



Institute of
Sports Science
& Technology



ISST 
Advantage

- UGC Recognized University Degree Programs.
- 100% Guaranteed Internships.
- Placement Guidance through ISST Placement Cell.
- Internationally Accredited Courses by GPTQA, Australia.
- Exposure in Events through ISST Sports Clubs & Academies.
- Professional Faculty & "WOW" Guest Speakers.
- Industry study visits with Domestic & International Sports Organizations.



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

PROFESSIONAL PROGRAMS

SPORTS MANAGEMENT | SPORTS SCIENCES



isst.co.in



+91-9371456929 / 7499125033



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
Founder 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.



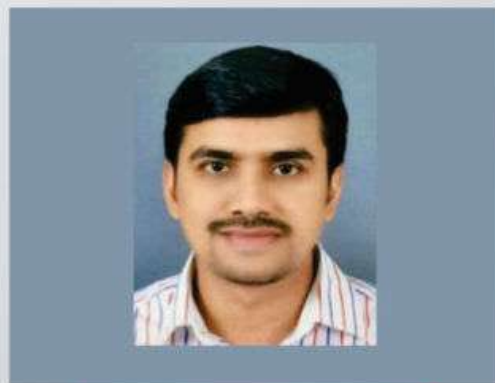
Mrs. Ujawala Lunawat
Co-Founder, Chairperson, ISST

- 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.



Tanvi Lunawat
Director, Operations

- B.E.IT
- 12 Years of experience in Sports Operations and event management.
- Visiting faculty in Sports Management at various prestigious universities and institutes.



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.



TILAK MAHARASHTRA VIDYAPEETH UNIVERSITY

(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)

**ISST is the Technical Knowledge Partner for
UGC Recognized Degree Programs by TMV**

Tilak Maharashtra Vidyapeeth (TMV), Pune, established in 1921 in memory of Lokmanya Bal Gangadhar Tilak, is a Deemed to be University recognized since 1987. The institution is committed to imparting quality education that harmoniously blends India's rich cultural heritage with contemporary global knowledge systems. Offering a diverse range of programs in arts, sciences, management, law, health sciences, Ayurveda, and media studies, TMV emphasizes academic excellence, research, and holistic student development. With state-of-the-art infrastructure and a strong legacy, the Vidyapeeth continues to contribute significantly to higher education and nation-building.



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

The various Sports Management courses offered at ISST has the "Student Accreditation" certification from the International Sports Professionals Association (ISPA), Chicago, USA.



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE
AUSTRALIA

The various Sports Science & allied courses offered at ISST has the "GPTQA Level 1" certification from the Global Performance Testing Quality Assurance (GPTQA), Australia.

Internship Projects

100% Guarantee for Internship Projects

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.

**VISHAKHA
TAMBADE**

BBA SPORTS MANAGEMENT
(BATCH 2022 - 25)

PLACED AS BUSINESS
DEVELOPMENT EXECUTIVE



ISST ACHIEVED 100% PLACEMENT FOR 2025 PASSING OUT BATCH MBA, Sports Management & MPSS, Sports Sciences

**DHRITIMAN
DAS**
POST GRADUATE DIPLOMA
IN SPORTS MANAGEMENT
(BATCH 2024 - 25)
PLACED
AS KEY ACCOUNTS MANAGER

**RONAK
HIRANANDANI**
MBA IN SPORTS MANAGEMENT
(BATCH 2023 - 25)
PLACED
AS EVENT MANAGER

**SATEJ
PAKNIKAR**
MBA SPORTS MANAGEMENT
(BATCH 2023 - 25)
PLACED AS
EXECUTIVE - BUSINESS
DEVELOPMENT, MARKETING
& CUSTOMER SERVICE

**CONGRATULATIONS
APOORVA KELKAR**
MBA IN SPORTS MANAGEMENT
(BATCH 2023- 2025)
ON BEING PLACED AS
PROJECT EXECUTIVE

**CONGRATULATIONS
RAJAT
SATHAYE**
MBA SPORTS MANAGEMENT (BATCH 2023-25)
ON BEING PLACED
AS HEAD PHYSICAL EDUCATION TEACHER & EVENTS

**ARYAN'S
CRICKET ACADEMY**
**SREEVIND
MV**
MBA IN SPORTS MANAGEMENT
(BATCH 2023 - 25)
ON BEING PLACED
AS SPORTS MANAGER

Past Job/Internship Openings at ISST from some esteemed Sports Companies & organizations



Internship Opportunities with Top Sports Events & Leagues



Disclaimer: All the above logos are intellectual properties of their respective companies/organizations.



