

M.Sc. in Sports and Exercise Physiology

Duration:

2 years (Four SEMESTERS)

Eligibility:

10+2 with 50% marks (With PCB)

Curriculum

SEMESTER I

(Total credits: 24)

Code	Title of Course	Type of Course	Credits
MSEP 101	Human Anatomy and Physiology	Core	4
MSEP 102	Biomolecules and Metabolism	Core	4
MSEP 102	Kinesiology	Core	4
MSEP 104	Psychological and Social Aspects of Sports	Core	3
MSEP 105	Biomechanics and Motor Learning	Core	3
MSEP 106	Elective I <ul style="list-style-type: none">• Elective from any other Department• Sports First Aid and Emergencies• History of Physical Education and Sports	Elective	3
MSEP 107	Practical I	Core	3

SEMESTER II (Total credits: 24)

Code	Title of Course	Type of Course	Credits
MSEP 201	Principles and Methods of Sports Training	Core	4
MSEP 202	Performance Evaluation and Testing	Core	4
MSEP 203	Fatigue, Injuries and Rehabilitation	Core	4
MSEP 204	Food and Nutrition	Core	3
MSEP 205	Research methods and Statistics for Sports Science	Core	3
MSEP 206	Elective II <ul style="list-style-type: none">• Elective from any other Department• Kinanthropometry in Sports• Health Fitness and Wellness	Elective	3
MSEP 207	Practical II	Core	3

SEMESTER III (Total credits: 24)

Code	Title of Course	Type of Course	Credits
MSEP 301	Physiology of Sports and Exercise	Core	4
MSEP 302	Sports Ergonomics and Ergogenic Aids	Core	4
MSEP 303	Fitness Assessment and Exercise Prescription methods	Core	4
MSEP 304	Neuroscience and Endocrinology in Sports	Core	3
MSEP 305	Physiological Support for Athletes	Core	3

MSEP 306	Elective III <ul style="list-style-type: none"> • Elective from any other Department • Drugs and Doping in Sports • Physiological Aspects of Ageing 	Elective	3
MSEP 307	Practical III	Core	3

SEMESTER IV (Total credits: 24)

Code	Title of Course	Type of Course	Credits
MSEP 401	Elective IV <ul style="list-style-type: none"> • Sports Genetics and Performance • Exercise Immunology • Adaptations to Exercise and Training 	Core	3
MSEP 402	Journal Club Presentation	Presentation	3
MSEP 403	Dissertation	Laboratory	18