



®

Institute of
Sports Science
& Technology

Professional Courses in Sports & Fitness

Classroom | Distance Education

ISST 
Advantage

- UGC Recognized University Degree Programs.
- 100% Guaranteed Internships.
- Placement Guidance through ISST Placement Cell.
- Internationally Accredited Courses by ISPA, Chicago, USA.
- Exposure in Events through ISST Sports Clubs & Academies.
- Professional Faculty & "WOW" Guest Speakers.
- Industry study visits with Domestic & International Sports Organizations.

Your Journey to a
**Successful
Sports Career** Starts
Here!
www.isst.co.in



+91-9371456929/+91-7030776929



info@isst.co.in



Vision

ISST envisions becoming the supreme centre for sports, fitness & performing arts education. With focus on development, entrepreneurship, technology, research & innovation, ISST wishes to inculcate a sporting culture and a feeling of well-being in the society.

ISST Fundamentals



Mission

ISST is India's first dedicated sports & fitness education institute which provides professional courses in sports management, sciences and allied education, determined to develop athletes, managers and other support staff.

Our mission is to reach out to those individuals interested in making a career in sports/fitness industry & provide them professional guidance through our various courses & services.



Values

ISST is collectively formed on the principles of hard-work, determination, discipline, team-work and a profound passion for sports, which are a must for any sport organization.

ISST, founded on 26th October 2008, is the centre for sports, fitness & allied education. ISST is the first dedicated institute in INDIA providing courses in Sports, Fitness Education & allied subjects. Modern sport covers a broad range of areas, be it ethics, management, medicine, technology, finance, marketing, law or sociology, to name a few.

At the beginning of this new era, the industry is in urgent need of highly competent, well trained and experienced professionals. ISST with its modern course structure provides a launch pad for those who wish to pursue a career in the field of sports & fitness.

The "ISST" has a unique network of multi-field expertise; it develops and applies knowledge to the study of sports, fitness in connection with technology, management, medicine, biology, law, economics, logistics, sociology etc. ISST supports sports entrepreneurship, innovation, technology transfer and business development.



Dr. Vipul Lunawat
Founder Director, ISST

- PhD, Sports Management.
- Young Entrepreneurs Programme, IIM Ahmedabad.
- Master of Science (MSc) Electronics, University of Pune.
- Master's Programme in Business Administration, Institute of Management Education, Pune.
- Level 02 coaching certification from Australian Ice Racing (AIR) in Short Track Speed Ice skating, & certified by Olympic Solidarity, Melbourne, Australia, 2014.
- Winner of Physical Education Foundation of India (PEFI) National Award 2018 for Excellence & Leadership in Sports.
- Winner of Indian Achievers Award 2021.
- Was part of the Indian contingent as a coach for the Short Track Speed Skating teams at the Qatar Short Track Cup 2015, Singapore Open, 2014 and the Thailand Open Championships, 2013.
- Competed in Roller Skating World Championships in Venezuela-2003 as a part of the Indian Junior Team.
- Competed in Roller Skating International Championships in Ostend, Belgium-2001, Serpa, Portugal-2001.
- National medalist in RSFI Senior Mens in Inline Speed Skating.
- Head Coach, Roller & Ice Skating at ISST Sports Academy, Pune.
- Coached 3000+ students in roller skating since 2004.
- Certification in the International Skating Union (ISU) Regional Officials Course for Short Track Speed Ice Skating.

ISST Core Committee

There is a 'Fire' within us. Whatever we do is with sincere dedication & profound passion for sports. The core committee members are focused to provide a definitive direction to the organization and management team to achieve the Vision set by ISST.



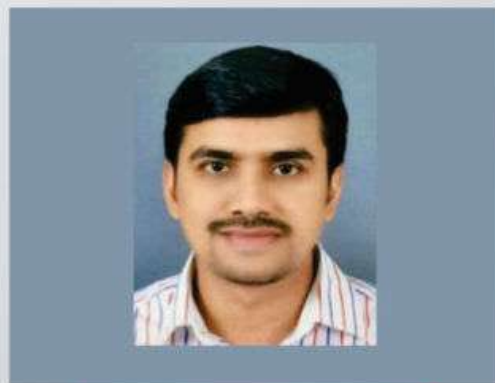
Mrs. Ujawala Lunawat
Co-Founder, Chairperson, ISST

- Mrs. Ujawala P. Lunawat has been involved in sports since 1973.
- FIBA Level 01 Coaching certification in Basketball.
- Head Coach, ISST Basketball School, Pune.
- She is a National Gold Medalist in Basketball, and has a deep passion for sports.
- Rajiv Gandhi Award winner for developing sports infrastructure in Pune.
- Former Member of the Maharashtra Rajya Krida Parishad (Maharashtra State Sports Council).
- Coached 2000+ students in Basketball since 2011.



Tanvi Lunawat
Director, Operations

- B.E.IT
- 12 Years of experience in Sports Operations and event management.
- Visiting faculty in Sports Management at various prestigious universities and institutes.



Dr. Sujay Lodha
Sr. Vice President, ISST

- MBBS, D.Ortho (Gold Medalist)
- Fellowship: Trauma & Joint replacement.
- Fellowship: Sports Injury
- Senior Dr. & Orthopedic surgeon at Subudh Hospital, Pune.
- Founder, Deham, Naturecure Naturopathy Resort, Pune.



International Sports Professionals Association (ISPA), Chicago, USA
'Student Accreditation'

The various courses offered at ISST has the "Student Accreditation" certification from the International Sports Professionals Association (ISPA), Chicago, USA. The various benefits of the ISPA Student Accreditation are:

- An excellent credential for a new professional's résumé
- Frame-quality certificate for display (Internationally recognized credential)
- Résumé Building Tip Guide
- Letter of introduction/recommendation from ISPA president Dr. John E. Mayer (Upon special request)



TILAK MAHARASHTRA VIDYAPEETH UNIVERSITY

(Declared as Deemed to be University U/S 3 of the UGC Act 1956 vide Notification No.F-9-19/85-U-3 dated 24 April 1987 by the Government of India)

UGC Recognized Degree Programs

About International Sports Professionals Association (ISPA)

The International Sports Professional Associations (ISPA) is the largest international accreditation body for professionals serving athletes and athletic communities worldwide. The ISPA is also a specialty certification authority best known for the creation of the first and only certification for healthcare providers who treat and rehabilitate patients of workers' compensation (CWCHP). The ISPA Accreditation signifies ISST's commitment to provide education at the highest possible standards & practices.

Sports Dentistry Program Co-certified by:
DentalReach | Making sense of dentistry.

