



नेताजी सुभास क्षेत्रीय केंद्र  
Netaji Subhas Regional Centre  
Sarojini Nagar, Kanpur Road  
सरोजिनी नगर, कानपुर रोड,  
लखनऊ - 226008 Lucknow - 226008

**ADVERTISEMENT FOR INTERNSHIP PROGRAM AT SPORTS AUTHORITY OF INDIA, NETAJI SUBHAS REGIONAL CENTRE, LUCKNOW**

No. /290

Dated: 03/07/2024

SAI provides opportunities for internship / training to students with good academic record as well as interest and aptitude in research in Sports. Internship program at SAI offers a dynamic prospect to work alongside Sports Science experts in various fields and experienced Coaches, engage in cutting-edge research and contribute to the development of elite athletes.

**Objective of the Internship Program**

1. To help with data collection from the fields of play (FoP), analysis and subsequent utilization to help improve performance in athletes.
2. Provide exposure to work with national / international athletes.

**Internship Guidelines**

1. The program of Internship in Sports Science at SAI, NSRC Lucknow 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 / Sports Physiotherapy / Exercise Physiology / Sports Psychology / Strength & Conditioning towards the Research and Development activities carried out by Sports Authority of India in state-of-art laboratories in the fields relevant to Sports sector.
2. The internship will be on unpaid basis.
3. The period of Internship shall be 8-12 weeks or 12-24 weeks duration (as detailed in Annexure-II) commencing from 01.09.2024.
4. Internship completion certificate will be issued only after the completion of minimum internship period.
5. Age limit for internship shall be 35 years as on 01.07.2024.

**Procedure and Conditions for Applicants:**

Students interested in internship / training, may apply through their respective Academic Heads in the prescribed format (enclosed at Annexure-IA & IB) to the Head of Sports Authority of India, Netaji Subhas Regional Centre, Lucknow on [rclucknow.sai@gov.in](mailto:rclucknow.sai@gov.in), however, students who have completed



their graduate / post graduate program and fulfill the eligibility criteria for the desired Sports Science vertical as per Annexure-II may apply directly in the prescribed format (Annexure-IA)

1. Interested applicants may apply directly via email mentioned above addressing the Regional Head during 1<sup>st</sup> to 10<sup>th</sup> of every month. Application can only be made six months in advance but not later than 2 months before the month in which internship is desired. Application will be valid for the desired month only.
2. Applicants must also clearly indicate the area of interest / specific Sports Science verticals.
3. A candidate can apply for internship only once in a financial year.
4. The applicants who do not fulfill the eligibility criteria (enclosed at Annexure-II), their applications shall be summarily rejected.
5. 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.
6. No failed candidate in any of the previous semesters / term end / course end of the PG program shall be considered for internship.
7. 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. The selected candidate may be asked to submit the soft copy of the NOC from Head of the Department / Principal well in advance before issuance of the offer letter for internship. It also has to be indicated in the NOC that the student would not be registered for any course requiring his / her attendance in the class during the period of internship.

**Attendance:**

1. While doing internship at Sports Authority of India, NSRC Lucknow, the candidate should attend office on all working days. Two days leave shall be permitted every month. They have to mark in and out time on daily basis.
2. The intellectual property rights will rest with SAI, NSRC Lucknow. During the internship, the interns are required to maintain office decorum and discipline, and should maintain the confidentiality & follow the Sports Science Data Safety Policy.

**Scheme Review:**

Sports Authority of India reserves the right to review the scheme at any time. The Scheme so reviewed will be placed on the website of SAI, NSRC Lucknow.

The formats of Application for Internship and Eligibility for Internship are enclosed at Annexure-IA, IB and II respectively. For any inquiries or additional information, please contact at +91 522-2438155.

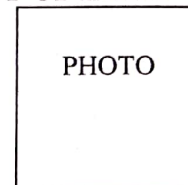
Atma Prakash  
Regional Director (I/C)

Copy to:

1. Director, NCSSR

ANNEXURE-IA

APPLICATION FORMAT FOR INTERNSHIP AT SPORTS AUTHORITY OF INDIA  
 NSRC, NCOE LUCKNOW



1	Name				
2	Date of Birth				
3	Gender (Male / Female / Other)				
4	Permanent Address				
5	Current Address				
6	E-Mail Address				
7	Mob. No.				
8	Educational Qualifications (+2 onwards)				
	Name of the Course	School / College / Board / City	Year	Subjects	% age of Marks
9	Whether pursuing / completed course in (Tick as applicable)	Exercise Physiology / Psychology / Nutrition / Strength and Conditioning / 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), (Tick as applicable)	8-12 weeks		12-24 weeks	
	Specify Duration				
17	Any other additional relevant Information (attach extra sheet if required)				

**ANNEXURE-IB**

**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 in student joining 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

ANNEXURE-II

ELIGIBILITY FOR INTERNSHIP

The eligibility for the internship will be specific to the vertical applied in Sports Science

S. No.	Area / No. of Interns required	Eligibility	Duration
1	Sports Nutrition (2 Interns)	<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 / 2<sup>nd</sup> 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 2<sup>nd</sup> Semester exam</p> <hr/> <p><b>Learning Outcomes:</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>	8-12 Weeks
2	Sports Physiotherapy (4 Interns; 2 Female & 2 Male)	<p><b>Eligibility:</b> Under Graduate Students (BPT) those who have passed their final year exam from Indian Association of Physiotherapy (IAP) Recognized University (Certificate to be issued from parent college)</p> <p><b>OR</b></p> <p>Masters in Physiotherapy (MPT) students – can be permitted for their thesis / field work for the specific duration subject to needful permission from college and Competent Authority</p>	8-12 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. Plan sports specific rehabilitation or exercise protocols.</li> <li>4. Differentiating injury prevention protocols and strategy for athletes</li> </ol>	
3	Sports Psychology (3 Interns; 2 Female & 1 Male)	<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 / 2<sup>nd</sup> 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 2<sup>nd</sup> Semester exam</p> <p><b>Learning Outcomes:</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 sports 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>	12-24 Weeks
4	Exercise Physiology (2 Interns)	<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 / 2<sup>nd</sup> semester of their post graduate program.</p> <p><b>OR</b></p> <p>PG Diploma in Exercise Physiology students having completed / appeared in 2<sup>nd</sup> Semester exam</p>	12- 24 Weeks

		<p><b>Learning Outcomes:</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 / counseling / protocol</li> <li>6. Construct small pilot study with review writing</li> </ol>	
5	Strength & Conditioning (2 Interns)	<p><b>Eligibility:</b> Post graduate (PG) students of Sports Science / Physical Education having completed / appeared in the term end exams of first year / 2<sup>nd</sup> semester of their post graduate program.</p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;">B.Sc Sports Science (completed)</p> <p style="text-align: center;"><b>OR</b></p> <p style="text-align: center;">PG Diploma in Strength &amp; Conditioning students having completed / appeared in 2<sup>nd</sup> 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 sports 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 sports science department and modifying S&amp;C plans of respective athletes.</li> </ol>	8-12 Weeks