Tata IPL



Davis Cup, Tennis



WT-20 Challenge



Indian Super League (ISL)



Khelo India Games



Pro Kabaddi League



SEF Brooks 5k Run



Pro Kabaddi Fan Squad



International Men Grandmaster Chess Tournament



ICC Mens World Cup Event

Internships

Testimonials



Sajjan Prakash
4 reviews

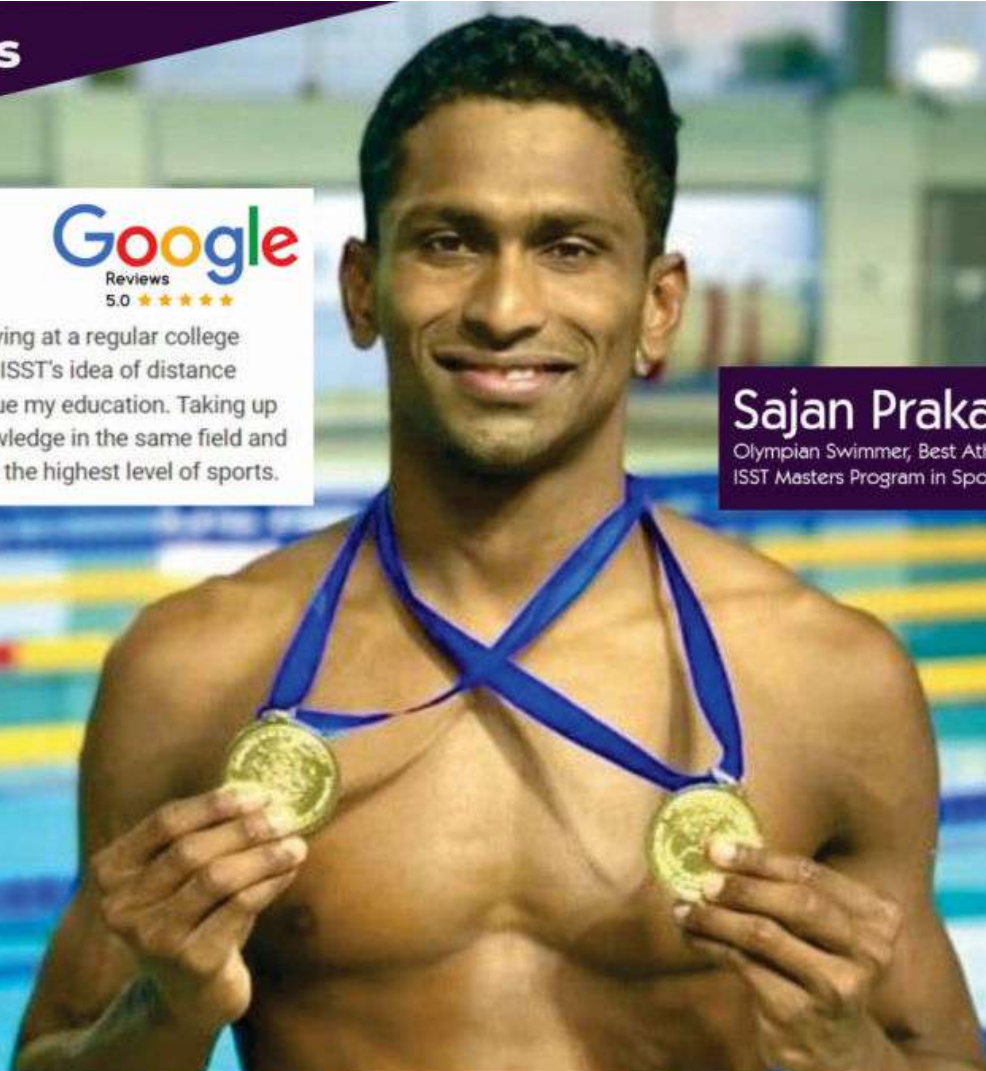


★★★★★ a year ago

It's hard to find time for studying at a regular college being a professional athlete. ISST's idea of distance courses has helped me pursue my education. Taking up sport science builds my knowledge in the same field and learning to get things right at the highest level of sports.

Sajjan Prakash

Olympian Swimmer, Best Athlete, National Games 2022
ISST Masters Program in Sports Sciences 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 a lot 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



Niranjana 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

Infrastructure

SST has one of the best infrastructure in Pune, be it in terms of sports or education.

Infrastructure at ISST has the following amenities:

- 1000sq.ft AV equipped Seminar Hall
- Smart Classrooms
- Cafeteria
- Sports Science Lab
- 3000 sq. ft. artificial grass turf.
- Basketball court.
- High Performance Centre.
- Sports Science Lab.
- Cricket training pitches.
- Fully equipped Physiotherapy Centre.
- Counselling Rooms.