Strength & Conditioning Program Co-certified by:



ISST Advisory Committee



Shaun Williams
International Cricket Coach
Australia.
Technical Director,
ISST Cricket Management



Deep Dasgupta
Former India Test Player,
Wicketkeeper-Batsman,
Cricket Commentator
Cricket Advisory Committee



Asanka Gurusinha
Former Team Member,
1996 Sri Lanka World Cup Winning Team
Former Director of Cricket, Sri Lanka
Level 3 Coach, Cricket Australia



Antonio Robustelli
International Sports Performance
Consultant, Italy



Mr. Prasanna Choudhary
Director, Integrated Sports Science
Research Association,
Jt. MD, Nutra Supplements



Aradhana Sharma
High Performance Nutritionist
Founder, Nutrigetic Wellness



Internship Projects

100% Guarantee for Internship Projects

Vinesh T.

Masters in Sports Sciences, 2018-19 Batch
Placed as Grade 1 Strength & Conditioning
Expert at Sports Authority of India (SAI)

Internship Projects

The Institute of Sports Science & Technology provides internship projects with leading Sport companies/clubs/events/teams and sport organizations. The students get practical exposure & experience in such internships by utilizing their knowledge. The internship project provides the student an opportunity to test the various skills and theories learnt in the ISST courses.

100% Job Guidance

The Institute of Sports Science & Technology (ISST) provides 100% job guidance to students who successfully complete the courses at ISST. With its wide network and contacts database of various sport companies, organizations, clubs, resorts, etc. ISST helps students to apply for various job openings suitable for their qualification.

Career Opportunities

- With its eminent faculty and exclusive course material, ISST takes utmost care to provide the students with the latest knowledge in sports. While we at ISST also take care that the students get placed in good companies. ISST provides guidance to students after they complete their courses in order to secure appropriate jobs.
- There are many jobs available in sports/fitness related companies & allied organizations in India, where students can be placed for various profiles, after completing the courses offered at ISST.
- Students may get jobs/assignments as managers and support staff in organizing/managing different sports companies & their events in various Clubs / Associations / Federations.
- Students may be placed in, Sports Academies, Gymnasiums, Sports Departments in IT Companies, Educational Institutes/Schools/Colleges/ Universities, Sports event firms, Sports Marketing firms etc.
- One can also be the personal manager or agents of renowned players who do PR work, career enrichment and get the brand endorsement assignments.
- Many private and government institutes require sports managers to supervise the sports activities. Even star hotels, resorts recruit sports managers to manage their gymnasiums and sports centres.
- Scope Abroad: International companies like Globosports, World Tel Sports, International Management Group are key players who look after the public relations and brand endorsements of renowned players of the world.

Past Job/Internship Openings at ISST from some esteemed Sports Companies & organizations



Internship Opportunities with Top Sports Events & Leagues



Disclaimer: All the above logos are intellectual properties of their respective companies/organizations.



Tata IPL



Davis Cup, Tennis



WT-20 Challenge



Indian Super League (ISL)



Khelo India Games



Pro Kabaddi League



SEF Brooks 5k Run



Pro Kabaddi Fan Squad



International Men Grandmaster Chess Tournament



ICC Mens World Cup Event

Internships

Testimonials



Sajjan Prakash
4 reviews



★★★★★ a year ago

It's hard to find time for studying at a regular college being a professional athlete. ISST's idea of distance courses has helped me pursue my education. Taking up sport science builds my knowledge in the same field and learning to get things right at the highest level of sports.

Sajjan Prakash

Olympian Swimmer, Best Athlete, National Games 2022
ISST Masters Program in Sports Sciences Student



Leandi Van Zyl

"I think it is very important to have courses like this for young strength and conditioning coaches because the better the strength and conditioning the better the athletes will become in India. I opted for this course at ISST because it is really important to keep yourself updated with the latest technologies. It's a great course and me personally have learnt a lot from technological side of strength and conditioning and how to monitor athletes."

— Head of Sports Science at Reliance Foundation, Mumbai



Nikhil Kapur

"In the quest to upgrade my knowledge came across this lovely institution called ISST. Anybody who is looking for deeper understanding should definitely consider joining one of the courses at ISST. Without doubt, I would recommend the ISST, Pune."

—Founder & Director, Atmantan Wellness Centre



Niranjana Mukundan

"It is actually a great course for sports enthusiasts as well as people who want to have a sports career in the future. The distance courses help working professionals and athletes to have a balance between sports and their academics. I wish them all the best."

—DMPSM Student, Swimmer, Junior World Champion, National Awardee



Dr. Jaco Smith

"I was very interested in the new field of Sports Dentistry at ISST. The experience working with ISST is very good. They are good at their communication. I can recommend highly to anybody who is interested to make a career in Sports Dentistry with ISST."

—Founder of Cleanition Dental Products and The Dental Studio, Dubai



Partha Majumder

"ISST has been an inspiring institution about sports. It was my pleasure to pursue Masters in Sports Science from ISST. Faculty members and management are well appreciable. ISST is providing good support and the course is structured in such a manner that they are more modern and you tend to learn not only from your book which helps to explore more areas to get a better thought system. I recommend ISST for upcoming people who want to have a career in sport."

—Head Coach at SAI Glenmark National Swimming Academy



Jitendra Jain

"Sports industry has been growing exponentially. To follow my passion and interest for Sports, I chose ISST, Pune. The faculty has been extremely cooperative and the sports course given by them is very comprehensive. It's a ideal combination of the practical and theory module together. I highly recommend ISST for any sports enthusiasts for a viable career option in sports management in India."

—President Finance, Welspun Group

Infrastructure

SST has one of the best infrastructure in Pune, be it in terms of sports or education.

Infrastructure at ISST has the following amenities:

- 1000sq.ft AV equipped Seminar Hall
- Smart Classrooms
- Cafeteria
- Sports Science Lab
- 3000 sq. ft. artificial grass turf.
- Basketball court.
- High Performance Centre.
- Sports Science Lab.
- Cricket training pitches.
- Fully equipped Physiotherapy Centre.
- Counselling Rooms.



1000sq.ft Seminar Hall with AV Projector Screen



Smart Classrooms



Counselling Rooms



Cafeteria



ISST Pro-Gaming E-Sports Centre



High Performance Centre



ISST Basketball School



3000 sq.ft Synthetic Grass Turf



Sports Science Lab



ASSESSMENT | PERFORMANCE | REHAB
Sports Science & Performance Lab

Vo2 Max testing gives you precise heart rate zones for optimal training sessions.

VO2 Max is the Ultimate Indicator of Cardiovascular Fitness.

