



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

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Date.25.02.2025

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 having completed/ appeared in the term end exams of first year/2nd semester of their post graduate program 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 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, 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 self declaration form for data collection (**enclosed as Annexure –III**) 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

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

		<p>Students having completed/ appeared in the term end exams of first year/2nd semester of their post graduate program can be permitted for their thesis / field work for the specific duration subject to needful permission from college and Competent Authority</p> <p>Learning Outcomes: .</p> <ol style="list-style-type: none"> 1. Learn the fundamentals of sports science subjects and their interrelationship with sports physiotherapy. 2. Structure assessments, planning and monitoring of sports specific patients 3. Describe athlete's injury 4. Plan sports specific rehabilitation or exercise protocols. 5. Differentiate injury prevention protocols and strategy for athletes 	
3.	Sports Psychology	<p>Eligibility: 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;">OR</p> <p>BA (Hons) Psychology students (Final year or completed)</p> <p style="text-align: center;">OR</p> <p>PG Diploma in Sports Psychology students having completed/appeared in 2nd Semester exam</p> <p>Learning Outcomes: (4-8 weeks)</p> <ol style="list-style-type: none"> 1. Learn the concepts of sports science subjects and their interrelationship with Sports Psychology. 2. Develop knowledge of basic assessment requirement of sport specific Psychological Skills. 3. Discuss basics of psychological support for developmental athletes. 4. Design sports Psychology educational material for athletes. <p>Learning Outcomes: (12-24 weeks)</p> <ol style="list-style-type: none"> 1. Learn the multi-disciplinary nature of sports sciences and its interrelationship with Sports Psychology. 2. Develop competency in applied assessment of sports specific Psychological Skills. 3. Learn basics of psychological support for Elite athletes. 4. Develop competency in preparing sports Psychology educational material for athletes at development stage. 	4-8 weeks Or 12 to 24 weeks

		<p>5. Formulate Psychological preparation for competitions.</p> <p>6. Organize and integrate project development, implementation, analysis and interpretation of data in sports Psychology</p>	
4.	Sports Medicine	<p>Eligibility: students having completed/ appeared in the term end exams of first year/2nd semester of their post graduate program in Medicine/ recognized specialist in PMR/ Ortho/Medicine / Surgery</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Classify soft tissue injuries. 2. Summaries sports specific injuries 3. Carry out assessment, application of treatment protocols and monitoring of an athlete towards recovery 4. Calculate the training load and application of rehabilitation protocols. 5. Judge the demand of an athlete for early return to play 6. Plan the medical setup in organizing sports events. 	4-8 weeks
5.	Sports Anthropometry	<p>Eligibility: MSc (Physical / Biological Anthropology)/ students having completed/ appeared in the term end exams of first year/2nd semester of their post graduate program.</p>	12 to 24weeks
6.		<p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Explain application of anthropometry in sports. 2. Understand the applications of various sports science subjects and their interrelationship with sports anthropometry. 3. Develop competency test basic assessment of sport specific anthropometrical skills. 4. Describe anthropometrical support for developmental athletes. 5. Design sports anthropometry educational material for athletes of developmental levels. 6. Describe project development, implementation, analysis and interpretation of data in sports anthropometry 	
7.	Sports Biomechanics	<p>Eligibility: 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)</p> <p style="text-align: center;">OR</p> <p>PG Diploma in Performance analysis students having completed/ appeared in 2nd semester in exam</p> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> 1. Carry out competency in assessment, planning 	12 to 24 weeks

		<p>and monitoring of sports biomechanics support to the players.</p> <ol style="list-style-type: none"> Exposure to work with professional athletes. Develop competency in preparing game specific models of biomechanical reports for different games or events. Understand the fundamentals of sports science subjects and their interrelationship with Sports Biomechanics. Describe project development, implementation, analysis and interpretation of data in sports biomechanics (for 12 months internship only). 	
8.	Strength & Conditioning	<p>Eligibility: 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;">OR</p> <p>B.Sc Sports Science (completed)</p> <p style="text-align: center;">OR</p> <p>PG Diploma in Strength & Conditioning students having completed/ appeared 2nd semester exam</p> <hr/> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> Understand the fundamentals of sports science subjects and their interrelationship with Strength and conditioning. Develop competency in planning, assessment and monitoring of individualized sport specific Strength and conditioning plans. Design Strength and conditioning educational material for athletes from various disciplines. Evaluation and interpretation of data obtained from sport science department and modifying S & C plans of respective athletes 	12 to 24 weeks
9	Massage Therapy	<p>Eligibility: Basic Sports Massage Course / Advance sports massage course from NS-NIS Patiala</p> <hr/> <p>Learning Outcomes:</p> <ol style="list-style-type: none"> Understanding the anatomy and function of the human body, including muscles, joints, and the neurological system, is essential for effectively using massage techniques. Learn advanced techniques such as deep tissue, myofascial release, and trigger point therapy that are specifically suited to athletes' demands. Develop skills to enhance blood circulation, reduce muscle soreness, and improve flexibility for better 	8 weeks/ 12 to 24 weeks

