

**GOVERNMENT OF INDIA
YOUTH AFFAIRS AND SPORTS
LOK SABHA**

UNSTARRED QUESTION NO:1025
ANSWERED ON:01.03.2011
STUDY OF SPORTS SCIENCE
Joshi Shri Mahesh

Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:

- (a) whether the study of sports science has been made a compulsory part of the training programme for sportspersons;
- (b) if so, the details thereof;
- (c) whether the Government has taken any initiative for educating the trainees in the field of sports science; and
- (d) if so, the details thereof?

Answer

THE MINISTER OF STATE (INDEPENDENT CHARGE) FOR YOUTH AFFAIRS AND SPORTS (SHRI AJAY MAKEN)

(a) & (b): Yes, Madam. Sports Sciences are an integral part of the training of sportspersons. Sports Authority of India (SAI) Centres at the National Institute of Sports (NIS), Patiala, Kolkata and Bangalore have well-established sports science facilities in Sports Medicine, Sports Psychology, Anthropometry, Bio/Mechanics, Exercise physiology and training methods which are managed by highly qualified and experienced teams of Sports Scientists. Besides, the latest fitness equipments and recovery methods facilities are also available at these centres. The Scientific support to National Campers is an essential part of the system of preparation for international competitions.

(c) & (d): Yes, Madam. Scientific support is being provided to National Coaches in the form of scientific analyses of sportspersons and providing scientific inputs in sports training, especially in the fields of Sports Medicine, Sports Psychology, Sports Bio/Mechanics, Sports Physiology and methods of sports training to enhance the performance of athletes. In the two year Master of Sports Science with Coaching courses, Research Projects are compulsory along with the theoretical knowledge.