- Composite Fitness Assessments
- Vo2 Max Testing
- Timing Gate Tests
- "In-Body" Full Body Composition Scanning
- Blood Flow Restriction (BFR) Training
- Velocity Based Training (VBT)
- Reaction Time Testing
- Advanced Strength & Conditioning
- Sports Nutrition & Psychology Sessions

TOP SPORTS TECH FOR YOUR
PERFORMANCE



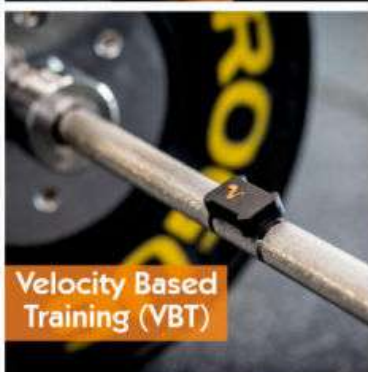
Body Composition Test



Chattanooga Wireless Pro
Wireless electrical stimulation



Blood Flow Restriction Training (BFR)



Velocity Based Training (VBT)



Timing Gates Testing



Reaction Time Testing

THE HIGH PERFORMANCE MODEL



Body Composition Analysis



Composite Fitness Assessments



Strength & Conditioning Program Design



Nutrition & Diet Plan



Psychological Assessment & Counseling



Pre-hab/ Recovery & Rehabilitation



Our Services

COMFORT

- Fully furnished, fully serviced accommodation
- Multiple sharing options - 1, 2, 3, 4 & 5
- Refrigerator
- Washing machine
- Open kitchen with cooking facility
- Microwave
- Television
- Daily housekeeping
- High speed wi-fi
- Hot / cold water supply
- Two-wheeler parking
- Recreation & games
- Common rooms
- Food & canteen service (optional)
- Laundry services (optional)

SAFETY

- 24*7 CCTV surveillance
- Campus security
- Biometric access
- Regular medical check-ups
- First-aid medical kit
- Doctor on call
- Pick up and drop services (optional)

NURTURANCE

- Career counseling
- Mentorship and guidance
- Events and professional interactions
- Monthly popcorn events
- Games & play area

Sports Science Programs



Overview

Sports Science has evolved over the years with respect to the increase in sports participation, the audience, the different kinds of equipment, playing surfaces involved & the technology being used. Over the years, many new elements in sports sciences have had a big impact on sports performances. Technology has also played a vital role to improve sporting performance on and off the field. It is very important to understand how the human body functions and application of different training programs to gain athletic performance.

Course Aims

The various Sports Science courses at ISST aim to impart students with understanding the functioning of the human body and its various systems. The knowledge of sports nutrition, strength & conditioning, rehabilitation programs is a must for a sports scientist to improve performance of athletes. These courses aim to teach all these elements with the use of science backed technologies and assessment tools.

B.Sc, Sports Sciences

UGC Recognized Degree Program

Classroom



**TILAK MAHARASHTRA
VIDYAPEETH UNIVERSITY**

(Declared as Deemed to be University U/S 3 of the UGC Act, 1956 vide Notification No F.O.19/BS-U-3 dated 24 April 1987 by the Government of India.)

Course Structure:

Semester 01

- 1) Fundamentals of Human Anatomy
- 2) Fundamentals of Human Physiology
- 3) Motor Skills & Neurophysiology in Sports
- 4) Evolution in Sports
- 5) Principles of Management
- 6) Athletics (Running Events)
- 7) Important Olympic Sports: Gymnastics, Fencing, Weight-lifting, Shooting, Archery, Winter Sports: Ice Skating, Ice Hockey, Figure Skating, Curling, Luge
- 8) Sports Practicals

Semester 02

- 1) Introduction of Kinesiology
- 2) Introduction to Sports & Exercise Physiology
- 3) Sports Ethics & Governance
- 4) Team Building & Leadership
- 5) Fundamentals of Biochemistry
- 6) Athletics (Jumping Events)
- 7) Ball Sports: Football, Basketball, Cricket, Golf, Softball, Volleyball
- 8) Sports Practicals

Semester 03

- 1) Introduction to Sport Biomechanics
- 2) Fundamentals of Physical Education & Sports
- 3) Introduction to Sports & Exercise Psychology
- 4) Exercise Form & Technique
- 5) Fundamentals of Athletics (Throwing Events)
- 6) PR & Communication Skills
- 7) Racquet Sports: Tennis, Table-Tennis, Badminton, Squash
- 8) Sports Practicals

Semester 04

- 1) Tests & Measurements in Sports
- 2) Management of Sports Teams & Leagues
- 3) Exercise Prescription
- 4) Strength & Conditioning
- 5) Athlete & Brand Management
- 6) Yoga for Sports Performance
- 7) Combative Sports: Wrestling, Kabaddi, Kho-Kho, Judo, Karate, Taekwondo, Kick-boxing, Boxing
- 8) Sports Practicals

Semester 05

- 1) Sports Marketing
- 2) Sports for Special Populations & Para-Athletes
- 3) Sports Nutrition & Doping
- 4) Sports Coaching & Training
- 5) Sports Analytics
- 6) Exercise Management for Chronic Diseases & Disabilities
- 7) Water Sports: Swimming, Water-polo, Canoeing, Rowing, Kayaking
- 8) Sports Practicals

Semester 06

- 1) Sports administration & Operation
- 2) Injury Management & Rehabilitation in Sports
- 3) Advanced Exercise Physiology
- 4) Social Media & Digital Marketing
- 5) Relaxation Methodologies
- 6) Entrepreneurship in the Sporting Context
- 7) Internship Project
- 8) Sports Practicals

Eligibility: Graduation
Duration: 03 Years

Masters Programme in Sports Sciences

Duration: 02 Years Eligibility: Graduation (Any stream)



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Certified
Workshops by
NSCA®
GLOBAL CHAPTER
INDIA



Course Structure:

Semester 01

- 1) Fundamentals of Sports Sciences
- 2) Physical Education & Sports
- 3) Human Anatomy & Physiology
- 4) Exercise Form & Technique
- 5) Sports Nutrition & Doping
- 6) Communication & Presentation Skills
- 7) Assignment-1

Semester 04

- 1) Applied Strength & Conditioning
- 2) Principles of Coaching & Instruction
- 3) Performance Analysis & Long Term Athlete Development
- 4) Yoga, Aqua Therapy & Relaxation Methodologies
- 5) Sociology in Sports
- 6) Sports Entrepreneurship
- 7) Research Project

