligibility Criteria**

The program of Internship in Sports Science at SAI New Delhi is to provide an opportunity and exposure to the students enrolled in/ pass out from recognized universities/institutions in India in Sports Sciences/ Sports Nutrition/ Sports Physiotherapy/ Sports Physiology/ Sports Medicine/ Sports Biomechanics/ Sports Anthropometry/ Sports Psychology or equivalent to the Research and Development activities carried out by Sports Authority of India New Delhi (Indira Gandhi stadium complex, Major Dhaynchand National stadium, Dr. Karni Singh Shooting range, Shyama Prasad Mukherjee Swimming pool complex Talkatora) in state of art laboratories in the fields relevant to sports sector.

Please [click on the following link](#) for detailed eligibility criteria for undertaking internship in various Sports Science disciplines at SAI New Delhi.

### **How to Apply**

Students interested in internship may apply in the prescribed format ([please click on the following link](#)) by email at [nccsr.sai@gov.in](mailto:nccsr.sai@gov.in) addressing to- The Director cum Head, National Centre for Sports Science and Research, Sports Authority of India, Indira Gandhi Stadium complex, ITO, IP Estate, New Delhi- 110002. Application should reach by 1<sup>st</sup> to 10<sup>th</sup> of every month for internship likely to commence within two months from the date of receiving application.

Please mention the Period of internship/ training in the email along with indicating the area of interest/ specific sports sciences. A candidate can apply for internship only once during a financial year. The selected applicant has to produce original mark sheets and NOC from the college/institution at the time of joining, failing which his/ her candidature shall be cancelled. Internship may be allowed for candidates immediately after completion of essential qualification/ awaiting results. The time gap between applying for internship and declaration of results should not exceed 3 months. No failed candidate in any of the previous semesters /term end/ course end of the PG/ UG program should be considered for internship.

Depending upon the number of applications received against a particular subject, SAI reserves the right to fix up the eligibility criteria, limit the number of applicants to be called for a particular period and to decide about the mode of screening thereof. After selection of the candidates, the concerned division will send the offer of internship directly to the selected candidate via email.

**ELIGIBILITY FOR INTERNSHIP**

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

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

2	Exercise Biochemistry	<p><b>Eligibility:</b> Postgraduate students from Sports Science with Biochemistry as a specialization</p> <p style="text-align: center;"><b>OR</b></p> <p>Post-graduation in Biochemistry/Post-graduate student of the final semester from MSc Medical /General/Exercise Biochemistry.</p>	24 weeks
		<p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. Describe clinical biochemistry analytical procedures</li> <li>2. Explain the application of Exercise Biochemistry in sports.</li> <li>3. Organize and integrate sample analysis, instrumentation, laboratory procedures, report interpretation, quality control, projects, data management &amp; analysis.</li> <li>4. Understand the fundamentals of various sports science subjects and their interrelationship with Exercise Biochemistry.</li> <li>5. Evaluate biochemistry of athletes from different sports disciplines.</li> <li>6. Appraise performance programming and services that we offered to athletes.</li> <li>7. Implement theoretical knowledge of Biochemistry in sports settings.</li> </ol>	
3	Sports Physiotherapy	<p><b>Eligibility:</b> 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 style="text-align: center;"><b>OR</b></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</p>	4-8 weeks Or 12 to 24 weeks
		<p><b>Learning Outcomes: .</b></p> <ol style="list-style-type: none"> <li>1. Learn the fundamentals of sports science subjects and their interrelationship with sports physiotherapy.</li> <li>2. Structure assessments, planning and monitoring of sports specific patients</li> <li>3. Describe athlete’s injury</li> <li>4. Plan sports specific rehabilitation or exercise protocols.</li> <li>5. Differentiate injury prevention protocols and strategy for athletes</li> </ol>	

4	Sports Psychology	<p><b>Eligibility:</b> Post graduate (PG) students (M.A./M.Sc in Applied/Sports/Clinical Psychology/ Counseling and Guidance) having completed/ appeared in the term end exams of first year/2nd semester of their post graduate program.</p> <p><b>OR</b></p> <p>BA (Hons) Psychology students (Final year or completed)</p> <p><b>OR</b></p> <p>PG Diploma in Sports Psychology students having completed/appeared in 2nd Semester exam</p>	4-8 weeks Or 12 to 24 weeks
		<p><b>Learning Outcomes: (4-8 weeks)</b></p> <ol style="list-style-type: none"> <li>1. Learn the concepts of sports science subjects and their interrelationship with Sports Psychology.</li> <li>2. Develop knowledge of basic assessment requirement of sport specific Psychological Skills.</li> <li>3. Discuss basics of psychological support for developmental athletes.</li> <li>4. Design sports Psychology educational material for athletes.</li> </ol> <p><b>Learning Outcomes: (12-24 weeks)</b></p> <ol style="list-style-type: none"> <li>1. Learn the multi-disciplinary nature of sports sciences and its interrelationship with Sports Psychology.</li> <li>2. Develop competency in applied assessment of sport specific Psychological Skills.</li> <li>3. Learn basics of psychological support for Elite athletes.</li> <li>4. Develop competency in preparing sports Psychology educational material for athletes at development stage.</li> <li>5. Formulate Psychological preparation for competitions.</li> <li>6. Organize and integrate project development, implementation, analysis and interpretation of data in sports Psychology</li> </ol>	
5	Sports Physiology	<p><b>Eligibility:</b> Post graduate (PG) students (M.Sc Physiology/Human Physiology/Sports and Exercise Physiology/Medical Physiology) having completed/ appeared in the term end exams of first year/2nd semester of their post graduate program.</p> <p><b>OR</b></p> <p>PG Diploma in Exercise Physiology students having completed/appeared in 2nd Semester exam</p>	12- 24 weeks

