

# Dynamic B.Sc Sports Science Curriculum



The curriculum, which is approved by Bharathiar University is designed to provide a comprehensive exploration of Scientific theories , principles, and applications, equipping you with the analytical tools and critical thinking skills necessary to navigate the complexities of our globalized society.

Semester 1	Language – I, English – I, Anatomy & Physiology, Physical activity & Exercise for health, Practical I – Fitness Management, Essentials of Sports Science & Sports coaching, Environmental studies*
Semester 2	Language – II, English – II, Foundations of Strength training & Conditioning, Fundamentals of Sports Psychology, Practical II – Assessment of Sports Skills & Techniques, Motor Learning & Development, Human Rights*
Semester 3	Language – III, English – III, Applied Biomechanics Kinesiology for Sports performance, Sports Injury prevention & Management, Practical III – Injury Management, Yogic Science on Sports performance
Internship	
Semester 4	Language – IV, English – IV, Assessment for Sport & Athletic performance, Physical & Physiological aspects of Sports performance, Practical IV – Physical Fitness Assessments & Evaluations, Research & Data analysis for sports, Data Visualization
Semester 5	Performance Nutrition, Science of Sports training, Muscle biology for sports, Elective I, Recovery & Rehabilitation in Sports (Practice)
Internship / Project	
Semester 6	AI & Technology in Sports, Ethics & Values of Sports, Elective II, Elective III, Sports Event Management
Capstone Project	

\*Offered by Industry partners - Rapid Sports Fitness (Bangalore), Superform (Pune), Sports Dynamix (Chennai), Atium Sports (Bangalore), The Peak (Portugal), Speed Works (UK).

## Electives

<b>In Theory</b>	Sports management, Para Sports, Entrepreneurship in Sports, Global Sports Marketing, Indian Traditional Sports, Introduction to E-sport.
<b>In Practical</b>	Zumba, Adventure Sports, Aerobics