Semester 02

- 1) Biomechanics in Sports
- 2) Fitness Assessments
- 3) Kinesiology in Sports
- 4) Sports Rehabilitation & Injury Management
- 5) Exercise Physiology
- 6) Research Methodology in Sports
- 7) Assignment-2

Semester 03

- 1) Exercise Psychology
- 2) Strength & Conditioning
- 3) Sports Technology & Analytics
- 4) Health, Safety & First Aid in Sports
- 5) Sports Medicine
- 6) Research Methodology in Sports
- 7) Internship Project

COURSE HIGHLIGHTS

- Two year classroom lecture program.
- Experienced faculty from the sport and management industry.
- Advanced Strength and Conditioning certification workshops Certified by **NSCA INDIA**
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

Distance Masters Programme in Sports Sciences

Duration: 01 Year Eligibility: Graduation (Any stream)

Distance



Course Structure:

Module 01: Allied Sports Sciences

Physical Fitness & Sport Activity
Sports & Exercise Physiology
Coaching Principles
Protective Equipment in Sports
Sports Technology
Introduction to Biomechanics
Biomechanics & Exercise Therapy
Sports Genetics
Sports Management Sciences

Module 04: Sports Nutrition & Doping

Sports Nutrition
Sports Supplementation
Doping in Sports

Module 02: Sports Rehab

The Team Physician
Rehabilitation of Sports Injuries
Musculoskeletal Assessment
Aquatic Therapy
Yoga Therapy
Manual Therapy
Massage Therapy
Kinesio Taping

Module 03: Performance Enhancement

Pre-Participation Medical Evaluation
Anthropometry
Sports Ergonomics
Oxygen Consumption (VO₂)
Pedometry
Treadmill Stress Test
Aqua Aerobics
Strength & Conditioning
Resistance Training
Sports Psychology



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Post Graduate Diploma in Sports Sciences

Duration: 01 Year; Eligibility: Graduation (Any stream)

Classroom



Course Structure:

Semester 01

- 1) Fundamentals of Sports Sciences
- 2) Physical Education & Sports
- 3) Human Anatomy & Exercise Physiology
- 4) Sports Nutrition & Doping
- 5) Communication & Presentation Skills

Semester 02

- 6) Biomechanics in Sports
- 7) Fitness Assessments
- 8) Kinesiology in Sports
- 9) Sports Rehabilitation & Injury Management
- 10) Strength & Conditioning

COURSE HIGHLIGHTS

- Once year classroom lecture program.
- Experienced faculty from the sport and management industry.
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Diploma in Sports Sciences

Duration: 06 Months Eligibility: 10+2 or Equivalent

Classroom | Distance



Overview

Modern sport covers a broad range of fields, be it ethics, medicine, technology, finance, law, education or sociology, to name a few. In this new era, modern sport is in urgent need of highly competent, well trained and experienced sports administrators who will manage all aspects of sport efficiently.

Course Aims

Modern sport covers a broad range of fields, be it ethics, medicine, technology, finance, law, education or sociology, to name a few. In this new era, modern sport is in urgent need of highly competent, well trained and experienced sports administrators who will manage all aspects of sport efficiently.

With experienced faculty and renowned guest speakers, the DSS provides a professional touch to the education provided.

Course Structure

- Fitness Anatomy & Physiology; Sports Coaching
- Sports Nutrition & Doping
- Sports Strength & Conditioning
- Rehabilitation & Management of Sports Injuries
- Allied Subjects in Sports:
 - A) Sports Medicine;
 - B) Sports Psychology;
 - C) Sports Technology;
 - D) Yoga Therapy;
 - E) Aqua Therapy;
 - F) Sports Management Sciences.



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Diploma in Strength and Conditioning

Duration: 06 Months Eligibility: 10+2 or Equivalent

Classroom | Distance



Course Overview:

The Diploma in Strength & Conditioning is a foundational program designed to provide a complete theoretical and practical knowledge in all aspects related to the application of strength & conditioning principles. This course also highlights the importance of having a proper understanding of training science and specificity, biomechanics of human movement and periodization of the training process.

Course Aims:

- To provide the fundamentals of the application of strength & conditioning in different sports.
- To provide essential knowledge in biomechanics of movement
- To provide latest knowledge in different methods for strength, speed and endurance training

Course Duration: 06 Months + 01-month mandatory internship.

Eligibility: 10+2 Pass or equivalent.

Course Structure:

Module 01: Physiology of Strength & Conditioning
Module 02: Biomechanics of Strength & Conditioning
Module 03: Foundations of Strength Training
Module 04: Foundations of Speed Training
Module 05: Foundations of Endurance Training
Module 06: Designing Strength & Conditioning Plans

Distance Program
Co-certified by:



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Distance Masters Programme in High Performance Coaching

Duration: 01 Year Eligibility: Graduation (Any stream)

Distance



Overview:

Sports coaching has evolved over the years with respect to the increase in sports participation, the audience, the different kinds of equipment & playing surfaces involved. Over the years, many sports have adopted to new rules as to make the game more exciting and faster. Technology has also played a vital role to improve sporting performance on and off the field. As a result, the coaching tools and techniques have drastically evolved to make better athletes.

Course Aims:

Coaching an athlete is a very big responsibility while maintaining his/her mental and physical state. The aim of this course is to introduce important concepts in sports coaching like philosophy, strategy, management and technology in sport, to name a few. Other allied topics like nutrition, strength & conditioning, injury management which are of profound importance in sports coaching will also be introduced in this program. The knowledge of High-Performance coaching is essential for achieving higher athletic performance. This course introduces various top-end technologies like VO2 Max Test, Timing Gates, Blood Flow Restriction (BFR), Velocity Based Training (VBT) to name a few.

Course Structure:

Semester 1

1. Fundamentals of Sports Coaching & Coaching Models
2. Anatomy & Biomechanics
3. Research Methodology
4. Fitness Assessments
5. Sports Nutrition & Doping

Semester 2

6. Strength & Conditioning
7. Principles of Coaching and Instruction
8. Exercise Physiology
9. Allied Sports Sciences
10. Sports Rehabilitation & Injury Management



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Diploma in High Performance Coaching

Duration: 06 Months Eligibility: 10+2 or Equivalent

Classroom | Distance



Overview

Sports coaching has evolved over the years with respect to the increase in sports participation, the audience, the different kinds of equipment & playing surfaces involved. Over the years, many sports have adopted to new rules as to make the game more exciting and fast. Technology has also played a vital role to improve sporting performance on and off the field. As a result, the coaching tools and techniques have drastically evolved to make better athletes.