1000sq.ft Seminar Hall with AV Projector Screen



Smart Classrooms



Counselling Rooms



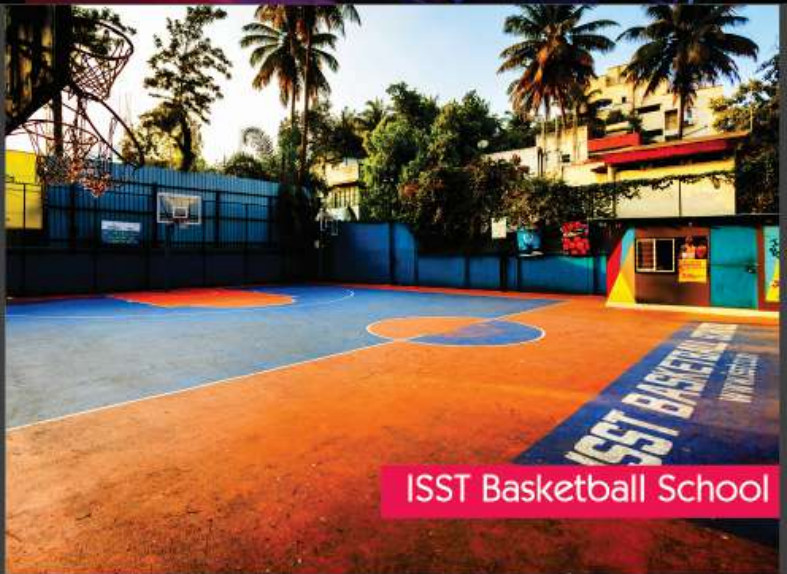
Cafeteria



ISST Pro-Gaming E-Sports Centre



High Performance Centre



ISST Basketball School



3000 sq.ft Synthetic Grass Turf



Sports Science Lab



ASSESSMENT | PERFORMANCE | REHAB
Sports Science & Performance Lab

Vo2 Max testing gives you precise heart rate zones for optimal training sessions.

VO2 Max is the Ultimate Indicator of Cardiovascular Fitness.

- Composite Fitness Assessments
- Vo2 Max Testing
- Timing Gate Tests
- "In-Body" Full Body Composition Scanning
- Blood Flow Restriction (BFR) Training
- Velocity Based Training (VBT)
- Reaction Time Testing
- Advanced Strength & Conditioning
- Sports Nutrition & Psychology Sessions

TOP SPORTS TECH FOR YOUR
PERFORMANCE



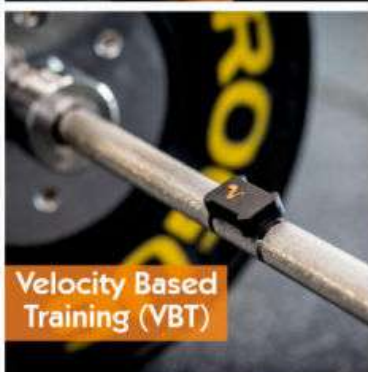
Body Composition Test



Chattanooga Wireless Pro
Wireless electrical stimulation



Blood Flow Restriction Training (BFR)



Velocity Based Training (VBT)



Timing Gates Testing



Reaction Time Testing

THE HIGH PERFORMANCE MODEL



Body Composition Analysis



Composite Fitness Assessments



Strength & Conditioning Program Design



Nutrition & Diet Plan



Psychological Assessment & Counseling



Pre-hab/ Recovery & Rehabilitation



Our Services

COMFORT

- Fully furnished, fully serviced accommodation
- Multiple sharing options - 1, 2, 3, 4 & 5
- Refrigerator
- Washing machine
- Open kitchen with cooking facility
- Microwave
- Television
- Daily housekeeping
- High speed wi-fi
- Hot / cold water supply
- Two-wheeler parking
- Recreation & games
- Common rooms
- Food & canteen service (optional)
- Laundry services (optional)

SAFETY

- 24*7 CCTV surveillance
- Campus security
- Biometric access
- Regular medical check-ups
- First-aid medical kit
- Doctor on call
- Pick up and drop services (optional)

NURTURANCE

- Career counseling
- Mentorship and guidance
- Events and professional interactions
- Monthly popcorn events
- Games & play area

Sports Science Programs



Overview

Sports Science has evolved over the years with respect to the increase in sports participation, the audience, the different kinds of equipment, playing surfaces involved & the technology being used. Over the years, many new elements in sports sciences have had a big impact on sports performances. Technology has also played a vital role to improve sporting performance on and off the field. It is very important to understand how the human body functions and application of different training programs to gain athletic performance.