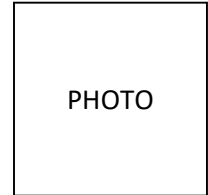
		<p><b>Learning Outcomes: (12-24 weeks)</b></p> <ol style="list-style-type: none"> <li>1. Understand various sports science departments and their interrelationship with Sports Physiology.</li> <li>2. Relate current Sports Physiology advances and practices.</li> <li>3. Execute Physiological concepts related to exercise testing</li> <li>4. Calibrate lab equipment</li> <li>5. Carry out field monitoring/data recording/alternative methods/ training monitoring/ counselling/ protocol</li> <li>6. Construct small pilot study with review writing</li> </ol>	
6	Sports Medicine	<p><b>Eligibility:</b> Post graduate residents/ recognized specialists in PMR/ Ortho/Medicine / Surgery</p>	4-8 weeks
		<p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. Classify soft tissue injuries.</li> <li>2. Summaries sports specific injuries</li> <li>3. Carry out assessment, application of treatment protocols and monitoring of an athlete towards recovery</li> <li>4. Calculate the training load and application of rehabilitation protocols.</li> <li>5. Judge the demand of an athlete for early return to play</li> <li>6. Plan the medical setup in organizing sports events.</li> </ol>	
7	Sports Anthropometry	<p><b>Eligibility:</b> MSc (Physical / Biological Anthropology)</p>	12 to 24 weeks
		<p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. Explain application of anthropometry in sports.</li> <li>2. Understand the applications of various sports science subjects and their interrelationship with sports anthropometry.</li> <li>3. Develop competency test basic assessment of sport specific anthropometrical skills.</li> <li>4. Describe anthropometrical support for developmental athletes.</li> <li>5. Design sports anthropometry educational material for athletes of developmental levels.</li> <li>6. Describe project development, implementation, analysis and interpretation of data in sports anthropometry</li> </ol>	
8	Sports Biomechanics	<p><b>Eligibility:</b>  M.Sc. Sports and Exercise Science (specialization in Biomechanics), M.Sc. Sports Biomechanics, M.Sc. Biophysics, MSc Human movement science, MPT (Sports/Biomechanics), Btech/ Mtech in Mechanical Engineering (Specialization in Biomechanics)  OR  PG Diploma in Performance analysis students having completed/appeared in 2nd Semester exam</p>	12 to 24 weeks

		<p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. Carry out competency in assessment, planning and monitoring of sports biomechanics support to the players.</li> <li>2. Exposure to work with professional athletes.</li> <li>3. Develop competency in preparing game specific models of biomechanical reports for different games or events.</li> <li>4. Understand the fundamentals of sports science subjects and their interrelationship with Sports Biomechanics.</li> <li>5. Describe project development, implementation, analysis and interpretation of data in sports biomechanics (for 12 months internship only).</li> </ol>	
9	Strength & Conditioning	<p><b>Eligibility:</b>  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 program.  <b>OR</b>  B.Sc Sports Science (completed)  <b>OR</b>  PG Diploma in Strength &amp; Conditioning students having completed/appeared in 2nd Semester exam</p> <p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>1. Understand the fundamentals of sports science subjects and their interrelationship with Strength and conditioning.</li> <li>2. Develop competency in planning, assessment and monitoring of individualized sport specific Strength and conditioning plans.</li> <li>3. Design Strength and conditioning educational material for athletes from various disciplines.</li> <li>4. Evaluation and interpretation of data obtained from sport science department and modifying S &amp; C plans of respective athletes</li> </ol>	12 to 24 weeks

**ANNEXURE-I**

**APPLICATION FORMAT FOR INTERNSHIP AT SPORTS AUTHORITY OF INDIA**

NCOE -----



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	Percent age of Marks
9	Whether pursuing/completed course in (Tick as applicable)	Anthropometry/Physiology/ Strength and Conditioning/ Sports Medicine/ Physiotherapy.	Psychology/ Biomechanics/ Biochemistry/	Nutrition/	
10	Knowledge of Statistical Software (please specify)				
11	Internship/Work Experience, if any				
12	Areas of interest				
13	Awards/Achievements/papers presented/Published				
14	Details of extracurricular activities				
16	Duration of internship (refer to Annexure II for durations availability in different disciplines)	4-8 weeks	12-24 weeks		
	Specify Duration				
17	Any other additional relevant Information (attach extra sheet if required)				

## 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.

Place

Date:

(Signature of the Applicant)

## CERTIFICATION AND RECOMMENDATION BY INSTITUTION

(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.

Place:

Date:

Signature with Name,  
Designation, Office Address & Office Seal