



Institute of
Sports Science
& Technology

Professional Courses in Sports & Fitness

Classroom | Distance Education

Build Your Career in
Sports
with the
ISST 
Advantage

The 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 tie-ups with Domestic & International Sports Organizations.

www.isst.co.in

Your Journey to a
**Successful
Sports
Career** **Starts
Here!**



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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
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
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.



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.



Mr. Pratik Lunawat
Vice President, ISST

- Masters in Financial Management & Accounting, La Trobe University, Australia.
- Co-Founder, ISST School of Fitness Sciences.

Accreditation



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)

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.

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



Antonio Robustelli
International Sports Performance
Consultant, Italy



Dr. Kevin Caillaud
Sports Scientist, France
Sports Nutrition Specialist



Dr. Manit Arora
Sr. Orthopedic Surgeon,
Sports Medicine Expert,
Australia



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



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



Shaz Khan
Urban Cricket Manager,
Buckinghamshire Cricket Board, UK
Former Director of Cricket & Head
Coach, Norwegian Cricket Federation



Vijay Patel
MD, Omtex Sports
Omtex Cricket Apparel
& Equipments



Nikhil Paradkar
Indian First Class Cricketer,
U-23 Coach,
Maharashtra Cricket Association



Dr. Pradeep Athavale
Counsellor-Stratford Uni. (USA),
Cardiff Metropolitan University,
Universal Business School



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



Testimonials

Niranjan Mukundan

Swimmer, Junior World Champion, National Awardee,
ISST Masters Program in Sports Management 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 alot 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



Niranjan 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



A.V Equipped Modern Classrooms

ISST has one of the best infrastructure in Pune, be it in terms of sports or education. With access to the best facilities situated in Kothrud, at the heart of Pune city, students get practical exposure to on-field elements taught in their respective curriculum.

Infrastructure at ISST has the following amenities:

- AV equipped Lecture Halls.
- 3000 sq. ft. artificial grass turf.
- Basketball court.
- Gymnasium facility with weight training area.
- Functional training station.
- Football Ground.
- Cricket training pitches with automatic BOLA bowling machine.
- Fully equipped Physiotherapy Centre

Infrastructure at ISST



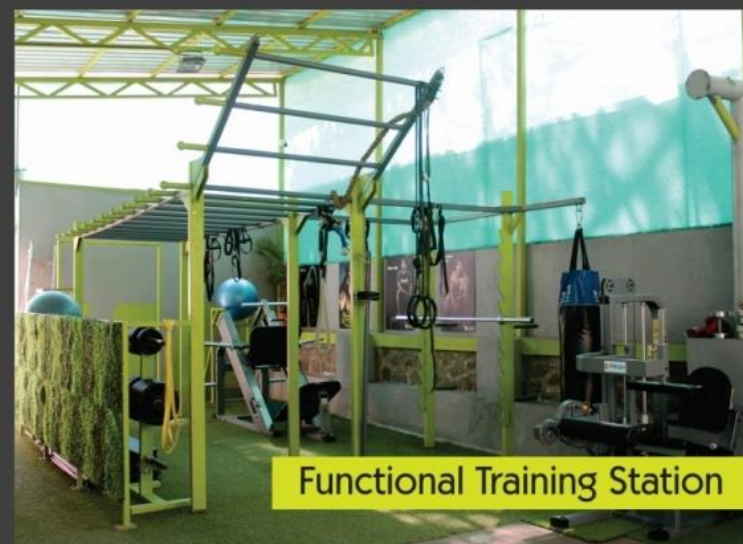
Weight Training Equipment



Weight Training Zone



3000 sq.ft Synthetic Grass Turf



Functional Training Station



Classroom Programmes

ISST provides its courses to students in the Classroom Education Programme. The lectures are conducted in our classrooms with the best ambience with exposure to sporting infrastructure. Students get an opportunity to work with sports companies and organizations as interns and get the best possible practical experience. ISST runs various sports academies and clubs in Pune, where we guarantee our students with internship projects. Our guest speakers are eminent personalities and celebrities from the sport industry, who share their experience with our classroom program students providing them up to date knowledge of the latest trends in the sports arena.

The aim of the classroom program is to provide students with the best possible education through our experienced and eminent faculty members. The classroom courses are designed with a focus on practical exposure with a blend of theoretical knowledge and on-field training.



