

SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE
(EMPOWERED AUTONOMOUS STATUS)
S.N.D.T. Women's University, Juhu, Mumbai

CREDIT TEMPLATE – AY 2023 ONWARDS

Sem.	Program: Master of Science in Exercise Science and Sports Nutrition	Course Type	Credits	
	Course Name			Total
I	Principles of Exercise Prescription and Sports Nutrition (2+0)	Major (Core)	02	22
	Principles of Exercise Prescription and Sports Nutrition (0+4)	Major (Core)	04	
	Exercise Physiology & Sports Biochemistry (4+0)	Major (Core)	04	
	Biomechanics & Kinesiology (4+0)	Major (Core)	04	
	Nutrition Assessment Methods & Applications for Dietitians & Sports Nutritionist (4+0) or Fitness for Health, Endurance & Wellbeing (0+4)	Major (Elective)	04	
	Principles of Preventive & Therapeutic Dietetics (0+4) OR Entrepreneurship Ideation (0+4)	Minor Stream (RM)	04	
II	Sports Specific Nutrition Periodization (2+0)	Major (Core)	02	22
	Sports Injuries: Recovery & Rehabilitation (0+4)	Major (Core)	04	
	Advanced Research Methods & Applications of Statistics in Health Sciences (4+0)	Major (Core)	04	
	Advanced Communication Skills In Nutrition Practice (0+4)	Major (Core)	04	
	Introduction to Sports Industry, Landscape and Sports Management (4+ 0) Or Project Incubation (0+4)	Major (Elective)	04	
	Sports Specific Nutrition Periodization (0+4)	OJT	04	
III	Sports Nutrition in Special Population (2+0)	Major (Core)	02	22
	Sports Nutrition in Special Population (0+4)	Major (Core)	04	
	Foundations of Exercise and Sports Psychology (4+0)	Major (Core)	04	
	Sports Supplements & Nutrigenomics (4+0)	Major (Core)	04	
	Global Food Systems and Nutritional Epidemiology (4+0) OR Digital and Social Media Marketing (0+4)	Major (Elective)	04	
	Internship (0+4)	RP	04	
IV	Exercise and nutrition for weight management, rehabilitation, and healthy aging	Major (Core)	04	22
	Scientific Writing for Nutrition & Sports Professionals (0+4)	Major (Core)	04	
	Case Studies Reviews (0+4)	Major (Core)	04	
	Holistic Wellness (0+4) OR Information Technology in Nutrition and Healthcare (0+4)	Major (Elective)	04	
	Dissertation (0+6)	RP	06	
TOTAL CREDITS			88	

J Madan

Dr Jagmeet Madan, Principal

