



Department of School Education

Sheet No.89

Career of the Day Friday

Sports Exercise Scientist

Date 11/02/2022

Introduction

A Sports Exercise Scientist is a specialist who works with sports person to improve their performance through physiological, nutritional, biochemical, psychological and biomechanical principles in practice. As a sports exercise Scientist you will work closely with athletes to understand their body and body functions at cellular level and improve their health, endurance, performance etc. and diets along with understanding the mechanics of body. You will also do research in general to improve health of athletes instead of working with any particular athletes. (Punjab Career Portal)

Eligibility

10+2 with Physics, Chemistry and Biology/Mathematics.

Courses available

1. Undergraduate in Physical Education /Exercise and Sports Science/Physical Education & Sports Science /Physiology/Physiotherapy.
2. Post graduate in respective field.

College/Universities

1. Institute of Sports Science and Technology, Pune
2. Delhi University, Delhi
3. University of Mysore, Mysore
4. Amity University, Noida.

For details visit: Mashaal website; contact your school counsellor or visit Punjab Career Portal.

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Mon- Sciences, Tuesday- Emerging Career, Wednesday- Arts, Thursday- Commerce
Friday- Sports, Saturday- Entrepreneurship/Vocational/ NSQF/ Employment Generation