

ANNAMALAI **UNIVERSITY**

A STATE UNIVERSITY ACCREDITED WITH 'A' GRADE BY NAAC

FACULTY OF SCIENCE

**MYAS-AU
DEPARTMENT OF SPORTS SCIENCES
Centre of Excellence
(Supported by: Ministry of Youth Affairs & Sports,
Government of India)**

Programmes

B.Sc. / M.Sc. / MPT / Certificate

PROSPECTUS: 2021-22

(Information & Instruction to Candidates)

University website: www.annamalaiuniversity.ac.in

Annamalai University

In the early 1920s Rajah Sir S. R. M. Annamalai Chettiar founded Sri Minakshi College, Sri Minakshi Tamil College and Sri Minakshi Sanskrit College at Chidambaram. In 1928, Rajah Sir S.R.M. Annamalai Chettiar agreed with the local Government to handover the above said institution for establishing a University. Thus, on 01.01.1929 Annamalai University was established as per Annamalai University Act 1928 (Tamil Nadu Act 1 of 1929). Now, the Annamalai University Act, 1928 has been repealed and replaced by the Annamalai University Act 2013 (Tamil Nadu Act 20 of 2013). Honourable Governor of Tamil Nadu is the Chancellor of the University.

"**The NIRF-2020**" by the Ministry of Human Resource Development (MHRD) has ranked the University in the band 101 - 150 in the University Category. In the Pharmacy Category the ranking is 12th in India. In the Medical Category the ranking is 35th.

"The **Times Higher Education World University Ranking - 2020**" has ranked Annamalai University in 1000+ for Overall category. In the Subject category Ranking, 2020, the University is ranked in the band of 501-600 for Life Sciences and 600+ for Pre-clinical, clinical & Health Subjects. 800+ in the Physical Sciences and Engineering subject.

"The **QS World University Ranking - 2020**" has ranked Annamalai University in the band of 291 - 300 in Asia Ranking and 39 in India Ranking.

"The **CWTS Leiden Ranking 2019** has ranked the University at 23rd based on the number of publications and 7th based on the proportion of publications.

The **SCImago Institutional Ranking**" (2019) has ranked 9th in Tamil Nadu and 29th among the top 212 ranked institutions for Higher Education in India. **International Comparative Performance of India's Research Base** (2009-14) has rated the University as the top Indian Institute in Pharmacology, 17th among the top 30 Indian Universities in Publications. The **Global Exposure, Indian**

Science Ascending, has ranked the University as 11th among the top 20 Indian Institutions in International Collaborations.

Annamalai University is one of the largest unitary, teaching, and residential Universities in Southern Asia comprising of 10 Faculties and 49 departments of study. This University has played a pivotal role in providing access to higher education to thousands of youth cutting across the social spectrum, especially from economically and socially disadvantaged classes. In this respect, this University's service to the nation is tremendous. The University Library, named after the eminent scholar, statesman and former Vice-Chancellor Dr. Sir C.P. Ramaswami Aiyer, serves as knowledge hub for the students and the staff. Quite a good number of journals can be accessed through the Infonet facility. Science Direct is subscribed through which 340 journals can be accessed. The sports complex of the University spreads over several acres, houses facilities for sports and games. The sports science centre with research backup which was supported by UGC has elevated the sports science research. Further, establishment of Department of Sports Sciences with the support of Ministry of Youth Affairs and Sports (MYAS), Government of India, will serve the platform for indepth understanding of sports sciences and its application would serve for the betterment of Indian athletes.

