



Sir Vithaldas Thackersey College of Home Science (Autonomous),
SNDT Women's University, Mumbai

MASTERS IN SCIENCE EXERCISE SCIENCE & SPORTS NUTRITION

2 Years Full Time Program (Four Semesters)

SEMESTER WISE SUBJECTS OFFERED



PROGRAM HIGHLIGHTS

1. **Academically** challenging, **vocationally** relevant and underpinned by **evidence-based** practice
2. Orientation to the **multidisciplinary** aspects of exercise science and sports nutrition
3. Certified **national and international** experts and sports nutritionist as **faculty**
4. **Internship opportunities** at reputed national sports associations and centres
5. in-depth knowledge and **hands on experience** to cater to the nutritional needs of athletes and sportspersons

PROGRAM OBJECTIVES

- To develop in-depth **knowledge and practical skill** sets to ensure a scientific basis to sports nutrition
- To plan and implement **sport-specific nutrition support** for athletes/ sportspersons.
- To develop a **team approach** and facilitate the monitoring of team sport-specific nutrition support.
- To develop **research, scholarly skills** and paper publication/presentation skills and specific skills needed for entrepreneurship
- To apply principles of sports nutrition for **special population**

SEMESTER 1

Theory

Exercise Physiology and Sports Biochemistry, Biomechanics and Kinesiology, Principles of Exercise Prescription and Sports Nutrition, Nutritional Care and Assessment

Practical

Principles of Exercise Prescription and Sports Nutrition, Fitness for Health & Wellbeing

SEMESTER 2

Theory

Introduction to Sports Landscape & Industry and Sports Management, Sports specific Nutrition Periodization, Research Methodology & Biostatistics

Practical

Sports specific Nutrition Periodization, Advanced Communication Skills in Nutritional Practice

SEMESTER 3

Theory

Foundation of Exercise and Sports Psychology, Sports Nutrition in Special Population, Sports Supplements & Nutrigenomics

Practical

Sports Nutrition in Special Population, Information Technology in Nutrition & Healthcare, Holistic Wellness

SEMESTER 4

Practical

Dissertation, Internship, Scientific Writing for Nutrition and Sports Professionals, Case study Reviews