TILAK MAHARASHTRA VIDYAPEETH

(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)

Marketing & Technical
Knowledge Partner:

***institute of
Sports Science
& Technology***

Bachelors in Business Administration BBA, Sports Management

UGC Recognized Degree Program

Duration: 3 Years; Eligibility: 12th Pass

***Jump-start
your Career in
Sports***

**Kick-start
your Career in
Sports
Sciences**



**TILAK MAHARASHTRA
VIDYAPEETH**

(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)

Marketing & Technical
Knowledge Partner:

***institute of Sports Science
& Technology, Pune***

Advanced Diploma in Sports Sciences + BBA, Sports Management

UGC Recognized Degree Program

Duration: 3 Years; Eligibility: 12th Pass



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

Masters Programme in Sports Management

Duration: 12 Months

Course Structure:

Semester 01

- 1) Principles & Practice of Sports Management
- 2) A) Strategic Management; B) Sports Entrepreneurship;
C) Sports Governance
- 3) Allied Subjects in Sports: Sports Medicine; Sports Doping;
Sports Injury Management; Sports Nutrition,
Sports Psychology, Sports Tourism etc.
- 4) Sports Development, Sports Training & Conditioning
- 5) Public Relations, Communication & Presentation Skills

Semester 02

- 6) Human Resource Management (HRM) in Sports
- 7) Sports Facility Management; Sports Event Management
- 8) Marketing Management in Sports
- 9) Financial Management in Sports
- 10) A) Legal Aspects of Sports; B) Sport Technology

COURSE HIGHLIGHTS

- One 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.

Eligibility: Graduation (Any stream)



Masters Programme in Sports Sciences

COURSE HIGHLIGHTS

- 12 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.

Duration: 12 Months

Eligibility: Graduation (Any Stream)

Course Structure:

Semester 01

- 1) Introduction to Fitness and Sports
- 2) Fitness Anatomy & Physiology, Biomechanics
- 3) Fitness Assessment and Management
- 4) Sports Nutrition 01: Sports Nutrition, Supplementation
- 5) Sports Nutrition 02: Adv. Sports Nutrition, Doping

Semester 02

- 6) Strength & Conditioning, Sports Training
- 7) Principles of Coaching and Instruction
- 8) Sports Rehabilitation 01: Upper Limb
- 9) Sports Rehabilitation 02: Lower Limb
- 10) Allied Sports Sciences:
Sports Psychology, Massage Therapy,
Yoga Therap, Aqua Aerobics,
Sports Technology & Analytics

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'



Diploma in Sports Management

Duration: 06 Months



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.

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

Eligibility: 10+2 or Equivalent

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 Sports Sciences (DSS)

Duration: 06 Months

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

With rapid development in technology, and its improved use in the sport industry, it has become essential for those involved in sports, (may it be a coach, an athlete or any support staff), to be aware of how the different sciences in sport have evolved. The Diploma in sports sciences aims to introduce these distinguished sciences which have literally changed the face of sport today.

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.

Eligibility / Duration

Eligibility:
10+2 (HSC) Pass

Duration: 06 Months

Admission Procedure: Online



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



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

Diploma in Sports & Exercise Nutrition

Duration: 06 Months

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.

Eligibility: 10+2 or Equivalent

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:

Exercise physiology
Introduction to Sport nutrition
Physiology of digestion
Carbohydrates, Alcohol
Proteins
Fats
Minerals
Vitamins
Energy balance and energy systems
Fluid balance/hydration status
Nutritional Supplements and Ergogenic aids
Label Reading



Distance Programmes

ISST now provides its courses to students in the Distance Education Programme. The “distance” is no barrier for sports enthusiasts who wish to undergo the ISST courses. School of Distance Education at ISST provides students with the latest knowledge and updates in the sports industry. As a result, the ISST is dedicated to harnessing the support of technologically-enhanced teaching-learning programmes with the use of multichannel delivery modes for learning.

The ISST reaches out to the students through this programme, overcoming the geographical limitations providing a platform for sports enthusiasts to excel in the sports industry. These courses can be applied for and completed online. The ISST Distance Education programme is characterized by Quality, Convenience, Time efficiency and precision. In short, Distance Education is where students can avail the best education in the field of sports with a visual, textual and an interactive course structure.



Distance Masters Programme in Sports Management (DMPSM)

Duration: 12 Months

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 Aims

The Distance Masters Programme in Sports Management (DMPSM) aims to provide a modern approach to sports by integrating the advanced topics 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. All this by providing a textual, visual and an interactive approach to education by providing the course online.