For details visit www.annamalaiuniversity.ac.in

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I. MYAS-AU DEPARTMENT OF SPORTS SCIENCES

The MYAS-AU Department of Sports Sciences function under the Faculty of Science. The Department of Sports Sciences is established in Annamalai University with the support of Ministry of Youth Affairs and Sports (MYAS), Government of India. This department is offering specialized Certificate, Bachelor's, Master's, and Ph.D. degree programmes in core areas of sports sciences, aimed at improving sports assessment and research to International standard. Qualified and specialized faculty and well equipped labs along with a comprehensive learning environment will provide the students a perfect atmosphere to excel in this emerging area with unlimited opportunities. The Department of Sports Sciences have sports science laboratory of International standard in the specialized areas like exercise physiology, sports biomechanics, sports physiotherapy, sports anthropometry and sports training, which will provide the opportunity to support athletes in optimizing their sports performance to higher level. The department functions in association with stakeholders like Sports Authority of India (SAI), Sports Development Authority of Tamilnadu (SDAT), Sports Federations and Educational Institutions by facilitating the integration of sports science services on the field. The programmes offered have dedicated faculty keen to mentor students throughout the period of study. Practical exposures to students in state of the art in sports science laboratories and on field exposure would keep abreast with current developments in areas of sports sciences.

1.1 Programmes

The following programmes are offered by the Department of Sports Sciences, under the Faculty of Science.

1.1.1 Bachelor Degree – Duration: Three Years

1. B.Sc. Sports Sciences

1.1.2 Masters Degree – Duration: Two Years

1. M.Sc. Exercise Physiology
2. M.Sc. Sports Biomechanics
3. MPT. Sports Physiotherapy
4. M.Sc. Strength and Conditioning

1.1.3 Certificate Programme – Duration: Six Months

1. Certificate in Sports Anthropometry

1.2 Choice Based Credit System (CBCS) for B.Sc., M.Sc. and M.P.T.

From the academic year 2000-2001, CBCS is in vogue for the postgraduate programme. These programmes offer a package of certain core courses and some elective courses that allow for effective interaction among students from different disciplines. The novelty of the programme consists of inter-disciplinary curriculum with a pronounced inclination towards industry oriented needs.

II. Fee & Scholarship

2.1 Tuition Fee

The details of tuition fee to be paid by the candidate are as follows.

Sl.No.	Name of the Programme	Total Fee per Annum (₹) (2021-2022)
1.	B.Sc. Sports Sciences	16,400
2.	M.Sc. Exercise Physiology	21,480
3.	M.Sc. Sports Biomechanics	
4.	M.Sc. Strength and Conditioning	
5.	MPT. Sports Physiotherapy	27,330
6.	Certificate in Sports Anthropometry	11,180

2.2 Hostel

Annamalai University is a residential University and admission to the hostel is compulsory.

The details of charges for accommodation in different hostels are as given below:

Sl. No.	Hostel Name	Caution Deposit (₹)	Annual Hostel & Mess Charges (₹)	Total (₹)
1.	Malligai Illam (Men)	5,000/-	45,000/-	50,000/-
2.	Thamarai Illam (Women)	5,000/-	45,000/-	50,000/-
3.	SC/SCA/ST Students	5,000/-	19,000/- #	24,000/-

This fee has to be paid by the students at the time of joining the hostel and would exclusively cover Admission Fees, Establishment, Room rent, Electrical and Misc. Charges only – Except Mess charges (Lumpsum Mess charges of ₹ 22,000/- will be adjusted from their Scholarship amount).

2.3 Scholarship

The students of Annamalai University can avail the Government Scholarships subject to eligibility.

Scholarships Sanctioned by the Government of Tamil Nadu

- 1) Application Fee Concession to SC/ST and Converted Christian Students:** Entrance/ Course Application fees concession is granted to students belonging to SC/ST Community and Converted Christian by the Government of Tamil Nadu (G.O. No. 111. 22.09.1998).
- 2) Tuition Fee Concession to SC/ST and Converted Christian Students:** Full Tuition fee concession is granted to students belonging to SC/ST community and converted Christian under the rule 92 of Tamil Nadu Education Rules by the Government of Tamil Nadu [92- TNER].
- 3) Post Metric Scholarship:** Covering special fees, examination fees, and maintenance charges will be awarded to the students belonging to SC/ST Community whose Parent's/Guardian's income from all sources does not exceed ` 2,50,000/- per annum, and Converted Christian (converted from SC/ST) ` 2,00,000/- per annum.
- 4) Higher Education Special Scholarship:** In addition to the Post Metric Scholarship, Higher Education Special Scholarship is awarded to the hostel students belonging to SC/ST and Converted Christian community and the number of scholarship is limited by the Government. The Annual income from all sources should not exceed ` 2,50,000/- per annum.

