



MASTER'S PROGRAMME IN SPORTS SCIENCE

under the aegis of

Faculty of Humanities and Social Sciences

Tribhuvan University

Kirtipur, Kathmandu, Nepal

WELCOME !!!



न हि ज्ञानेन सदृशं पवित्रमिह विद्यते । तत्स्वयं योगसंसिद्धः कालेनात्मनि विन्दति ॥
श्रद्धावाँल्लभते ज्ञानं तत्परः संयतेन्द्रियः। ज्ञानं लब्ध्वा परां शान्तिमचिरेणाधिगच्छति ॥



Tribhuvan University

- 1956 Established
 - 1959 Programmes Launched
- ## In NEPAL
- Previously
 - Colleges were under Ministry of Education
 - 1972 - Colleges were brought under TU

Tribhuvan University

- 4 Research centers
- 5 Institutes
- 4 Faculties
- 44 Central Departments,
- 4 Programmes
- 62 Constituent campuses,
- 1053 Affiliated colleges
- (2081/07/06)



TU World Ranking

- Largest -
 - No 1 in terms of Students 460,000
- 801-1000st World Universities
 - #919 of Global Universities
- 251st Asian Universities
- Combination of both
 - Best teachers / students
 - Worst teachers / students
 - Our Role - What we want to be



Sports Science

- Decided 2018

- Intake started 2019

- Batch I, 2019 12
 - Batch II, 2020 18
 - Batch III, 2021 13
 - Batch IV, 2022 24
 - Batch V, 2023 22
 - Batch VI, 2024 23
 - Batch VII, 2025 19
 - Batch VIII, 2026 26



Objectives

• Produce

- policy makers, managers, researchers, programme implementers

- Who know -

- Basic knowledge on sports -

- but essentially not the players

- Has analytical knowledge

- on Socio, economic and political dynamics that affects the sports

- Can identify the problems, policy gaps and -

- Contributes to enhance sports related activities in the country



Courses in sports science

- Theory driven
 - Practical exercise oriented
- Start with -
 - Knowledge
- Operate with -
 - Skills
- Work with -
 - Plan and programme design
- Target for
 - Behavioral change



Courses of study

- 4 Semester 2 Years
 - + - 15 CrHrs a semester
 - Thesis Compulsory
- Aim to produce
 - High level human resource for
 - conducting research, policymaking,
 - programme designing,
 - implementing the projects, monitoring and evaluating



Courses create milieu and concept

- That

- Sports is also highly academic area
- Ordinary and non-noticeable differences in biomechanics can affect the sports performance
- Sports is itself
 - Culture, Economy, Tourism, Politics Diplomacy, and many things related to the lives of various people

- **Sports is both -**

- Theoretical and practical



Compatibility of courses

- **Compatible with**
 - **In subject matter**
 - Other sports institutions in
 - South Asia and abroad
 - **In standard**
 - Other courses in TU
 - and abroad



Courses in Semester I

First Semester				
S.N.	Course Code	Course Title	Credit Hour	S
1.	SPS 501	Applied Sports Science	3	
2.	SPS 502	Advanced Sports Psychology	3	
3.	SPS 503	Sports Sociology	3	
4.	SPS 504	Sports Medicine and Nutrition	3	
5.	SPS 505	Track and Field, and Yoga	3	
Total Credit Hour			15	

Courses in Semester II

Second Semester			
S.N.	Course Code	Course Title	Credit Hour
1.	SPS 551	Kinesiology and Biomechanics	3
2.	SPS 552	Sports Training and Coaching Science	3
3.	SPS 553	Sports Policy, Environment and Sports Organizations	3
4.	SPS 554	Games And Sports: Volley Ball and Basketball	3
5.	SPS 555	Games and Sports: Football and Cycling	3
Total Credit Hour			15

Courses in Semester III

Third Semester			
S.N.	Course Code	Course Title	Credit Hour
1.	SPS 601	Research Methodology and Sports Statistics	3
2.	SPS 602-1 SPS 602-2	1. Sports Medicine and Exercise Physiology-I Or, 2. Sports Management-I	3
3.	SPS 603	Test, Measurement and Evaluation in Games and Sports	3
4.	SPS 604	Games and Sports: Kho-Kho, Kabaddi and Karate	3
5.	SPS 605	Games and Sports: Cricket and Taekwondo	3
Total Credit Hour			15

Courses in Semester IV

Fourth Semester			
S.N.	Course Code	Course Title	Credit Hour
1.	SPS 651	Sports Science in Contemporary Society	3
2.	SPS 652-1 SPS 652-2	1. Sports Medicine and Exercise Physiology-II Or, 2. Sports Management-II	3
3.	SPS 653	Games and Sports:, Table Tennis and Badminton	3
4.	SPS 654	Sports Coaching Event Management and Entrepreneurship (Project Work)	3
5.	SPS 655	Thesis	6
Total Credit Hour			18
Credit Hour in Grand Total			63