Course Aims

The various Sports Science courses at ISST aim to impart students with understanding the functioning of the human body and its various systems. The knowledge of sports nutrition, strength & conditioning, rehabilitation programs is a must for a sports scientist to improve performance of athletes. These courses aim to teach all these elements with the use of science backed technologies and assessment tools.



**B.Sc, Sports Management +
Adv. Diploma,
Sports Sciences**
GPTQA Level 1 Certificate, Australia

Course Structure:

Semester 01

- 1) Human Physiology
- 2) Biomechanics in Sports
- 3) Human Anatomy

Semester 02

- 1) Exercise Physiology
- 2) Kinesiology in Sports
- 3) Sports Rehabilitation & Injury Management

Semester 03

- 1) Fitness Assessments
- 2) Exercise Form & Technique & Sports
- 3) Strength & Conditioning

Semester 04

- 1) Yoga, Aqua Therapy & Relaxation Methodologies
- 2) Health, Safety & First Aid in Sports
- 3) INTERNSHIP PROJECT

Eligibility: 12th Pass

Duration: 02 Years alongwith
B.Sc, Sports Management

Course Highlights:

- Two year classroom lecture program along with B.Sc, Sports Management degree 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.



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE
GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA

Masters Programme in Sports Sciences

Duration: 02 Years Eligibility: Graduation (Any stream)

Classroom



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE

GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA



Course Structure:

Semester 01

- 1) Fundamentals of Sports Sciences
- 2) Physical Education & Sports
- 3) Human Anatomy & Physiology
- 4) Exercise Form & Technique
- 5) Sports Nutrition & Doping
- 6) Communication & Presentation Skills
- 7) Assignment-1

Semester 02

- 1) Biomechanics in Sports
- 2) Fitness Assessments
- 3) Kinesiology in Sports
- 4) Sports Rehabilitation & Injury Management
- 5) Exercise Physiology
- 6) Research Methodology in Sports
- 7) Assignment-2

Semester 03

- 1) Exercise Psychology
- 2) Strength & Conditioning
- 3) Sports Technology & Analytics
- 4) Health, Safety & First Aid in Sports
- 5) Sports Medicine
- 6) Research Methodology in Sports
- 7) Internship Project

Semester 04

- 1) Applied Strength & Conditioning
- 2) Principles of Coaching & Instruction
- 3) Performance Analysis & Long Term Athlete Development
- 4) Yoga, Aqua Therapy & Relaxation Methodologies
- 5) Sociology in Sports
- 6) Sports Entrepreneurship
- 7) Research Project

COURSE HIGHLIGHTS

- Two year classroom lecture program.
- Experienced faculty from the sport and management industry.
- GPTQA Level 1 Certificate, Australia
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

Distance Masters Programme in Sports Sciences

Duration: 01 Year Eligibility: Graduation (Any stream)

Distance



Course Structure:

Module 01: Allied Sports Sciences

- Physical Fitness & Sport Activity
- Sports & Exercise Physiology
- Coaching Principles
- Protective Equipment in Sports
- Sports Technology
- Introduction to Biomechanics
- Biomechanics & Exercise Therapy
- Sports Genetics
- Sports Management Sciences

Module 04: Sports Nutrition & Doping

- Sports Nutrition
- Sports Supplementation
- Doping in Sports

Module 02: Sports Rehab

- The Team Physician
- Rehabilitation of Sports Injuries
- Musculoskeletal Assessment
- Aquatic Therapy
- Yoga Therapy
- Manual Therapy
- Massage Therapy
- Kinesio Taping

Module 03: Performance Enhancement

- Pre-Participation Medical Evaluation
- Anthropometry
- Sports Ergonomics
- Oxygen Consumption (VO₂)
- Pedometry
- Treadmill Stress Test
- Aqua Aerobics
- Strength & Conditioning
- Resistance Training
- Sports Psychology

Post Graduate Diploma in Sports Sciences

Duration: 01 Year; Eligibility: Graduation (Any stream)

Classroom



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE

GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA



Course Structure:

Semester 01

- 1) Fundamentals of Sports Sciences
- 2) Physical Education & Sports
- 3) Human Anatomy & Exercise Physiology
- 4) Sports Nutrition & Doping
- 5) Communication & Presentation Skills

Semester 02

- 6) Biomechanics in Sports
- 7) Fitness Assessments
- 8) Kinesiology in Sports
- 9) Sports Rehabilitation & Injury Management
- 10) Strength & Conditioning

COURSE HIGHLIGHTS

- Once year classroom lecture program.
- Experienced faculty from the sport and management industry.
- GPTQA Level 1 Certificate, Australia
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

Diploma in Sports Sciences

Duration: 06 Months Eligibility: 10+2 or Equivalent

Classroom | Distance



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

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.