- 5) BC/MBC/DNC Scholarship: The Scholarship will be awarded to the Students belonging to BC/MBC/DNC communities whose Parent's/ Guardian's income from all sources should not exceed ` 2,00,000/- per annum.

FELLOWSHIP / SCHOLARSHIP SANCTIONED BY VARIOUS FUNDING AGENCIES

- 1) UGC Rajiv Gandhi National Fellowship (RGNFS)/JRF/SRF for SC/ST research students leading to the award of M.Phil. /Ph.D.
- 2) Post Graduate Indira Gandhi Scholarship for single girl Child: This is only for the Candidate who happens to be single Girl child of the family (having no brother or sister) and who has taken admission in regular full time Master Degree course in recognised University or a Post Graduate College in conventional basic subject.

Note: All Scholarship income certificate taken after April 2021 should be produced. The SC/ST students admitted in the University will be granted concession at the time of admission. The reimbursed scholarship amount from the government will be distributed to the university account as a part of the fees levied and the balance will be granted to the particular student as maintenance allowance.

RESERVATION OF SEATS

Reservation of seats for candidates belonging to ST/SC/SCA/MBC/DNC/BC/BCM/ OC communities will be made as per rules and regulations of the Government of Tamil Nadu.

III. BACHELORS PROGRAMME (B.Sc.)

3.1 Duration of the Programme

The duration of the programme shall be Three academic years (i.e. Six Semesters).

3.2 Eligibility for Admission

Bachelor Programme	Eligibility Criteria for Admission
B.Sc.(Sports Sciences)	Applicants should have passed the +2 examination with a minimum of 50% marks in aggregate in 10+2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu or approved by the Annamalai University with the combination of science subjects viz., Physics, Chemistry, Botany, Zoology, Biology, Mathematics, Computer science, Biochemistry, Micro-biology, Home Science, Nutrition & Dietetics, Nursing, Agriculture.

3.3 Number of Seats

Maximum of Fifty (50) seats.

3.4 Eligibility for Admission to the Programme

- a. Representation of School/State teams in anyone of the games or sports is desirable, subject to the conditions that he/she must be medically fit and free from any deformities.

- b. The candidates should not have completed 25 years of age as on 1st July year of admission. However, a relaxation of two years (30 years) may be given to SC/SCA/ST candidates.
- c. Fifty (50) candidates will be selected on the basis of merit, following the regulation of seats as prescribed by the Government of Tamil Nadu, from among those candidates who score not less than 50% of marks in the selection tests.
- d. Admission shall be made on the basis of ranking for a total of 100 marks as given below

1.	Qualifying Examinations	40 marks
2.	Written Exam	20 marks
3.	Yo-Yo Intermittent Test Level-1 for female candidates Level-2 for male candidates	15 marks
4.	Sports Skill Test	15 marks
4.	Level of Participation	10 marks
	Total Marks	100 Marks

The entrance test and interview for Certificate programme will be conducted by the Department of Sports Sciences, Annamalai University.

Note: Marks obtained in qualifying Degree (excluding language papers) shall be converted to a maximum of 40 marks. For example if a candidate secured 400 marks out of 500. His/Her marks for qualifying examinations is $[400/500] \times 40 = 32$ marks.

- e. **Uniform:** In addition to practice training uniform, students are required to procure uniform on their own as prescribed by the department. The uniform colour will be intimated by the respective divisions. The students will be permitted to undergo the course with proper uniform. The students are therefore, advised to bring sufficient amount of money at the time of admission for procuring the uniform, which is likely to cost around ₹ 3,000/-.