Study Tour and Visits

- Patiala - Punjabi University
- Photo: Rakesh K Rai





Study Tour and Visit

- Sports Authority of India
 - Prof Kamala Sharma and
 - Dr Rajveer Singh



Need for Organizing a game

- **In the Semester IV**

- **Students are supposed to organize a tournament for their practical**

- **They have to**

- **contact schools / colleges / clubs**

- **organize the tournament**

- **prepare schedules**

- **Set for all officials, referees, umpire, team managers etc.**

- **And run it successfully**

Faculties

- **TU based Sports Academia**
 - Professors, PhDs, Foreign University trained
 - Experienced
 - Published a number of articles
- **From contemporary Sports Academia**
 - PhDs, Foreign University and Institute trained
- **From high level sports human resource**
 - Experienced, national and international medalists, referees, athletes, managers, event organizers

Availability of sports materials

- **Almost 40**
 - **Master's Theses have been produced in Sports**
 - **Hundreds of Books and publications are available**
 - **Teachers share**
 - **many articles and books**
 - **Infinite amount of materials**
 - **available in the Internet**

Challenge = ?

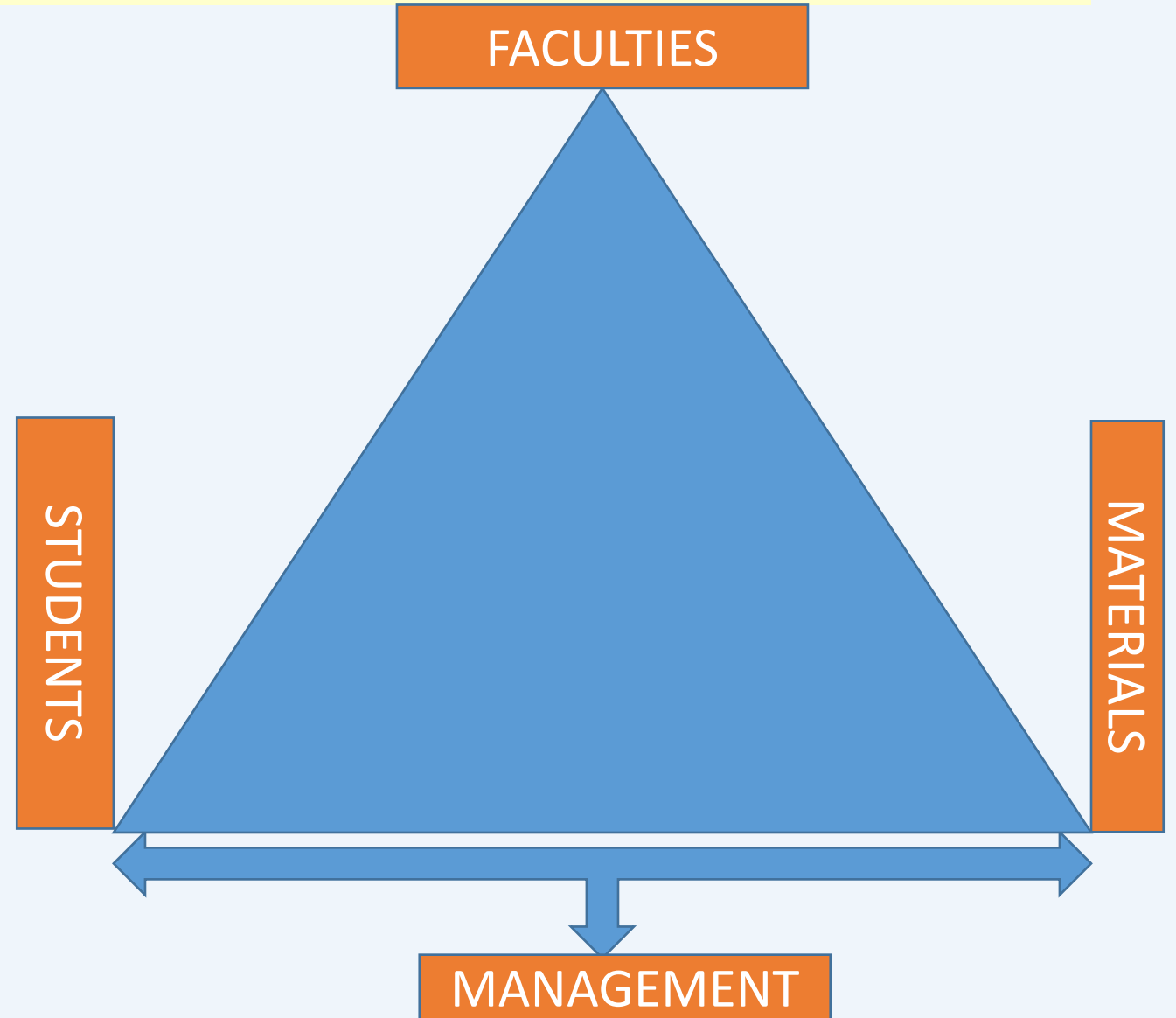


**Regularity in Class
And your full attention**



Welcome to you all again!!

- **Academics**
 - **Combination of**
 - **Faculties**
 - **Students, and**
 - **Materials**
 - **Supported by**
 - **Management**
 - **and Stakeholders**
 - **teachers and**
 - **students too**



Who are there with you?



Chandan
Kaju



Some others might have been missing .
And many more as Guest speakers, special class moderators

**Lets Work Together
Learn Together, and
Win the World Together !!!**



Thank you