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.

Distance Diploma in Strength & Conditioning

Duration: 06 Months Eligibility: 10+2 or Equivalent

Distance



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 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

Course Duration: 06 Months
Eligibility: 10+2 Pass or equivalent.

Distance Masters Programme in High Performance Coaching

Duration: 01 Year Eligibility: Graduation (Any stream)

Distance



 **GPTQA**
GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE
GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA

Overview:

Sports coaching has evolved over the years with respect to the increase in sports participation, the audience, the different kinds of equipment & playing surfaces involved. Over the years, many sports have adopted new rules as to make the game more exciting and faster. Technology has also played a vital role to improve sporting performance on and off the field. As a result, the coaching tools and techniques have drastically evolved to make better athletes.

Course Aims:

Coaching an athlete is a very big responsibility while maintaining his/her mental and physical state. The aim of this course is to introduce important concepts in sports coaching like philosophy, strategy, management and technology in sport, to name a few. Other allied topics like nutrition, strength & conditioning, injury management which are of profound importance in sports coaching will also be introduced in this program. The knowledge of High-Performance coaching is essential for achieving higher athletic performance. This course introduces various top-end technologies like VO₂ Max Test, Timing Gates, Blood Flow Restriction (BFR), Velocity Based Training (VBT) to name a few.

Course Structure:

Semester 1

1. Fundamentals of Sports Coaching & Coaching Models
2. Anatomy & Biomechanics
3. Research Methodology
4. Fitness Assessments
5. Sports Nutrition & Doping

Semester 2

6. Strength & Conditioning
7. Principles of Coaching and Instruction
8. Exercise Physiology
9. Allied Sports Sciences
10. Sports Rehabilitation & Injury Management

Sports Management Programs



Overview

Modern sport covers a broad range of fields, be it ethics, marketing, technology, finance, law, governance 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.

The Sports Management courses are created to promote management education within the sports world.

Course Aims

The Sports Management programs aim to provide students with practical exposure along with theoretical knowledge about the various concepts involved 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.

BSc, Sports Management

UGC Recognized Degree Program

Classroom

Eligibility: 12th Pass
Duration: 03 Years



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Course Structure:

Semester 01

- 1) Principles of Management
- 2) Fundamentals of Financial Accounting -I
- 3) Basics of Marketing-I
- 4) Introduction to Human Resource Management -I
- 5) Environmental studies
- 6) Practice of Sports Management
- 7) MS Office

Semester 02

- 1) Organizational Behaviour
- 2) Fundamentals of Financial Accounting -II
- 3) Basics of Marketing-II
- 4) Introduction to Human Resource Management -II
- 5) Sports Ethics & Governance
- 6) Principles of Leadership in Sports
- 7) Yoga OR Stress Management

Semester 03

- 1) Physical Education & Sports
- 2) Organisational Behaviour
- 3) Sports Event Management
- 4) Business Statistics
- 5) Disaster Management
- 6) Funding & Sponsorship in Sports
- 7) Presentation Skills

Semester 04

- 1) Business Environment
- 2) Social Media & Digital Marketing
- 3) Production & Operations Management
- 4) Sports Facilities Planning & Management
- 5) Athlete & Brand Management
- 6) Leadership skills & Team Building
- 7) Advanced Excel for Data Analysis & Presentation

Semester 05

- 1) Human Resource Management
- 2) Sports Coaching & Training
- 3) Sports Nutrition
- 4) Sports Psychology
- 5) Sports Technology & Analytics
- 6) Management of Sports Teams & Leagues
- 7) Image Management & Grooming

Semester 06

- 1) Sports Journalism & Sports Tourism
- 2) Entrepreneurship Development
- 3) Sports Law & Arbitration
- 4) Sports Administration & Operations
- 5) Project/Internship
- 6) Project Management

MBA, Sports Management

Eligibility: Graduation
Duration: 02 Years

Classroom



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UGC Act 1956 vide Notification No.F-9-19/85-U-3
dated 24 April 1987 by the Government of India)

ISST is the Technical Knowledge Partner for
UGC Recognized Degree Programs by TMV

Course Structure:

Duration: 02 Years Eligibility: Graduation (Any stream)