IV. MASTERS PROGRAMME (M.Sc. / MPT)

4.1 Duration of each Programme

The duration of the programme shall be two academic years with four semesters under the Choice Based Credit System.

4.2 Number of Seats for each Programme

M.Sc. / MPT: Maximum of Ten (10) seats (Subject to increase the intake to a maximum of 40 students in a programme, with the approval of the Syndicate of Annamalai University).

4.3 Eligibility for Admission to each Programme

Masters Programmes	Eligibility Criteria for Admission
M.Sc. Exercise Physiology	Bachelor's Degree in Sports Science / Physical Education and Sports / Physiology / Human physiology / Occupation Therapy / Physiotherapy / Biotechnology / Zoology / Microbiology / Biochemistry / Life Sciences/ MBBS or an equivalent thereto in

Masters Programmes	Eligibility Criteria for Admission
	10+2+3 or 10+2+4 pattern from a recognized university with a minimum of 50% marks in aggregate. The B.P.E.S. qualified candidates should have passed the HSC or equivalent examination with Physics, Chemistry, Biology, or any other combination of science disciplines. <i>Note:</i> Proficiency in Sports is desirable.
M.Sc. Sports Biomechanics	A candidate who has passed Bachelor's Degree in Sports Sciences / Physical Education and Sports / Performance Analysis / Physics with Mathematics / Physiotherapy / Computer Science / Computer Application / Information Technology / Software Engineering or equivalent Mathematics / Statistics / Physics / Electronics / Applied Sciences / Engineering (Computer Science / E&I / IT) or equivalent thereto in 10+2+3 or 10+2+4 pattern from a recognized university with a minimum of 50% marks in aggregate. <i>Note:</i> Proficiency in Sports is desirable.
MPT. Sports Physiotherapy	BPT from a recognized university with a minimum 50% marks in aggregate. Note: Proficiency in Sports is desirable.
M.Sc. Strength and Conditioning	A candidate who has passed any Bachelor degree with a minimum of 50% marks in aggregate and having represented the college/ University/ District/State/National/International level in any discipline of sport/game.

- a. Proficiency in Sports is desirable for the candidates who take up above mentioned courses, he/she must be medically fit and free from any deformities.
- b. The candidates should not have complete 34 years of age as on 1st July year of admission. However, a relaxation of two years (36 years) may be given to SC/SCA/ST candidates.
- c. **The pregnant women will not be permitted either for admission or to undergo the programme.**
- d. Ten candidates will be selected on the basis of merit for each programme, following the regulation of seats as prescribed by the Government of Tamil Nadu, from among these candidates who score not less than 50% of marks in the selection tests.
- e. Admission shall be made on the basis of ranking for a total of 100 marks as given below:

1.	Qualifying Examinations	40 marks
2.	Written Exam	40 marks
3.	Sports and Games Participation	10 marks
4.	Personal interview	10 marks
Total Marks		100 Marks

The entrance test and interview for Post Graduate degree programmes will be conducted by the Department of Sports Sciences, Annamalai University.

Note: Marks obtained in qualifying degree (excluding language papers) shall be converted to a maximum of 40 marks. For example if a candidate secured 1800 marks out of 2400. His / Her marks for qualifying examinations is $[1800/2400] \times 40 = 30$ marks.

- f. **Uniform:** In addition to practice training uniform, students are required to procure uniform on their own as prescribed by the department. The uniform colour will be intimated by the respective divisions. The students will be permitted to undergo the course with proper uniform. The students are therefore, advised to bring sufficient amount of money at the time of admission for procuring the uniform, which is likely to cost around Rs. 3000/-.

V. CERTIFICATE PROGRAMME

5.1 Duration of the Programme

The duration of the programme shall be six months duration conducted at two phases (July-Dec 2021 or Jan-June 2022) in an academic year. The students can opt either July-Dec 2021 or Jan-June 2022 batch.

