SCHOOL OF SPORTS
SCIENCES

Funded by
Ministry of Youth Affairs & Sports (MYAS)
Government of India
The School of Sports Science at Central University of Rajasthan (CURAJ) funded by Ministry of Youth Affairs & Sports (MYAS), Govt. of India aims to carry out active teaching and research in the various fields of Sports Sciences. The University provides Post-graduate programmes in Sports Physiology, Sports Biochemistry, Sports Nutrition and Sports Psychology to the students coming from diverse educational backgrounds. The above courses would enhance the knowledge of the students in sports sciences and improve their level of understanding with underlying scientific principles in sports sciences. The courses would emphasize on both theoretical and laboratory aspects and most specifically the laboratories would be of wet-lab and computational in nature. This would allow the students to enrich and sharpen their knowledge both in instrumentation techniques and software.

Central University of Rajasthan

The Central University of Rajasthan is established by an Act of Parliament (Act No. 25 of 2009, The Gazette of India, No. 27, published on 20th March, 2009) and is fully funded by the Government of India. The Act, Statutes and Ordinances of Central University of Rajasthan provide guidelines and systematic procedures to establish new programmes of studies and new faculty within the Central University framework. CURAJ is ranked 34 by NIRF, the best among the universities established in 2009 or later. The University operates from its permanent campus of 520 (approx.) acres and it has adequate infrastructure housing nearly 2000 students in the campus. It has state-of-art equipment and well-stocked library subscribing all digital resources. It has adequate open space for sports activities as well.
Learning Outcomes

Masters in Sports/Exercise Physiology

The 2-Years Master’s Program would help to develop a career in Sports/Exercise Physiology. One will be provided with advanced knowledge based on the latest research in the theory and practice of a range of different areas in Sports/Exercise Physiology for the benefit of performance and health. This course offers thorough theoretical, conceptual and practical aspects on physiological assessment techniques, exercise performance, and the physiological characteristics of the neuromuscular system with application to sport and injury. Every student would get an opportunity to improve his/her knowledge in research by carrying out dissertation work on applied fields of sports Physiology using the facilities available in the school.

Masters in Sports Biochemistry

The 2-Years Master’s Program would help to develop a career in Sports Biochemistry. One will be provided with advanced knowledge based on the latest research in the theory and practice of a range of different areas in sports biochemistry for the benefit of performance and health. This course offers thorough theoretical, conceptual and practical aspects on biochemical assessment techniques, where research in biochemistry would play a key role in developing the understanding of the demands of training and competition. It would also help in the identification of strategies to improve recovery, and to achieve optimal performance, and in contributing to our understanding of the metabolic adaptations to training, and helping in the optimization of the training stimulus as well. Every student would get an opportunity to carry out dissertation work on applied fields of sports Biochemistry in the school.

Masters in Sports Nutrition

The 2-Years Master’s Program would help to develop a career in Sports Nutrition, the students will be taught how to optimize performance by combining well-designed training programs together with performance based on their nutrition. There will be courses which will teach techniques for increasing sports performance, reducing recovery time and enhancing the overall well-being of athletes. All students will be trained with skills for operating instrumentation facilities and strategies together with detailed account for improving nutritional habit of athletes/sports man/woman. As a student in Sports Nutrition one will be strategically able guide sports persons with his/her nutrition knowledge. The students can help sports persons to have best feelings by developing and energizing, performance-enhancing nutrition plan, tailored to their body’s specific requirements.

Masters in Sports Psychology

The 2-Years Master’s Program would help to develop a career in Sports Psychology, The students would learn how the human psychology influences sports/athletic performances and the effects of exercise and physical activity on the psychology. The programme provides an insight into the theoretical and practical orientation of sports psychology and the basic skills of psychological counselling that could be applied in the context of sports coaching.
Employability

Sports/ Exercise Physiology
- Leading fitness testing programs for teams and elite athletes
- Involvement in public health initiatives
- Employment with national governing bodies
- Exercise Physiologist
- Sports Development Officer
- Health and Well-being Physiologist
- Community Sports Coach
- Sports Instrument developer

Sports Biochemistry
- Jobs in health and clinical
- Sporting organizations
- Research position at PhD level
- Performance Analyst
- Athlete Support Officer
- Sports Equipment Developer
- Coaching/sports development
- Physiotherapy Centre's
- Police department
- Forensic department

Sports Nutrition
- Work in the sport and fitness industry
- Lead sports nutrition programs for professional teams and elite athletes
- National governing bodies
- Sporting organizations
- Research positions in sports projects
- Sports Nutritionist
- Health and Fitness Coach
- Food Technologist
- Healthy Eating coordinator

Sports Psychology
- Athletic trainer,
- Industrial-organizational psychologist,
- Clinical counselling and school psychologist,
- Fitness trainers and
- Aerobics instructors,
- Recreational therapist
- Coach or scout.
Campus Amenities

- Approximate 500 Acre of Open and Healthy environment for studies
- Well-equipped central Library with access to number of online study sources
- Advanced laboratories with latest equipment.
- 24x7 well equipped health center.
- Well maintained Sports grounds with night play facilities for Tennis, Basketball, Volleyball, Handball, Football, Cricket and athletics.
- Well maintained and well equipped Gym and Gymnasium Hall
- Boys and Girls hostels available
- Bank and ATM facility

Fee Structure

Visit curaj.ac.in for course fee details
Requirement Criteria

<table>
<thead>
<tr>
<th>School</th>
<th>Course Name</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>School of Sports Sciences</td>
<td>M.Sc. in Sports Physiology</td>
<td>Bachelors’ Degree in any branch of Science/Commerce/Arts/Engineering/ Medical/Paramedical/Allied health sciences with 50% marks or equivalent grade in aggregate for general category and 45% or equivalent grade for SC/ST/OBC/PWD candidates having at least one course in Biology at 12th Standard/Intermediate level.</td>
</tr>
<tr>
<td></td>
<td>M.Sc. in Sports Biochemistry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M.Sc. in Sports Nutrition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MSc in Sports Psychology</td>
<td></td>
</tr>
</tbody>
</table>

Admission Process

Visit the website curaj.ac.in for further details.