Semester 01

- 1) Principles & Practice of Sports Management
- 2) Introduction to Marketing Management
- 3) Cost & Management Accounting
- 4) Business Statistics
- 5) Business Economics
- 6) Public Relations & Communication Skills
- 6) Environmental Studies

Semester 02

- 1) Sports Financial Management
 - 2) Sports Ethics & Governance
 - 3) Human Resource Management
 - 4) Strategic Management
 - 5) Research Methodology
 - 6) Team Building & Leadership
 - 7) Organizational Behaviour
- Intrenship Project

Semester 03

- 1) Sports Development & Tourism
 - 2) Funding & Sponsorship in Sports
 - 3) Digital & Social Media Marketing
 - 4) Sports Facility Management
 - 5) Sports Event Management
 - 6) Sports Entrepreneurship & Innovation
 - 7) Sports Analytics & Technology
- Summer Internship

Semester 04

- 1) Product, Service & Brand Management in Sports.
 - 2) International Sports Environment
 - 3) Sports Medicine, Injury Management & Nutrition
 - 4) Sports Pscyhology
 - 5) Sports Media, Broadcasting & Journalism
 - 6) Sports Law & Arbitration
 - 7) Business Negotiation Skills
- Internship Project

COURSE HIGHLIGHTS

- Two year classroom lecture program.
- Experienced faculty from the sports and management industry.
- Guest Lectures from sport experts and professionals.
- Internship Projects with leading sports companies & organizations.
- Job & Career Counseling.
- 100% Job Guidance.

Post Graduate Diploma in Sports Management

Duration: 01 Year; Eligibility: Graduation (Any stream)

Classroom



Course Structure:

Semester 01

- 1) Principles & Practice of Sports Management
- 2) Marketing Management in Sports
- 3) A) Sports Law B) Sports Technology
- 4) Sports Development & Tourism
- 5) Public Relations & Communication Skills

Semester 02

- 6) Sports Financial Management
- 7) Sports Ethics & Governance
- 8) Human Resource Management
- 9) Strategic Management
- 10) Facility & Event Management in Sports

COURSE HIGHLIGHTS

- Once 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.



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

Diploma in Sports Management

Duration: 06 Months Eligibility: 10+2 or Equivalent

Classroom | Distance



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

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' Certification

Distance Masters Programme in Sports Management

Duration: 01 Year; Eligibility: Graduation (Any stream)

Distance



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 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

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'

Masters Programme in Cricket Management

Distance



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

Duration: 01 Year;
Eligibility:
Graduation (Any stream)

Course Structure

Semester 01

- 1) Principles & Practice of Cricket Management
- 2) Cricket Coaching & advanced topics in coaching
- 3) Cricket Performance Management
 - a. Cricket specific Sports Nutrition
 - b. Cricket specific Sports Psychology
 - c. Cricket specific Strength & Conditioning
 - d. Cricket specific Sports Injury management & rehabilitation
 - e. Yoga & aqua therapy
- 4) Cricket Events, Venue & Facility Management
- 5) Communication, PR & Presentation Skills

Semester 02

- 6) Sponsorships, Media & Broadcasting
- 7) Athlete Management & Legal Aspects
- 8) Sports Journalism, Sports Tourism
- 9) Marketing & Financial Management
- 10) Sports Technology

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.

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.

Diploma in Cricket Management

Duration: 06 Months

Eligibility: 10th Pass

Classroom | Distance



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.

Internship Projects

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.

Course Structure

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



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

Level 1 Cricket Coaching Certificate

Duration: 03 Months Eligibility: 10th Pass

Distance



Overview

The ISST Level 01 Cricket Coaching Certificate is created to provide cricket enthusiasts with the fundamental knowledge about cricket coaching. This course has been designed by industry experts and stalwarts from the cricket fraternity to provide students with an opportunity to start basic cricket coaching for various age groups.

Course Aims

- 1) To provide the fundamentals of cricket coaching.
- 2) To develop coaching skills for various attributes of cricket viz. batting, bowling, fielding and wicket-keeping.
- 3) To provide knowledge on coaching for various age groups.

Course Structure

- 1) Introduction to the Game of Cricket
- 2) Roles and Responsibilities of the Coach
- 3) Cricket-specific Skills
 - a. Bowling – Spin, Fast
 - b. Batting
 - c. Fielding
 - d. Wicket-Keeping
- 4) Training Methodology
- 5) Game Strategy and Scenarios

Sports & Exercise Nutrition Programs



Overview

The Sport and Exercise Nutrition programs at ISST offer the chance to study the science behind sports nutrition and its applications for the athlete.