5.2 Number of Seats

Maximum of ten (10) seats.

5.3 Eligibility for Admission to the Programme

A candidate for admission to **Certificate in Sports Anthropometry** should have passed Bachelors / Masters Degree in Sports Sciences / Physical Education and Sports or equivalent thereto in 10+2+3 or 10+2+3+2 or 10+2+3+2+2 pattern from a recognized university with a minimum of 50% marks in aggregate.

- a. They must have represented School/College/University/ State teams in anyone of the games or sports, subject to the conditions that he/ she must be medically fit and free from any deformities.
- b. The candidates should not have complete 34 years of age as on 1st July year of admission. However, a relaxation of two years (36 years) may be given to SC/SCA/ST candidates.
- c. **The pregnant women will not permitted either for admission or to undergo the programme.**
- d. Ten (10) candidates will be selected on the basis of merit, following the regulation of seats as prescribed by the Government of Tamil Nadu, from among these candidates who score not less than 50% of marks in the selection tests.
- e. Admission shall be made on the basis of ranking for a total of 100 marks as given below:

1.	Qualifying Examinations	40 marks
2.	Written Exam	40 marks
3.	Sports and Games Participation	10 marks
4.	Personal interview	10 marks
	Total Marks	100 Marks

The entrance test and interview for Certificate programme will be conducted by the Department of Sports Sciences, Annamalai University.

Note: Marks obtained in qualifying Degree (excluding language papers) shall be converted to a maximum of 40 marks. For example if a candidate secured 1800 marks out of 2400. His/ Her marks for qualifying examinations is $[1800/2400] \times 40 = 30$ marks.

- f. **Uniform:** In addition to practice training uniform, students are required to procure uniform on their own as prescribed by the department. The uniform colour will be intimated by the respective divisions. The students will be permitted to undergo the course with proper uniform. The students are therefore, advised to bring sufficient amount of money at the time of admission for procuring the uniform, which is likely to cost around Rs. 3000/-.

VI. CODE OF CONDUCT

The following code of conduct shall be observed by the students who are admitted

- i. The students should conduct themselves in an exemplary manner so as to be model for other students.
- ii. All the students should strictly adhere to the rules and regulations of the University.
- iii. **RAGGING:** The candidates should not indulge or participate in any kind of ragging. If they are found to have indulged in ragging in the past, or noticed later, the candidates will be removed from the roll of the institution at whatever stage of study and criminal action will be taken against the candidates.
- iv. If any student is involved in ragging or any other anti- social activities, he/she will be expelled and criminal proceedings may be launched against him/her.
- v. The students should be present during all working days and sincerely apply themselves to studies.
- vi. The students should attend the classes regularly and punctually and should fulfil the attendance requirement of 75% as prescribed by the university, to be eligible to appear for the university examinations.
- vii. The campus is "Tobacco Free" and "Liquor Free". Any violation of this will result in dismissal from the programme.
- viii. Use of mobile phones and other electronic gadgets are not permitted in the class rooms, examination halls, faculty premises, university organized functions / programmes / extracurricular and co-curricular activities.
- ix. The students are forbidden from using motorized vehicles, including powered two wheelers, inside the campus.
- x. **Dress Code:** Students need to wear formal dress largely covering them like sarees / churidhar with dupatta for ladies and trousers, pant & shirt for men. They should also have sports dress to take part in physical activity.

VII. GENERAL INSTRUCTIONS

7.1 General Instructions For Applicants

- i. Download Application Number is the Registration Number of the Annamalai University.
- ii. B.Sc. / M.Sc. / MPT / Certificate programme Admissions 2021.
- iii. The candidates seeking admission should register and apply only through downloaded by logging on to www.annamalaiuniversity.ac.in/adm.
- iv. The guidelines for registration are available in the Annamalai University Website Portal.
- v. The downloaded application Number should be quoted in all future correspondence.
- vi. The filled in online application should be downloaded and sent with all the enclosure with Online Payment Details / Demand Draft, either by Speed/Registered post or in person to