		athletic performance. 4. Learning to assess clients' conditions, identify areas of tension or injury, and create personalized treatment plans for therapeutic benefits. 5. Master techniques for warming up muscles before competition and aiding in relaxation and recovery post-event.	
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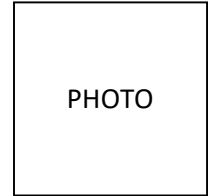
Note: There is no age limit for the 4-8 week internship. However, for the 12-24 week internship, the age limit is 35 years (as of the 1st day of the month of application).

Sd/-
Regional Director (I/C)

ANNEXURE-I

APPLICATION FORMAT FOR INTERNSHIP AT SPORTS AUTHORITY OF INDIA

NAME OF THE NCOE:-----



1.	Name					
2.	Date of Birth					
3.	Gender (Male / Female/ Other)					
4.	Internship Applied for					
5.	Permanent Address					
6.	Current Address					
7.	E-Mail Address					
8.	Tel. No.					
9.	Educational Qualifications (+2 onwards)					
		Name of the Course	School/College/Board/City	Year	Subjects	Percent age of Marks
10.	Whether pursuing/completed course in(Tick as applicable)	Anthropometry/Physiology/ Psychology/ Nutrition/ Strength and Conditioning/ Biomechanics/ Biochemistry/ Sports Medicine/ Physiotherapy.				
11.	Knowledge of Statistical Software (please specify)					
12.	Internship/Work Experience, if any					
13.	Areas of interest					
14.	Awards/Achievements/papers presented/Published					
15.	Details of extracurricular activities					
16.	Duration of internship (refer to Annexure- II for durations availability in different disciplines)	4-8 weeks	12-24 weeks			
17.	Specify Duration					
18.	Any other additional relevant Information(attach extra sheet if required)					

Annexure-III

**Undertaking for Internship program Data Collection at
Sports Authority of India**

I _____ a participant in the Internship program in _____ discipline at _____ Centre Sports Authority of India, hereby provide this undertaking in acknowledgment and agreement to the following terms and conditions

I understand that during the course of my data collection for Internship program at Sports Authority of India, I may have access to proprietary, sensitive, or confidential data, information, and intellectual property belonging to the Sports Authority of India/ Athletes/ Staff.

I acknowledge that the data and information made available to me during my Internship program are the exclusive property of Sports Authority of India and I am granted access to such data solely for the purpose of completing the tasks and assignments assigned to me as part of my duties.

I undertake not to use any of the data, information, or intellectual property provided by Sports Authority of India for the purpose of pursuing an Internship program, engaging in research activities, or for publication in any form during the course or there after unless due approval has been obtained for the same from NCSSR

I agree that any unauthorized use, disclosure, or dissemination of the data, information, or intellectual property obtained during my Internship program will be considered a breach of trust and may result in immediate termination of my data collection/ with Sports Authority of India and subsequent punitive/ legal action as deemed fit by Sports Authority of India

I commit to maintaining the confidentiality and security of all data and information I access during my data collection and to abide by all relevant policies, procedures, and guidelines established by Sports Authority of India pertaining to data handling and confidentiality. I agree that the raw/ primary data of the athletes will not be shared with the enrolled Universities/ Institutions, Academies.

I agree that there will be no financial implications to SAI and SAI will not be liable for any adverse outcome arising out of the study during and after internship program. I understand that during the internship program SAI will not be responsible and liable for any financial, personal loss of the student.

I agree that I will give an internship report and a presentation before obtaining internship certificate. I understand that if I fail to have the required attendance, responsible behavior, internship report and presentation; the SAI may deny issuance of the certificate. SAI is not liable to complete the said internship period for the student and issue of certificate due to any unavoidable circumstances.

I have read and understood the terms and conditions outlined in this undertaking, and I willingly agree to comply with them during my data collection at Sports Authority of India. I am aware that any violation of these terms may have legal consequences

Candidates' Name and Signature:

Date: _____

Place: _____

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