The modules are designed to gain a thorough understanding of the multi disciplinary aspects of exercise nutrition, how to assess nutrition needs, develop menus and create nutritional programs for athletic performance and prevent or accommodate injuries via nutritional intervention.

On completion of these 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 Aims

Sports & Exercise Nutrition courses provides 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 including use of supplements.

Distance Masters Programme in Sports & Exercise Nutrition

Duration: 01 Years Eligibility: Graduation (Any stream)

Distance



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE
GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA

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 1.

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 III: NUTRITION NEEDS IN SPECIAL CONDITIONS

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

COURSE INFORMATION:

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 dietitians, nutritionists, Dietetics interns, Sports Coaches.

Diploma in Sports & Exercise Nutrition

Duration: 06 Months Eligibility: 12th Pass

Classroom | Distance



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE

GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA



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.

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:

- 1) Exercise physiology
 - 2) Introduction to Sport nutrition
 - 3) Physiology of digestion
 - 4) Carbohydrates, Alcohol
 - 5) Proteins
 - 6) Fats
 - 7) Minerals
 - 8) Vitamins
 - 9) Energy balance and energy systems
 - 10) Fluid balance/hydration status
- Nutritional Supplements and Ergogenic aids
Label Reading

Distance Diploma in Sports Medicine (DDSMed)

Duration: 06 Months Eligibility: Graduation (Any stream)

Distance



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

Eligibility: Graduation

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

Course Highlights

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



Diploma in Sports & Fitness Injury Management

Duration: 06 Months

Distance



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

Eligibility: Graduation

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

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.

 **G P T Q A**
GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE
GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA

Distance Diploma in Sports & Exercise Psychology

Duration: 06 Months Eligibility: 10+2 or Equivalent



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GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA



Overview

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.

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

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.

Certificate In Sports Psychology & Mental Training

Duration: 01 Month Eligibility: 10th pass

Distance



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.

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.

Distance Certificate in Sports Psychology & Mental Training (CSPMT)

Who can enrol?

1. Coaches & trainers.
2. Athletes.
3. Parents of athletes.
4. Sports Enthusiasts



In association with:

Distance Diploma in Sports Analytics

Duration: 06 Months



HARSHIT TYAGI

Head Faculty,
Sports Analytics, ISST

UEFA B License,
Over 10+ years of professional experience
with Senior teams in Saudi Arabia, Portugal & India

Course Aims

Throughout the course you will learn to use about how to collect data in from matches/ events by Match tagging (Longomatch) and using tagged data to create vizualisation (Through Python, Tableau), analysis video and present video reports (Analysis software) to present insights to your team.

Course Structure

1. Introduction in Sports analytics
2. Fundamentals of Sports analytics
3. Data analysis in sports
4. Python in sports (introduction & visualization)
5. Data visualization using Tableau
6. Understanding/ Interpreting game actions (technical, tactical)
7. Player & Team Scouting through data
8. Match tagging using Longomatch
9. Match analysis using Video analysis software
10. Compiling and Presenting Video feedback
11. Wearable technologies and using physical data
12. Player profiling using excel and data collection
13. Match process and Live analysis

Course Outcomes

The course will prepare you for the role of a Sports Performance Analyst by giving you all the knowledge plus the tools/software needed to excel in your role and help your team/players give the best results possible

Eligibility: Candidates with basic knowledge of Sports and having a working Laptop/ PC can apply for this course

Course Highlights

Learn Practical skills on
4 Free Softwares provided by us.
Match Tagging
Data & Video Analysis
Creative Visualization
Visual Match Reports
Critical Feedback Presentation



Institute of
Sports Science
& Technology



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

Masters Programme in Sports Dentistry

12 Months Hybrid
Online + Offline

Co-Certified by:

- Institute of Sports Science and Technology
- International Sports Professionals Association, Chicago, USA
- Dental Reach

www.isst.co.in

Course Highlights

- 12 Months Masters Program.
- Course designed by experienced & professional faculty.
- Study notes and video lectures.
- Online examinations.
- Online + Offline Workshop.

Course Structure

LEARNING SESSIONS: 50hrs of Online Training

- 25hrs of exclusive sports dentistry & science sessions with expert faculty.
- 15hrs of sports science sessions with respective subject faculty.
- 10hrs of insight into sports sciences by well-renowned industry experts.

GUIDANCE AND EASE OF EXAMS

- Online objective based exams.
- Guidance for practical assignment, thesis and case submission.
- Post-course support by the faculty.
- Recommendation letter for the candidate for attaching as a Team Dentist.
- Learn standard guidelines followed all over the world for sports dentistry.
- Learn from National and International Faculty as Guest Lecturers.