**The Registrar
Annamalai University
Annamalainagar
Chidambaram
Cuddalore District
Tamil Nadu
Pin- 608 002**

and should reach on or before **23.07.2021 - 5.30 p.m.**

- vii. Demand draft for **B.Sc./M.Sc./MPT** ` 200/- for SC/SCA/ST and ` 400/- for Others, **Certificate Programme.** ` 100/- for SC/SCA/ST and ` 200/- for Others, which is drawn in favour of **The Registrar, Annamalai University, payable at Annamalainagar / Chennai.**
- viii. The candidates shall ensure that the completed downloaded application form with all particulars and enclosures reaches the Annamalai University within the date and time specified. Applications received by Speed post/courier or any other means, after the last date and time will not be accepted irrespective of the date of booking.
- ix. The University shall not be responsible for any delay in the receipt or for the loss in transit of application form etc.,
- x. Request for extension of time for submission of documents called for, after the specified date and time will not be entertained.
- xi. Any supporting documents received after the due date or application without required documents/particulars will not be entertained.
- xii. Photocopy / Fax copy of the application will not be accepted.
- xiii. The candidates are directed to enclose the following certificates along with the downloaded application:

Photocopy of

1. +1, +2 (HSC) / Bachelors / Masters / Equivalent Mark Sheet
2. Transfer Certificate
3. Permanent Community Certificate Card for ST, SC, SCA, MBC & DNC, BC and BCM.
4. Nativity Certificate – if applicable
5. First Graduate Certificate and First Graduate Joint Declaration Form – (if applicable)

- xiv. Candidates are advised to post the completed downloaded application well-in advance before the due date and time. If it is sent by post it is advisable to send by Registered post / Speed post to ensure proper delivery.

7.2 Important Conditions for Applicants

- i. Fees for each academic year should be paid well before the due date, failing which a fine as prescribed by the university will be charged. The candidate shall not be permitted to appear for the university examinations without clearing the Fee arrears.
- ii. Caution deposit shall be refunded on application after adjustment towards any dues from the student. Application for refund of caution deposit should be submitted within one year of completing the course.
- iii. No certificate will be issued, unless the candidate has cleared all the arrears of fees etc., due to the university.
- iv. With regard to any dispute arising in relation to admission, examinations, remittance of fees, etc., the place of jurisdiction for the purpose of filing a suit or preferring a complaint or taking any legal proceedings against the university, will be Chidambaram Town only.
- v. Original certificates submitted at the time of admission will be returned after completion of the second year. In case a candidate requires the original certificates for valid reasons, he/she may apply for the same with valid proof. The candidates are advised to have with them attested copies of mark lists or other certificates that may be required for applying scholarships/bank loan etc.
- vi. The medium of instruction will be English for all Certificates, Under graduate and Post graduate programmes.

7.3 General Information

The following procedures should be followed for applying/getting certificates viz. Bonafide/ Course completion/Mark lists etc. with the fee prescribed by the University.

- i. **General:** Mark list for each Semester/Year during the period of study will be issued by the University and distributed through the respective department of study. On completion of the programme, Provisional Certificate and Transfer Certificate will also be distributed through the department concerned.
- ii. **Migration Certificate:** This certificate will be issued by the University Office ('K' Section) only on demand to those who have planned to undergo higher studies in any Educational Institution in India.
- iii. **Duplicate Certificate – Mark List/Degree/Transfer Certificate:** A certificate from the police department is required to be produced for the loss of certificates indicating that the certificates were actually lost beyond recovery.
- iv. **Degree Certificate:** Notification will be issued in the leading dailies during the month of September/October every year for calling of application forms for getting Degree

Certificate at the Convocation. Students shall apply for the same in the prescribed form which can be obtained from the University.