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

Eligibility / Duration

Eligibility:

Graduation (Any stream)

Duration: 01 (One) Year

Admission Procedure: Online



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



Distance Masters Programme in Sports Sciences (DMPSS)

Duration: 12 Months

Course Structure:

Semester 01

- 1) Introduction to Fitness and Sports
- 2) Fitness Anatomy & Physiology, Biomechanics
- 3) Fitness Assessment and Management
- 4) Sports Nutrition 01: Sports Nutrition, Supplementation
- 5) Sports Nutrition 02: Adv. Sports Nutrition, Doping

Semester 02

- 6) Strength & Conditioning, Sports Training
- 7) Principles of Coaching and Instruction
- 8) Sports Rehabilitation 01: Upper Limb
- 9) Sports Rehabilitation 02: Lower Limb
- 10) Allied Sports Sciences:
Sports Psychology, Massage Therapy,
Yoga Therap, Aqua Aerobics,
Sports Technology & Analytics

Eligibility: Graduation (Any Stream)

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'

Distance Masters Programme in Cricket Management (DMPCM)

Also available in Classroom Program

Course Aims:

- To provide the advanced knowledge of cricket management & coaching techniques.
- To provide essential knowledge of various exercise, health and fitness sciences to improve cricketing performance.
- To provide latest knowledge in various allied management oriented topics to enable the participant to manage the sport in an effective and efficient manner.



Course Duration:

12 Months + Internship project

Eligibility: Graduation (Any Stream)

Course 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.

Course Structure:

Semester 01

- Principles & Practice of Cricket Management
- Cricket Coaching & advanced topics in coaching
- Cricket Performance Management
 - o Cricket specific Sports Nutrition
 - o Cricket specific Sports Psychology
 - o Cricket specific Strength & Conditioning
 - o Cricket specific Sports Injury management & rehabilitation
 - o Yoga & aqua therapy
- Cricket Events, Venue & Facility Management
- Communication, PR & Presentation Skills

Semester 02

- Sponsorships, Media & Broadcasting
- Athlete Management & Legal Aspects
- Sports Journalism, Sports Tourism
- Marketing & Financial Management
- Sports Technology

Internship based assessment:

- 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.

Placement Guidance:

- After certification, the placement cell at ISST will individually evaluate each candidate and help & guide him/her to secure an appropriate job.



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



Distance Masters Programme in Sports & Exercise Nutrition (MPSEN)

Duration: 12 Months

COURSE INFORMATION:

The Master's Programme in Sport and Exercise Nutrition at ISST offers the chance to study the science behind sports nutrition and its applications for the athlete. The modules studied will gain you a thorough understanding of the multi-disciplinary aspects of sports & exercise nutrition, how to assess nutrition needs, develop menus and create nutritional programs for athletic performance and to prevent or accommodate injuries via nutritional intervention. On completion of this 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 ELIGIBILITY

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 dieticians, nutritionists, Dietetics interns, Sports Coaches.

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 I.

- 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 IV: APPLIED NUTRITION

- 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



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



Distance Diploma in Sports Sciences (DDSS)

Duration: 06 Months

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

With rapid development in technology, and its improved use in the sport industry, it has become essential for those involved in sports, (may it be a coach, an athlete or any support staff), to be aware of how the different sciences in sport have evolved. The Distance Diploma in sports sciences aims to introduce these distinguished sciences which have literally changed the face of sport today.

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

Course Structure

- Physical Fitness & Sport Activity
- Sport & Exercise Physiology
- Sports Nutrition
- Sports Conditioning
- Sports Medicine
- Doping in Sports
- Rehabilitation of Sports Injuries
- Protective equipment in sports
- Sports Technology
- Biomechanics in Sports
- Allied Sport Sciences
- Introduction to Sports Management

Eligibility / Duration

Eligibility:
10+2 (HSC) Pass



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

Distance Diploma in Sports Management (DDSM)

Duration: 06 Months



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

The Distance Diploma in Sports Management (DDSM) aims to provide a modern approach to sports.

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. All this by providing a textual, visual and an interactive approach to education by providing the course online.

Course Structure

- Principles & Practice of Sports Management
- Introduction to Marketing in Sports
- Introduction to Financial Management in Sports
- Health & Sports
- Internship Project

Eligibility / Duration

Eligibility:

10th PASS or equivalent examination.

Duration: 06 months

Admission Procedure: Online



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



Distance Diploma in Cricket Management (DCM)

Also available in Classroom Program

Course Aims:

- To provide the fundamentals of cricket management & coaching techniques.
- To provide essential knowledge of various exercise, health and fitness sciences to improve cricketing performance.
- To provide latest knowledge in various allied management oriented topics to enable the participant to manage the sport in an effective and efficient manner.



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

Course Duration:

06 Months + Internship project

Eligibility: 10th Pass

Course Overview:

The Distance Diploma in Cricket Management is created to provide cricket enthusiasts and athletes with the fundamental 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.

