



**SPORTS AUTHORITY OF INDIA  
UDHAV DAS MEHTA (BHAI JI) CENTRAL REGIONAL CENTRE**

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**Internship Program in Sports Science at Sports Authority of India, CRC Bhopal**

The Sports Authority of India, Central Regional Centre, Bhopal offers internship opportunities to students with strong academic records and a keen interest and aptitude for research in Sports Sciences at the SAI, Central Regional Centre in Bhopal. The internship can last for either 4-8 weeks or 12-24 weeks without any stipend.

**Eligibility Criteria**

The program of Internship in Sports Science at SAI CRC Bhopal 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 Medicine/ Sports Biomechanics/ Sports Anthropometry/ Sports Psychology or equivalent to the Research and Development activities carried out by Sports Authority of India CRC Bhopal.

*(For detailed eligibility criteria see Annexure I, II)*

**How to Apply**

Students interested in applying for an internship should submit their application in the prescribed format (**Annexure-I**) via email to [rcbhopal-sai@nic.in](mailto:rcbhopal-sai@nic.in), addressing it to the Regional Director, Sports Authority of India, Central Regional Centre, Bhopal - 462044. Applications must be received between the 1st and 10th of each month, and internships are expected to commence within two months from the date of receipt.

Please mention the period of internship/training in the email and indicate your area of interest or specific field within sports sciences. A candidate may apply for an internship only once in a financial year. The selected applicant must produce original mark sheets and a No Objection Certificate (NOC) from the college/institution at the time of joining; otherwise, their candidature will be cancelled. Internships may be granted to candidates immediately after completing the essential qualifications or while awaiting results. The time gap between applying for an internship and the declaration of results **should not exceed three months**. Candidates who have failed in any previous semester or course end of their PG/UG program will not be considered for an internship.

Depending on the number of applications received for a particular subject, SAI reserves the right to set eligibility criteria, limit the number of applicants to be called for a specific period, and decide on the mode of screening. After selecting the candidates, the concerned division will send the offer of internship directly to the selected candidate via email.

**Sd/-  
Regional Director (I/C)**

**ELIGIBILITY FOR INTERNSHIP**

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

<b>S.No.</b>	<b>Area</b>	<b>Eligibility</b>	<b>Duration/s</b>
1.	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><b>OR</b></p> <p>Students who have appeared in the final exam/ waiting for admission for higher studies/ completed PG.</p> <p><b>OR</b></p> <p>PG Diploma (Sports Nutrition) students having completed/appeared in 2nd Semester exam</p> <hr/> <p><b>Learning Outcomes: (4-8 weeks)</b></p> <ol style="list-style-type: none"><li>1. Understand the fundamentals of various sportsscience subjects and their interrelationship withSports Nutrition.</li><li>2. Develop competency in assessment, planning andmonitoring of personalized sport specific diet plans.</li><li>3. Discuss Institutional mess management ofprofessional athletes.</li><li>4. Design sports nutrition educational material forathletes 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 sportsscience subjects and their interrelationship withSports Nutrition...</li><li>2. Develop competency in assessment, planning andmonitoring of personalized sport specific diet plans...</li><li>3. Discuss Institutional mess management ofprofessional athletes...</li><li>4. Design sports nutrition educational material forathletes of different levels. ..</li><li>5. Formulate nutrition periodization and advances insports nutrition.</li><li>6. Organize and integrate in project development, implementation, analysis and interpretation of data</li></ol>	4-8 weeksOr 12 to 24 weeks



		in sports nutrition	
2.	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 weeksOr 12 to 24 weeks
		<p><b>Learning Outcomes: .</b></p> <ol style="list-style-type: none"> <li>1. Learn the fundamentals of sports science subjectsand their interrelationship with sports physiotherapy.</li> <li>2. Structure assessments, planning and monitoring ofsports specific patients</li> <li>3. Describe athlete’s injury</li> <li>4. Plan sports specific rehabilitation or exerciseprotocols.</li> <li>5. Differentiate injury prevention protocols and strategy for athletes</li> </ol>	
3.	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 style="text-align: center;"><b>OR</b></p> <p>BA (Hons) Psychology students (Final year or completed)</p> <p style="text-align: center;"><b>OR</b></p> <p>PG Diploma in Sports Psychology students having completed/appeared in 2nd Semester exam</p>	4-8 weeksOr 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 andtheir 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 fordevelopmental athletes.</li> <li>4. Design sports Psychology educational materialforathletes.</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</li> </ol>	

		<p>sportspecific Psychological Skills.</p> <ol style="list-style-type: none"> <li>Learn basics of psychological support for Eliteathletes.</li> <li>Develop competency in preparing sports Psychology educational material for athletes atdevelopment stage.</li> <li>Formulate Psychological preparation forcompetitions.</li> <li>Organize and integrate project development, implementation, analysis and interpretation of datain sports Psychology</li> </ol>	
4.	Sports Medicine	<p><b>Eligibility:</b> Post graduate residents/ recognized specialists in PMR/ Ortho/Medicine / Surgery</p> <p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>Classify soft tissue injuries.</li> <li>Summaries sports specific injuries</li> <li>Carry out assessment, application of treatment protocols and monitoring of an athlete towards recovery</li> <li>Calculate the training load and application ofrehabilitation protocols.</li> <li>Judge the demand of an athlete for early return to play</li> <li>Plan the medical setup in organizing sports events.</li> </ol>	4-8 weeks
5.	Sports	<b>Eligibility:</b> MSc (Physical / Biological Anthropology)	12 to 24weeks
6.	Anthropometry	<p><b>Learning Outcomes:</b></p> <ol style="list-style-type: none"> <li>Explain application of anthropometry in sports.</li> <li>Understand the applications of various sports science subjects and their interrelationship withsports anthropometry.</li> <li>Develop competency test basic assessment of sportspecific anthropometrical skills.</li> <li>Describe anthropometrical support fordevelopmental athletes.</li> <li>Design sports anthropometry educational materialfor athletes of developmental levels.</li> <li>Describe project development, implementation,analysis and interpretation of data in sports anthropometry</li> </ol>	
7.	Sports Biomechanics	<p><b>Eligibility:</b></p> <p>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 havingcompleted/appeared in 2nd Semester</p>	12 to 24 weeks

		exam	
		<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>	
8.	Strength & Conditioning	<p><b>Eligibility:</b></p> <p>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.</p> <p style="text-align: center;"><b>OR</b></p> <p>B.Sc Sports Science (completed)</p> <p style="text-align: center;"><b>OR</b></p> <p>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

Note: There is no age limit for the 4-8 week internship. However, for the 12-24 week internship, the age limit is 35 years (as of the 1st day of the month of application).

Sd/-  
Regional Director (I/C)



## ANNEXURE-I

## APPLICATION FORMAT FOR INTERNSHIP AT SPORTS AUTHORITY OF INDIA

NAME OF THE NCOE:-----

PHOTO

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/ Psychology/ Nutrition/ Strength and Conditioning/ Biomechanics/ Biochemistry/ Sports Medicine/ Physiotherapy.			
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