Course Aims

Modern sport covers a broad range of fields, be it ethics, medicine, technology, finance, law, education or sociology, to name a few. In this new era, modern sport is in urgent need of highly competent, well trained and experienced sports administrators who will manage all aspects of sport efficiently.

With experienced faculty and renowned guest speakers, the DHPC provides a professional touch to the education provided.

Course Structure

- 1) Introduction to Fundamentals of Sports Coaching
- 2) Sports Coaching Models
- 3) Sports Coaching and Management
- 4) Fitness Assessments
- 5) Strength & Conditioning



International Sports Professionals Association (ISPA), Chicago, USA
'Student Accreditation'

Sports Management Programs



Overview

Modern sport covers a broad range of fields, be it ethics, marketing, technology, finance, law, governance or sociology, to name a few. In this new era, modern sport is in urgent need of highly competent, well trained and experienced sports administrators who will manage all aspects of sport efficiently.

The Sports Management courses are created to promote management education within the sports world.

Course Aims

The Sports Management programs aim to provide students with practical exposure along with theoretical knowledge about the various concepts involved in Sports Management.

It aims at integrating managerial skills in individuals in connection with sports with the development of personality, analytical skills, and to learn how to cope with the fast-changing trends in the sports industry.

B.Sc Sports Management

UGC Recognized Degree Program

Classroom

Eligibility: Graduation
Duration: 03 Years



**TILAK MAHARASHTRA
VIDYAPEETH UNIVERSITY**
(Declared as Deemed to be University U23 of the UGC Act, 1956 vide
Notification No.F.9-1985-U2 dated 24 April 1987 by the Government of India)
Knowledge Partner

Course Structure:

Semester 01

- 1) Principles of Management
- 2) Fundamentals of Financial Accounting -I
- 3) Basics of Marketing-I
- 4) Introduction to Human Resource Management -I
- 5) Environmental studies
- 6) Practice of Sports Management
- 7) MS Office

Semester 02

- 1) Organizational Behaviour
- 2) Fundamentals of Financial Accounting -II
- 3) Basics of Marketing-II
- 4) Introduction to Human Resource Management -II
- 5) Sports Ethics & Governance
- 6) Principles of Leadership in Sports
- 7) Yoga OR Stress Management

Semester 03

- 1) Physical Education & Sports
- 2) Organisational Behaviour
- 3) Sports Event Management
- 4) Business Statistics
- 5) Disaster Management
- 6) Funding & Sponsorship in Sports
- 7) Presentation Skills

Semester 04

- 1) Business Environment
- 2) Social Media & Digital Marketing
- 3) Production & Operations Management
- 4) Sports Facilities Planning & Management
- 5) Athlete & Brand Management
- 6) Leadership skills & Team Building
- 7) Advanced Excel for Data Analysis & Presentation

Semester 05

- 1) Human Resource Management
- 2) Sports Coaching & Training
- 3) Sports Nutrition
- 4) Sports Psychology
- 5) Sports Technology & Analytics
- 6) Management of Sports Teams & Leagues
- 7) Image Management & Grooming

Semester 06

- 1) Sports Journalism & Sports Tourism
- 2) Entrepreneurship Development
- 3) Sports Law & Arbitration
- 4) Sports Administration & Operations
- 5) Project/Internship
- 6) Project Management

Masters in Business Administration

MBA, Sports Management

Classroom

Duration: 02 Years
Eligibility:
Graduation (Any stream)



**TILAK MAHARASHTRA
VIDYAPEETH UNIVERSITY**

(Declared as Deemed to be University U/S 3 of the
UGC Act 1956 vide Notification No.F-9-19/85-U-3
dated 24 April 1987 by the Government of India)

Course Structure:

Semester 01

- 1) Principles & Practice of Sports Management
- 2) Introduction to Marketing Management
- 3) Cost & Management Accounting
- 4) Business Statistics
- 5) Business Economics
- 6) Public Relations & Communication Skills
- 6) Environmental Studies

Semester 02

- 1) Sports Financial Management
 - 2) Sports Ethics & Governance
 - 3) Human Resource Management
 - 4) Strategic Management
 - 5) Research Methodology
 - 6) Team Building & Leadership
 - 7) Organizational Behaviour
- Intrenship Project

Semester 03

- 1) Sports Development & Tourism
 - 2) Funding & Sponsorship in Sports
 - 3) Digital & Social Media Marketing
 - 4) Sports Facility Management
 - 5) Sports Event Management
 - 6) Sports Entrepreneurship & Innovation
 - 7) Sports Analytics & Technology
- Summer Internship

Semester 04

- 1) Product, Service & Brand Management in Sports.
 - 2) International Sports Environment
 - 3) Sports Medicine, Injury Management & Nutrition
 - 4) Sports Pscyhology
 - 5) Sports Media, Broadcasting & Journalism
 - 6) Sports Law & Arbitration
 - 7) Business Negotiation Skills
- Internship Project

COURSE HIGHLIGHTS

- Two year classroom lecture program.
- Experienced faculty from the sports and management industry.
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

Post Graduate Diploma in Sports Management

Duration: 01 Year; Eligibility: Graduation (Any stream)

Classroom



Course Structure:

Semester 01

- 1) Principles & Practice of Sports Management
- 2) Marketing Management in Sports
- 3) A) Sports Law B) Sports Technology
- 4) Sports Development & Tourism
- 5) Public Relations & Communication Skills

Semester 02

- 6) Sports Financial Management
- 7) Sports Ethics & Governance
- 8) Human Resource Management
- 9) Strategic Management
- 10) Facility & Event Management in Sports

COURSE HIGHLIGHTS

- Once year classroom lecture program.
- Experienced faculty from the sport and management industry.
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Diploma in Sports Management

Duration: 06 Months Eligibility: 10+2 or Equivalent

Classroom | Distance



COURSE HIGHLIGHTS

- 06 Months Classroom lecture program.
- Experienced faculty from the sport and management industry.
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

COURSE STRUCTURE:

- 1) Principles & Practice of Sports Management
- 2) Health & Sports: Sports Medicine; Sports Doping; Sports Injury Management; Sports Nutrition, Sports Psychology.
- 3) Introduction to Financial Management in Sports
- 4) Introduction to Marketing Management in Sports
- 5) Communication & Presentation Skills

Internship Projects

The Institute of Sports Science & Technology provides internship projects with leading Sport companies/clubs/events/teams and sport organizations. The students get practical exposure & experience in such internships by utilizing their knowledge. The internship project provides the student an opportunity to test the various skills and theories learnt in the ISST courses.