Course Structure:

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

Internship based assessment:

- 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.

Placement Guidance:

- After certification, the placement cell at ISST will individually evaluate each candidate and help & guide him/her to secure an appropriate job.



Distance Diploma in Sports & Exercise Nutrition (DDSEN)

Duration: 06 Months

Overview

ISST is essentially the first institute which aims to provide a scientific approach to sports education and guidance to young people interested in sports. ISST creates a launch pad for those who wish to be actively involved in the sports industry.

Nutrition is one of the most important aspects responsible for the overall development of the human body, be it for an athlete or any fitness enthusiast. It is often neglected which in turn, adversely affects the performance.

When sports & fitness professionals are well versed with scientific nutrition principles and practices, it becomes easy for them to derive appropriate nutrient requirements for the athletes depending on the type, intensity and duration of sport or fitness activity. This will definitely help reduce complications like injuries, dehydration, fatigue resulting due to wrong choice of food and beverages.

Course Aims

To provide 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.

Module outcomes:

On successful completion of this module students should be able to:

Identify, interpret and critically review nutrient requirements required for optimal sport & fitness performance.

Critically evaluate current relevant literature within the field of Sport and Exercise Nutrition.

Demonstrate an informed practical application of the theoretical knowledge.

Course Structure:

Exercise physiology

Introduction to Sport nutrition

Physiology of digestion

Carbohydrates, Alcohol

Proteins

Fats

Minerals

Vitamins

Energy balance and energy systems

Fluid balance/hydration status

Nutritional Supplements and Ergogenic aids

Eligibility:

12th PASS or equivalent examination.

Duration: 06 months

Admission Procedure: Online



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



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Association (ISPA), Chicago, USA
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Distance Diploma in Strength & Conditioning (DDSC)

By Antonio Robustelli, CSCS, MSc, Italy

Course Highlights:

- Distance Education with a 1-day classroom workshop.
- Video Lectures & exercise videos from Antonio Robustelli
- Course curated and mentored by Antonio Robustelli
- Technically designed study notes by Antonio Robustelli
- Certificate by Omniathlete Sports Performance, Italy

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Course Overview:

The Distance 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



Antonio Robustelli

High Performance Consultant
Applied Sport Scientist/Technologist
Strength & Conditioning Specialist/Coach
Senior Director of Performance Science and
Certification Manager at
AESA (Asian Exercise and Sport Science Association)
Guest Lecturer in "Performance Science" at Setanta
College, Ireland
Editorial Advisory Board Member of the LER Lower
Extremity Review, USA
Invited Lecturer in "Sport Science Technology" at
National Sports Academy, Sofia (Bulgaria)



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Distance Diploma in Sports & Exercise Psychology (DDSEP)

Duration: 06 Months

Overview

India has traditionally been a society that has emphasized physical activity, exercise and many sports to promote mental and physical well-being and recreation. The age-old practice of yoga and pranayama indicate intricate knowledge about the body-mind relationship that has been developed by ancestors. Until now, this knowledge did not find a way into modern India, though it became a well-established science in the western developed world. Due to the increased sports participation, competitions and increased awareness about benefits of such participation, allied sports sciences like sports management, sports physiotherapy, and sports- exercise psychology etc. have begun developing in India.

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.

Admission Procedure: Online

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.

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

- 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.

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.



Who can Enroll?

- Coaches & trainers
- Athletes
- Parents of athletes
- Sports Enthusiasts

In association with:

Distance Diploma in Sports Medicine (DDSMed)

Duration: 06 Months



Approved by ISKSAA
(International Society for Knowledge
for Surgeons on Arthroscopy and Arthroplasty)

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

Course Highlights

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

Eligibility: Graduation

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



Dr. Manit Arora (Chief Faculty for course)

BMedSci Hons, MBBS Hons, DipAnat, MS (UNSW),
MSc Surg, MS Ortho (Gold Medallist), MSportsMed
Chair, ISKSAA Research Committee
Medical Commission, World Squash Federation
John O'Donnell Hip Arthroscopy and Hip Preservation Fellowship
Clinical and Research Fellowship in Arthroplasty and Arthroscopy (Australia)
Adjunct Lecturer, University of New England
Associate Lecturer, University of Queensland, Australia
Honorary Adjunct Senior Teaching Fellow, Bond University, Australia



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Supporting Faculty:

Dr. Nithin Sunku,
D.Ortho, DNB Ortho, MNAMS,
FAJE,FIJR, Consultant Orthopedic &
Joint replacement surgeon

Dr. Varun Gupta,
MS Ortho SICOT Fellow Sports Med
Sports Medicine Doctor

Dr Nupur Kaul
Masters of Psychology, UK
Sports Psychologist



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Distance Diploma in Sports & Fitness Injury Management (DDSFIM)

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.