DETAIL ONLINE PROGRAM

- Extensive sessions available on all aspects of sports sciences on our online portal by different subject experts.
- Online LIVE workshop with expert faculty to understand all aspects of sports dentistry along with query solving and online exams.

EXHAUSTIVE OFFLINE PROGRAM

- Hands-on for various dental procedures.
- On-field training for dental screening of athletes.
- On-field training of basic first aid.
- Face-to-face meeting for query solving with sports dentistry faculty.
- Interaction with coaches, athletes, sports science & management experts.



GLOBAL PERFORMANCE TESTING QUALITY ASSURANCE
GPTQA LEVEL 1 CERTIFICATE, AUSTRALIA

Eligibility: BDS Graduates, Post Graduates,
Clinicians and Academicians.



Dr. Sneha Divekar
Head Faculty,
Sports Dentistry

- BDS (Bachelor of Dental Surgery), MUHS
- International Certification in Aesthetic Dentistry and Oral Rehabilitation under New York University, College of Dentistry, USA
- Fellowship in Aesthetic Dentistry, Germany
- Masters Program in Sports Science
- Masters Program in Sports Nutrition
- Fellowship in Clinical Nutrition
- Fellowship in Psychology Counseling
- Certificate in TMJ disorders
- Certificate in Occlusion and FMR
- Certificate in Dental Sleep Medicine
- Experience of giving lectures on Sports dentistry guidance to various sports clubs, schools and colleges, dental screenings and treatments of all levels of athletes.
- Founder & Director, National Sports Dentistry Committee, India
- Life Member of Indian Society of Sports and Exercise Medicine
- Life Member of Indian Association of Sports Medicine
- Life Member of Association of Sports Nutrition and Fitness Science
- Life Member of Indian Academy of Aesthetic & Cosmetic Dentistry
- Life Member of Indian Society of Dental Traumatology
- Life Member of Federation of Special Care Dentistry
- Life Member of Indian Dental Association

Call: 7499125033
Enroll Now!!



SPORTS CON PUNE 2025

PANEL 01: DECODING THE LEAGUE CULTURE

ISST
Institute of Science & Technology
Dialogue based Conference

SPORTS CON PUNE
Dialogue based Conference

INDUSTRY EXPERT PANEL DISCUSSIONS



SPORTS CON PUNE 2025

A Dialogue based Conference on Sports!

As India gets ready to host the 2036 Summer Olympic Games, there is a wave of development in the sports industry. ISST hosted the **Sports Con Pune 2025**, a dialogue based conference, to discuss how we can jointly work, collaborate and take advantage of the numerous opportunities coming our way. It promised to be a great evening of discussion & dialogue. Over 350 founders, entrepreneurs and professionals attended the event and got meaningful networking opportunities.

PANEL 01: DECODING THE LEAGUE CULTURE



Kailash Kandpal
CEO, Puneri Paltan,
Pro Kabaddi League



Mandar Tamhane
CEO, North East United
Football Club,
Indian Super League



Parvin Dabas
Co-Founder,
Pro Panja League



Rishi Bhansali
COO,
Pune United,
World Pickleball League

PANEL 02: ROLE OF GOVERNMENT, SPORTS FEDERATIONS, NGOs & CORPORATES IN SPORT DEVELOPMENT



Pawan Singh
Co-Founder, Gun for Glory
Jt. Secretary, National Rifle
Association of India



Abhijit Kunte
Chess Grandmaster,
International Chess
Coach



Lokesh Suji
Director, Esports
Federation of India
VP - Asian Esports Federation



Rishikesh Joshi
Founder,
Sports For All (SFA)

We started with a mission, a vision to develop a Sports Ecosystem, to nurture and develop young athletes & sports professionals, to win laurels for India. Celebrating 16 Years of Sporting Success!

Celebrating
17 Years
2008-2025

The strong, 1500 plus ISST alumni network consists of many Olympians, Senior management personnel, international coaches, sports entrepreneurs, senior defense personnel, athletes and sports enthusiasts.

**HOLD THE VISION
TRUST THE PROCESS**



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 **www.isst.co.in**

 Institute of Sports Science & Technology, ISST Campus:
2nd Floor, Erandwane Industrial Estate, Above Ink Float,
Near Nal Stop Metro Station, Kothrud, Pune- 38.

 ISST High Performance Centre & Pro-Gaming by ISST
Bharat Kunj Society No:2, Behind Dashbhuja Ganpati Mandir,
Dead end of lane opposite Kalmadi High School gate 2,
Ganeshnagar, Pune- 411038, Maharashtra, India.