BioSpectrum the business of Bi
24 years of leveraging the business of Bio
www.biospectrumindia.co

IIT Madras to offer seven new online courses on Sports Science

20 December 2023 | News

Covering different areas from exercise physiology & movement science to sports psychology



The Indian Institute of Technology Madras (IIT-M)- National Programme on Technology Enhanced Learning (NPTEL) is launching seven new online courses on Sports Science, which is a fast-growing field in India. The courses can be taken online free of cost. The first batch for these seven courses will commence classes on 19th February 2023.

These comprehensive online courses are aimed at bridging the gap between theory and practical applications. The courses are tailored for the Indian and South Asian body structure and cultural aspects.

NPTEL was initiated by seven Indian Institutes of Technology (Madras, Bombay, Delhi, Kanpur, Kharagpur, Guwahati and Roorkee) along with the Indian Institute of Science, Bangalore in 2003.

With a recommended Class XII Pass as qualification, learners can take this introductory NPTEL course to explore this growing field. The courses are relevant for students pursuing Bachelor's and Master's in Sports Sciences, Physiotherapy, and Physical Education, and other related areas. On completion, students can pursue Diplomas or PG degrees in these areas. The Center of Excellence in Sports Science and Analytics at IIT-M has introduced the courses in this domain.

These courses are targeted towards a broad audience including coaches, athletes, trainers, physiotherapists, nutritionists, among others. It covers crucial sports topics such as biomechanics, injury prevention, sports psychology, strength training for Indians, and cultural aspects of sports.