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation' Certification

Distance Masters Programme in Sports Management

Duration: 01 Year; Eligibility: Graduation (Any stream)

Distance



Overview

Modern sport covers a broad range of fields, be it ethics, medicine, technology, finance, law, education or sociology, to name a few. In this new era, modern sport is in urgent need of highly competent, well trained and experienced sports administrators who will manage all aspects of sport efficiently.

ISST is essentially the first dedicated institute in sports management education which aims to provide a scientific approach and guidance to people interested in sports. ISST creates a launch pad for those who wish to be actively involved in the sports industry. The DMPSM course is created to promote management education within the sports world.

Course Structure

Module 1

- Principles & Practice of Sports Management
- Allied Subjects in Sports
- Strategic Management in Sports; Sports Entrepreneurship
- Sports Event Management
- Communication and Presentation Skills

Module 2

- Human Resource Management; Sports Development
- Marketing Management in Sports
- Financial Management in Sports
- Legal Aspects of Sports; Sports Technology
- Internship Project / Assignment

Internship Projects

The Institute of Sports Science & Technology provides internship projects with leading Sport companies/clubs/events/teams and sport organizations. The students get practical exposure & experience in such internships by utilizing their knowledge. The internship project provides the student an opportunity to test the various skills and theories learnt in the ISST courses.



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Masters Programme in Cricket Management

Distance



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

Duration: 01 Year;
Eligibility:
Graduation (Any stream)

Course Structure

Semester 01

- 1) Principles & Practice of Cricket Management
- 2) Cricket Coaching & advanced topics in coaching
- 3) Cricket Performance Management
 - a. Cricket specific Sports Nutrition
 - b. Cricket specific Sports Psychology
 - c. Cricket specific Strength & Conditioning
 - d. Cricket specific Sports Injury management & rehabilitation
 - e. Yoga & aqua therapy
- 4) Cricket Events, Venue & Facility Management
- 5) Communication, PR & Presentation Skills

Semester 02

- 6) Sponsorships, Media & Broadcasting
- 7) Athlete Management & Legal Aspects
- 8) Sports Journalism, Sports Tourism
- 9) Marketing & Financial Management
- 10) Sports Technology

Overview

The Distance Masters Programme in Cricket Management is created to provide cricket enthusiasts and athletes with the overall knowledge about the latest trends in the cricketing spectrum. This course has been designed by industry experts and stalwarts from the cricket fraternity to provide students with an opportunity to continue their passion in cricket in a scientific way and the best use of available technology.

Internship Projects

The Institute of Sports Science & Technology provides internship projects with leading Sport companies/clubs/events/teams and sport organizations. The students get practical exposure & experience in such internships by utilizing their knowledge. The internship project provides the student an opportunity to test the various skills and theories learnt in the ISST courses.

Diploma in Cricket Management

Duration: 06 Months

Eligibility: 10th Pass

Classroom | Distance



Overview

The Distance Masters Programme in Cricket Management is created to provide cricket enthusiasts and athletes with the overall knowledge about the latest trends in the cricketing spectrum. This course has been designed by industry experts and stalwarts from the cricket fraternity to provide students with an opportunity to continue their passion in cricket in a scientific way and the best use of available technology.

Internship Projects

The student will have to work as an intern with a cricket organization for a period of minimum one month and secure an internship completion certificate.

Course Structure

- 1) Principles & Practice of Cricket Management
- 2) Fundamentals of Cricket Coaching
- 3) Cricket Performance Management
 - o Cricket specific Sports Nutrition
 - o Cricket specific Sports Psychology
 - o Cricket specific Strength & Conditioning
 - o Cricket specific Sports Injury Rehabilitation
- 4) Cricket Event Management
- 5) Communication, PR & Presentation Skills



International Sports Professionals Association (ISPA), Chicago, USA
'Student Accreditation'

Level 1 Cricket Coaching Certificate

Duration: 03 Months Eligibility: 10th Pass

Distance



Overview

The ISST Level 01 Cricket Coaching Certificate is created to provide cricket enthusiasts with the fundamental knowledge about cricket coaching. This course has been designed by industry experts and stalwarts from the cricket fraternity to provide students with an opportunity to start basic cricket coaching for various age groups.

Course Aims

- 1) To provide the fundamentals of cricket coaching.
- 2) To develop coaching skills for various attributes of cricket viz. batting, bowling, fielding and wicket-keeping.
- 3) To provide knowledge on coaching for various age groups.

Course Structure

- 1) Introduction to the Game of Cricket
- 2) Roles and Responsibilities of the Coach
- 3) Cricket-specific Skills
 - a. Bowling – Spin, Fast
 - b. Batting
 - c. Fielding
 - d. Wicket-Keeping
- 4) Training Methodology
- 5) Game Strategy and Scenarios

Sports & Exercise Nutrition Programs



Overview

The Sport and Exercise Nutrition programs at ISST offer the chance to study the science behind sports nutrition and its applications for the athlete.

The modules are designed to gain a thorough understanding of the multi disciplinary aspects of exercise nutrition, how to assess nutrition needs, develop menus and create nutritional programs for athletic performance and prevent or accommodate injuries via nutritional intervention.

On completion of these course, your career choices include leading sports nutrition programmes for elite athletes and teams, personal exercise or sports nutritionists in various clubs or organisations or governing bodies.

Course Aims

Sports & Exercise Nutrition courses provides students with a good theoretical understanding of nutrition for sports & fitness performance.

To introduce students to the general principles and concepts of sports nutrition.

To develop the ability to apply current sports nutrition theories in daily life including use of supplements.

Distance Masters Programme in Sports & Exercise Nutrition

Duration: 01 Years Eligibility: Graduation (Any stream)

Distance



MODULE I: FOUNDATIONS OF EXERCISE & SPORTS NUTRITION

Introduction to Sports Nutrition
Exercise physiology and Body Systems
Energy Transfer in Exercise
Nutrients and their Metabolism
Principles of Nutrition in Sports:
Energy, Macro-nutrients & Micronutrients,
Vitamins & Mineral, Fluid & Electrolytes

MODULE II: NUTRITION ASPECTS FOR OPTIMAL PERFORMANCE

Part 1.

GI functions & recommendations for Athletes
Fluid and Electrolyte Balance
Antioxidants and performance
Nutrient timing and Glycogen loading
Eating for competing

Part 2.