- v. **Personal File:** Students are advised to maintain a personal file containing all academic records such as challan for remittance of tuition fee, exam fee, instrument fee, condonation fee etc. till completion of his/her studies.
- vi. **Re-admission:** If any attendance deficiency during the tenure of his/her studies, shall apply for re-admission through the Heads concerned along with the photocopy of his/her previous semester/year mark list/s as proof for having appeared for the University Examinations.
- vii. **Change of Name/Date of Birth:** Candidate who wish to change of Name, date of Birth, of his/her name should be made only during the period of study by producing a copy of "Gazette Notification" from the respective Government No. such change shall be entertained after completion of his/her studies in the University.
- viii. **How to get Certificate:**
 - a. Students applied for any certificates in this University viz., Bonafide, Course Completion, Duplicate mark list, Degree Certificate, Transfer Certificate etc., either during the tenure of his/her studies or completion of the programme should get the same from the office or by post within a fortnight period from the date of filing application in the office. He/she should possess compulsorily **1)** a copy of letter where he/she has applied for **2)** a copy of remittance challan, **3)** and any other documents etc., whenever any lapse of the original submitted to University (or) loss in transaction.
 - b. If he/she does not receive the certificate/s within the stipulated period, then he/she can immediately seek the assistance of the Section Head/Deputy Registrar of the 'K' Section with relevant copy of records that has been already submitted for claiming the certificates, so as to enable them to get the certificate from the office (or) necessary guidance will be provided for the same.
 - c. Students admitted to various programmes of the University, should get back his/her original certificates produced at the time of admission within three months either on completion of programme (or) discontinuing the same in the middle of the programme. The University is not responsible for any lapse or damage of the certificates.

REGISTRAR i/c
ANNAMALAI UNIVERSITY

MYAS-AU
DEPARTMENT OF SPORTS SCIENCES
Centre of Excellence
 (Supported by: Ministry of Youth Affairs & Sports,
 Government of India)

PROGRAMMES OFFERED**Bachelors Degree Programme**

1. B.Sc. Sports Science

Masters Degree Programmes

2. M.Sc. Exercise Physiology
3. M.Sc. Sports Biomechanics
4. MPT Sports Physiotherapy
5. M.Sc. Strength and Conditioning

Certificate Programme

6. Sports Anthropometry

Research Programmes

7. Ph.D.

HIGHLIGHTS OF THE PROGRAMMES

- International standard syllabus
- Well-equipped laboratories of World-class with latest software
- Opportunities for internship in national and state sports academies
- Innovative, practical oriented teaching - learning process
- The programmes were designed to gain and develop expertise in the science of exercise assessment and prescription, and learn applied techniques that enable students to develop a career in sports science, academic research, teaching and other science-based professions.

FACILITIES

- Exercise Physiology lab
- Movement Analysis Biomechanics lab
- Sports Physiotherapy lab
- Strength and Conditioning lab
- Hi-Tech seminar hall
- Department library furnished with latest books and journals
- Modern computer lab to facilitate training in software and internet to have 24×7 access to e-resources through infonet facility.



EXERCISE PHYSIOLOGY LAB





Strength & Conditioning Lab



Physiotherapy Lab



Research Thrust Areas

- Human performance assessment and enhancement
- Testing and assisting of elite athletes
- Identification and training of prospective young sportsperson
- Gait and movement analysis
- Supplementation effects on sports performance
- Athletic care and rehabilitation
- Performance enhancing sports specific diets
- Hormonal and metabolic assessment
- Environmental stress and sports performance
- Psycho physiological assessment and athletes' well being
- New strength and conditioning initiatives

Job opportunities

- ✓ Sports Science Laboratories
- ✓ Research Institutes
- ✓ College and Universities
- ✓ Professional sports bodies / teams
- ✓ Fitness and rehabilitation centers
- ✓ Fitness and wellness consultants
- ✓ Personal and group trainers
- ✓ Sports physiotherapist
- ✓ Sports nutritionist and diet consultants
- ✓ Central and state government sports development bodies

Contact Details

The Director

MYAS-AU Department of Sports Sciences

Annamalai University

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