



LEARN LEAD SERVE

Cuttack, Odisha

SRI SRI UNIVERSITY

✓ UGC ✓ NAAC ✓ AICTE ✓ ICAR ✓ COA

Master of Science in Exercise & Sports Physiology (MESP)

Duration: 2 Years Full-Time (4 semesters)

Eligibility: Bachelor's degree in Physiology/Life Sciences or equivalent recognized examination with a minimum of 50% marks (45% for SC/ST) in aggregate

Any medical degree (MBBS, BDS, BAMS), B.Sc Nursing, BPT, BOT or any allied Health Sciences graduates

Bachelor in Physical Education & Sports (BPES)

Duration: 4 Years Full-Time (8 semesters)

Eligibility: 10+2 with 50% marks (5% relaxation in case of Participation in games at the national/ International level recognized by IOA or students belonging to the SC/ST category)



APPLY NOW

Salient Features

These programs are designed to cater and to meet the needs and aspirations of contemporary UG/PG students in the Physical Education & Sports Science. The salient features are:

- ✓ Learning Outcome-based Curriculum Framework (LOCF) & Choice-Based Credit System (CBCS) as per the University Grants Commission (UGC) guidelines.
- ✓ Advanced Experimental and Computational Labs. State-of-the-art classrooms and Technology Enhanced Learning.
- ✓ Holistic and pedagogical teaching-learning process.
- ✓ Extra-curricular activities.



Course Structure (MESP)

Core Contents of the Program:

- Fundamentals of Human Anatomy and Physiology
- Exercise Biochemistry and Metabolism
- Yoga for sports
- Sports First Aid and Emergencies
- Fatigue, Injuries, Rehabilitation and Prevention
- Nutritional Aspects of Sports
- Research methods and Statistics for Sports Sciences
- Neuroscience and Endocrinology in Sports
- Sports Ergonomics and Ergogenic Aids
- Strength and Conditioning
- Entrepreneurship and sports team management

Course Structure (BPES)

Core Contents of the Program:

- Basic and Systematic Human Anatomy and Physiology
- Officiating and Coaching
- Fundamental of Computer Application in Physical Education
- Exercise Biochemistry and Metabolism
- Environmental Science
- Kinesiology & Sports Biomechanics
- Sports Psychology
- Health Education & Nutrition
- Common Sports Injuries Prevention and Cure
- Counseling in sports
- Exercise Prescription/Therapeutic Exercise
- Sport First aid and Emergencies

Career Avenues (MESP)

Graduates on completion, will have the knowledge, skills, and abilities to work in Sports medicine centers, professional sports organizations, corporate fitness/wellness industries, and occupational health as:

- ✓ Exercise and Sports Physiologists
- ✓ Movement Analysts/Biomechanists
- ✓ Trainers/ Health Fitness Specialists/ Exercise Specialists
- ✓ Sports Science Administrators and Faculty
- ✓ Scientists involved in research on health and human performance and sports

Career Avenues (BPES)

A student with a degree in B.P.E.S have access to different types of job profiles and opportunities, some of them have been mentioned below:

- ✓ Govt. Schools / Private Schools as PT Teacher
- ✓ Govt. Colleges / Private Colleges as Faculty/Trainer
- ✓ Gyms and Fitness Centers
- ✓ Sports Franchises
- ✓ Sports Clubs

If you are interested in self-employment, you may start your own gym, fitness center, or coaching program, or may even become a fitness consultant.



www.srisriuniversity.edu.in

+91 78944 24502 | +91 84948 44510

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