·Sports drinks and Sports Gels
·Ergogenic Aids
·Supplementation
·Doping

MODULE III: NUTRITION NEEDS IN SPECIAL CONDITIONS

Travel
High Altitude
Inflammation and Injuries
Gender & Age
Body composition & Weight

MODULE III: NUTRITION NEEDS IN SPECIAL CONDITIONS

Anthropometry
Nutrition Assessment
Menu planning
Nutrition plans for 'special population athletes'
Nutrition plans for Specific Sports- endurance sports, power sports, combined sports

MODULE V: CASE STUDY

COURSE INFORMATION:

Bachelor's or postgraduate diploma in In food science & nutrition / In Exercise or Sports nutrition In Basic Nutrition OR A relevant Degree/ Diploma/ Certification which includes anatomy, physiology or biochemistry are eligible to apply, such as Doctors, Nurses, Physiotherapists, Exercise Therapists, Fitness Trainers, Personal Trainers, certified dietitians, nutritionists, Dietetics interns, Sports Coaches.



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation'

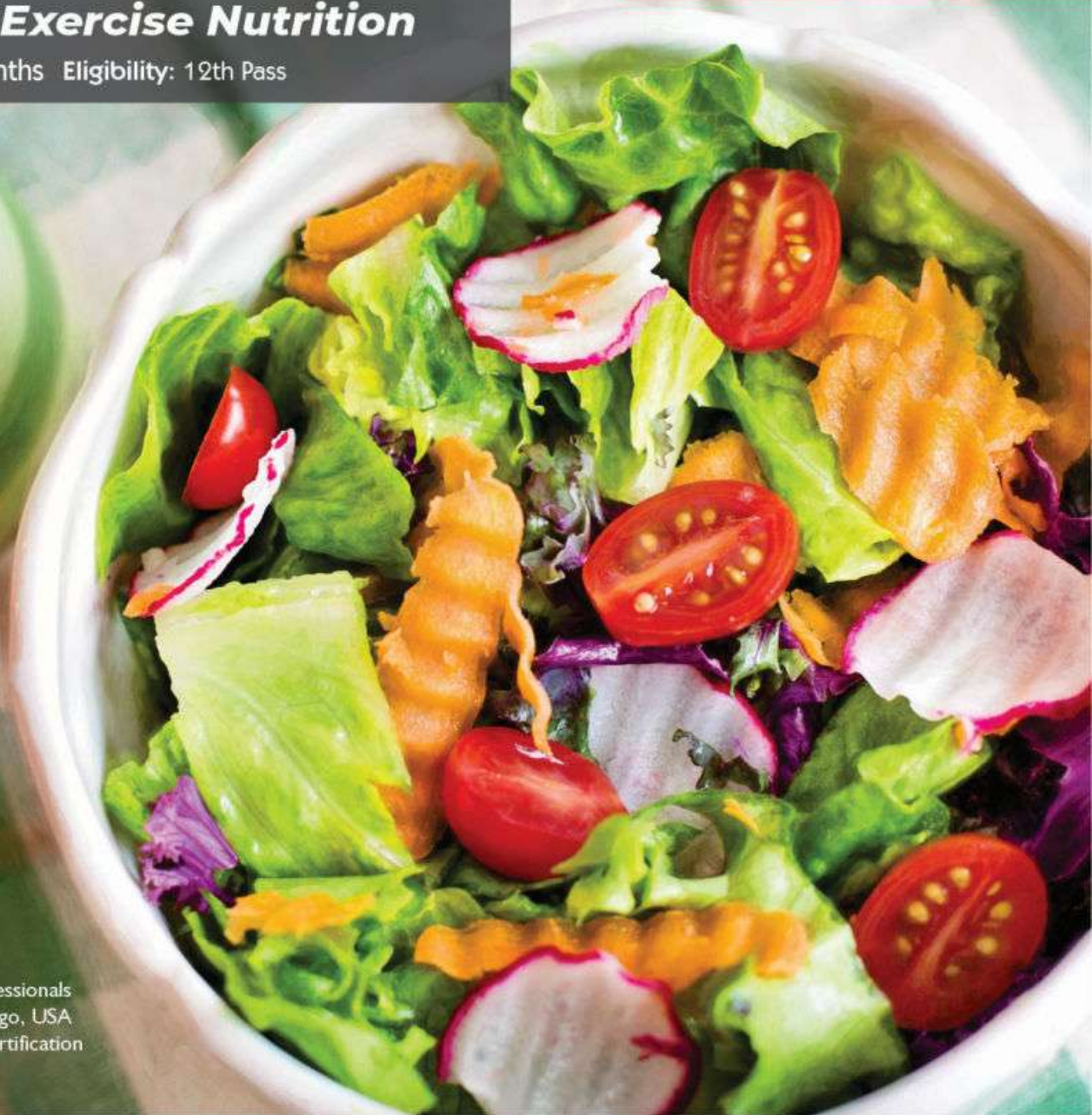
Diploma in Sports & Exercise Nutrition

Duration: 06 Months Eligibility: 12th Pass

Classroom | Distance



International Sports Professionals
Association (ISPA), Chicago, USA
'Student Accreditation' Certification



COURSE HIGHLIGHTS

- 06 Months Classroom lecture program.
- Experienced faculty from the sport and management industry.
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

Internship Projects

The Institute of Sports Science & Technology provides internship projects with leading Sport companies/clubs/events/teams and sport organizations. The students get practical exposure & experience in such internships by utilizing their knowledge. The internship project provides the student an opportunity to test the various skills and theories learnt in the ISST courses.

Course Structure:

- 1) Exercise physiology
 - 2) Introduction to Sport nutrition
 - 3) Physiology of digestion
 - 4) Carbohydrates, Alcohol
 - 5) Proteins
 - 6) Fats
 - 7) Minerals
 - 8) Vitamins
 - 9) Energy balance and energy systems
 - 10) Fluid balance/hydration status
- Nutritional Supplements and Ergogenic aids
Label Reading

Distance Diploma in Sports Medicine (DDSMed)

Duration: 06 Months Eligibility: Graduation (Any stream)

Distance



Course Structure:

Week 1-2 - Introduction to Sports Medicine
Week 3-4 - Sideline Care, Head injuries and General Emergencies
Week 5-6 - Upper limb injuries
Week 7-8 - Lower limb injuries
Week 9-10 - Sports Physiotherapy Upper limb module
Week 11-12 Sports Physiotherapy Lower limb module
Week 13-14 - Sports Physiotherapy and Acute Injuries MCQ test
Week 15-16 - Sports Psychology
Week 17-18 - Sports Nutrition
Week 19-20 - Sports Psychology and Nutrition MCQ Test
Week 21-22 - Course Revision and Final Examination
Week 23-24 - Marking of Papers and Certification

Eligibility: Graduation

Ideal for Coaches, Doctors, Physiotherapists, Athletes, Trainers, Sports Enthusiasts & Allied Sports staff.

Course Highlights

- 6 Months Diploma Certification Program
- Course designed by experienced & professional faculty members.
- Study notes and video lectures.
- Online examinations.