Course Aims:

The Distance Diploma in Sports & Fitness injury management (DDSFIM) course has been designed to provide latest knowledge in injury rehabilitation and management. The course aims to provide education on the latest techniques used to prevent, manage and rehabilitate sports & fitness related injuries.

Course Duration:

06 Months

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



Highlights:

- Latest knowledge in sports injury rehabilitation and management.
- Contact program at ISST campus, Pune.
- Video lectures and practical training videos.
- 100% Guaranteed internships with ISST Physio-Studio.

Eligibility:

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

Certificate in Sports Dentistry



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Ideal for Dental Interns, BDS Graduates, Post Graduates,
Clinicians and Academicians.

Course Highlights

- 3 Months Certification Program
- Course designed by experienced & professional faculty.
- Study notes and video lecture DVD.
- Online examinations.
- One Day contact program/workshop.



Dr. Sneha Divekar (Chief Faculty for course)

BDS (Bachelor of Dental Surgery) from Maharashtra University of Health Science
International Certification in Aesthetic Dentistry and Oral Rehabilitation'
under New York University, College of Dentistry, USA
Diploma in Sports Science at ISST, with
Thesis Submission on 'Importance of Mouthguards in Various Sports'.
Diploma in Clinical Diet at IICTN;
Certificate in Sports Nutrition & Herbs, Supplements
Certificate in Youth Fitness & Senior Fitness;

Course Structure

- Prevalence of Sports- related Dento-facial Injuries and their impact
- Introduction to Sports Dentistry
- Sports Physiology and Sports Medicine
- General Health, Oral Health & Care of the Athlete
- Sports Nutrition
- Doping/Substance Abuse and Counseling, Sports Psychology
- Prevention of Sports-Related Dento-facial Injuries
- Protective Equipment for Prevention of Craniofacial and Intraoral Injuries
- Information about Mouth guards
- Mouth guard Fabrication & Technology, Clinical Steps and Patient Care
- Basic Sports First Aid
- Types of Dental and Facial Injuries
- Emergency and Long-term Management of Dental Injuries
- Emergency Management and Treatment for oro-facial and head injuries

Certificate in Women's Fitness and Weight Management
Certificate in First Aid and CPR; Certificate in Stress Management
Experience of giving lectures on Sports dentistry guidance to
various sports clubs, schools and colleges
Member of Indian Dental Association;
Life Member of Indian Association of Sports Medicine
Life Member of Indian Academy of Aesthetic & Cosmetic Dentistry;
Life Member of Nutrition Society of India



Distance Diploma in Sports Technology (DDST)

Duration: 06 Months



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

Course Highlights

- 6 Months Diploma Program.
- First of its kind "virtual classroom program" in sports.
- Case Studies.
- Video Lectures and content videos.
- Hands-on one day workshop.
- Interactive Skype Sessions.
- Quizzes.
- Practical Sessions.



Course Structure

- Introduction to Sports Technology.
- Technology in Sports Equipments and Product Design.
- Technology in Sports Stadiums and Facilities.
- Technology in Mega Events.
- Technology in Sportswear and Performance Apparel.
- Technology in Athlete Performance Analysis and Sports Science.
- Technology in Fan Engagement.
- Application of Sports Software & Analytics.

Eligibility / Duration

Eligibility:
12th PASS or equivalent examination.

Admission Procedure: Online

Sangram Chougule

Brand Ambassador, Director, ISFS,
International Fitness Professional
Mr. Universe, WBPF World Championship X 2
Mr. India X 6, Mr. Maharashtra X 5

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About ISFS

The ISST School of Fitness Sciences (ISFS) is a premium institute for fitness education to provide holistic and practical approach through its various programs and initiatives. The ISFS aims to create industry ready fitness professionals with up to date knowledge and its practical application to generate productive outputs for the employers and their clients.

Distance Courses

Distance Diploma in Personal Training for Health & Fitness
Duration: 04 Months | Eligibility: 10th Pass

Distance Diploma in Fitness & Exercise Nutrition
Duration: 06 Months | Eligibility: 10th Pass

Classroom Courses

Diploma in Personal Training for Health & Fitness
Duration: 04 Months | Eligibility: 10th Pass

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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)



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2008-2021 and more to come....

We started with a mission, a vision to develop a Sports Ecosystem to nurture and develop young athletes and sports managers, to win laurels for India. With your support and blessings we have crossed 10 and hoping to reach more.....
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Memberships & Accreditations:



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Sports Clubs & Academies



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