International Sports Professionals Association (ISPA), Chicago, USA
'Student Accreditation'

Diploma in Sports & Fitness Injury Management

Duration: 06 Months

Distance



Course Structure

- Anatomy and Physiology
- Introduction to Sports Medicine and Sports Physiotherapy
- Assessment & Evaluation in Sports Injuries
- Sports specific injuries
- Injury Prevention programmes in Sports- Guidelines, Technique Correction strategies
- Advanced Sports Rehabilitation

Eligibility: Graduation

Physiotherapists- BPTH
Doctors
Occupational therapists-BOTH
Nutritionists
Coaches
Athletes
Trainers

Overview

With the increase in sports participation and active involvement of athletes at various levels in different sports events, the rate of injuries has gone up considerably. Many athletes now a days undergo a pre-hab process which takes care of injury prevention before they happen, as it is rightfully said prevention is better than cure.



International Sports Professionals Association (ISPA), Chicago, USA
'Student Accreditation'

Distance Diploma in Sports & Exercise Psychology

Duration: 06 Months Eligibility: 10+2 or Equivalent



International Sports Professionals Association (ISPA), Chicago, USA
'Student Accreditation'

Overview

The Distance Diploma in Sports and Exercise Psychology (DDSEP) provides aspirants an opportunity to understand and control the state of human mind in the sport field. This course is a good breakthrough for those involved in sports be it athletes, parents, coaches, gym trainers, fitness trainers etc. and for those wanting to become a sport and exercise psychologist.

Course Structure

Module 1:

Introduction to Psychology
Introduction to Sports psychology

Module 2:

Introduction to Exercise Psychology
Injury Rehabilitation Psychology

Module 3:

Supervised Experience: Practical Case study
(Sports & Exercise Psychology)

Eligibility: 10+2 (HSC) Pass

Course Aims

The Distance Diploma in Sports and Exercise Psychology (DDSEP) aims to provide students with profound and up-to-date knowledge, theory and practical techniques practiced in the field of sports and exercise psychology.

It also aims to enable students to develop, think and merge various psychological interventions for specific sport performance, individual athletes, coaches and teams.

Certificate In Sports Psychology & Mental Training

Duration: 01 Month Eligibility: 10th pass

Distance



Course Structure

- Introduction to Sport Psychology and its Importance.
- Part 1- The Story- True to life stories (case studies) for you to analyse and identify possible solutions to the issues in the story.
- Part 2- Core theoretical concepts- attention and concentration, stress and anxiety, motivation, emotions and self-confidence.
- Part 3- Coaching tools- Practical tools that you can use to add a new dimension to your athletic performance.
- Part 4- Bring it together- Video lectures and practical training videos/audios to help assist you in applying the tools and intervention methods.
- Assessment.

Course Aims

To understand the importance of sport psychology in today's sporting world.

To provide theoretical knowledge regarding the key concepts.

To develop the ability to apply the off-field theoretical concepts as on-field practical tools.

Distance Certificate in Sports Psychology & Mental Training (CSPMT)

Who can enrol?

1. Coaches & trainers.
2. Athletes.
3. Parents of athletes.
4. Sports Enthusiasts



In association with:

Course Highlights

- 6 Months Diploma Program co-certified by DentalReach
- Course designed by experienced & professional faculty.
- Study notes and video lectures.
- Online examinations.
- One Day Online Workshop.
- One Day Offline program/workshop.

Co-certified by:

DentalReach

Making sense
of dentistry.

Diploma in Sports Dentistry

ISST Distance Education Courses

Distance Diploma in Sports Dentistry (DDSD)

Course Structure

Prevalence of Sports- related Dento-facial Injuries and their impact
Introduction to Sports Dentistry
Sports Physiology and Sports Medicine
Sports Nutrition
Basic Sports First Aid
General Health, Oral Health & Care of the Athlete
Sports Nutrition Assessment and Dental Care of Athlete
Substance Abuse and Tobacco Abuse & Dental Treatment of Athlete
Dental Treatment of Various Types of Athletes
Doping and Drug Prescription in Sports Dentistry
Prevention of Sports-Related Dento-facial Injuries
Protective Equipment for Prevention of Craniofacial and Intraoral Injuries
Information about Mouthguards
Mouthguard Fabrication & Technology, Clinical Steps and Patient Care
Types of Dental and Facial Injuries
Emergency and Long-term Management of Dental Injuries
Procedures for Dental Injury Management
Emergency Management and Treatment for oro-facial and head injuries



Dr. Sneha Divekar

(Chief Faculty for course)
Sports Dentistry Expert



ISST conducted a seminar on careers in Sports Management & Sciences with top speakers from the sports and fitness industry. Ms. Harvinder Sahni, CFO, Rajasthan Royals IPL franchise, Mr. Kailash Kandpal, CEO of Puneri Paltan Pro Kabaddi league franchise, Mr. Tejas Goradia, Vice President, FC Pune City ISL Franchise, Mr. Madhukar Talwalkar, Founder, Talwalkars Fitness and Mr. Abhimanyu Sable, Founder, ABS Fitness & Wellness clubs were the speakers for this event. This event was a huge success with 350 plus sports enthusiasts attending the event.



ISST received the National Award by Physical Education Foundation of India (PEFI) in New Delhi, for LEADERSHIP AND EXCELLENCE IN SPORTS, August 2018 at the hands of Shri. Manoj Tiwari, Member of Parliament, President, BJP, New Delhi and Mr. Anandeshwar Pandey, Treasurer, Indian Olympic Association (IOA)

We started with a mission, a vision to develop a Sports Ecosystem, to nurture and develop young athletes & sports professionals, to win laurels for India. Celebrating 16 Years of Sporting Success!

Celebrating
16 Years
2008-2024

The strong, 1500 plus ISST alumni network consists of many Olympians, Senior management personnel, international coaches, sports entrepreneurs, senior defense personnel, athletes and sports enthusiasts.

**HOLD THE VISION
TRUST THE PROCESS**



+91-9371456929 / +91-7030776929

info@isst.co.in

www.isst.co.in

→ Institute of Sports Science & Technology, ISST Campus:
2nd Floor, Erandwane Industrial Estate, Above Ink Float,
Near Nal Stop Metro Station, Kothrud, Pune- 38.

→ ISST High Performance Centre & Pro-Gaming by ISST
Bharat Kunj Society No:2, Behind Dashbhuja Ganpati Mandir,
Dead end of lane opposite Kalmadi High School gate 2,
Ganeshnagar, Pune- 411038, Maharashtra, India.