



लक्ष्मीबाईराष्ट्रीयशारीरिकशिक्षासंस्थान , ग्वालियर
**LAKSHMIBAI NATIONAL INSTITUTE OF
PHYSICAL EDUCATION**

*(Deemed-to-be University)
Ministry of Youth Affairs & Sports, Government of India*

STANDARD OPERATING PROCEDURE

**PHYSIOTHERAPY INTERNSHIP
PROGRAMME**



LAKSHMIBAI NATIONAL INSTITUTE OF PHYSICAL EDUCATION, GWALIOR

(Deemed to be University, Ministry of Youth Affairs & Sports,
Government of India)

POLICY FRAMEWORK: SPORTS PHYSIOTHERAPY INTERNSHIP PROGRAMME

Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, an autonomous institution under the Ministry of Youth Affairs & Sports, Government of India, is a Deemed to be University under Section 3 of the UGC Act, 1956. Established in 1957, LNIPE is India's premier institution dedicated to physical education, sports sciences, teacher education, research, and national capacity-building initiatives in sports and physical literacy.

Building on its commitment to excellence in sports education and athlete support, LNIPE has introduced the Sports Physiotherapy Internship Programme to provide structured clinical and sports science exposure to undergraduate and postgraduate physiotherapy students. The programme aims to bridge academic learning with practical experience through supervised training in sports injury prevention, assessment, rehabilitation, athlete management, and interdisciplinary sports science support.

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The internship shall promote competency-based learning aligned with national standards for physiotherapy education while supporting athlete care at LNIPE.

1. Objectives:

The programme aims to:

- Provide practical exposure in sports physiotherapy.
- Develop competency in athlete assessment and rehabilitation.
- Strengthen clinical reasoning and evidence-based practice.
- Provide multidisciplinary exposure with Sports Science professionals.
- Develop professional ethics and communication skills.
- Promote documentation and research aptitude.
- Prepare interns for professional practice in sports medicine.

2. Internship Location:

The internship may be conducted at:

- **LNIPE, Gwalior**
- **LNIPE-NERC, Guwahati**

The Institute shall allocate interns based on institutional requirements, availability of sports activities, infrastructure, and supervisory capacity.

3. Eligibility:

Eligible candidates include:

Parameter	Eligibility Criteria
Nationality	Indian Nationals only.
Age	Minimum age for internship is 20 years, and upper age limit is 25 years (as on last date of receipt of application).
Bachelor of Physiotherapy (BPT)	Final-year students undergoing their mandatory internship.
Master of Physiotherapy (MPT)	Students pursuing (Final Year/Semester) or having completed MPT in any of the following specializations: • Sports Physiotherapy • Musculoskeletal Physiotherapy • Orthopaedic Physiotherapy (or equivalent specialization).
Mandatory Documents	Applicants shall submit the following documents along with the application: • Updated Resume/Curriculum Vitae (CV) • Statement of Purpose (SOP) (Highlighting motivation, clinical interest, background, and expected learning outcomes.) • No Objection Certificate (NOC) from the parent institution (for currently enrolled students) • Self-attested copies of academic transcripts/mark sheets and relevant certificates.

4. Duration:

The Institute may offer the following internship durations:

Programme	Duration
Sports Physiotherapy Internship	3 Months (12 weeks)
Extended Clinical Internship (where applicable)	6 Months (24 weeks)

5. Number of Seats:

The Institute shall notify the intake before each cycle.

Indicative intake:

- 5–10 interns per batch or
- As per institutional requirement and availability of mentors.

6. Intake:

Twice every year: January and July, Additional batches may be introduced based on requirements.

7. Scope of Training:

Training Area	Key Components
Sports Injury Prevention	Athlete screening, injury risk assessment, warm-up & cool-down protocols, recovery techniques
On-Field & Pitch-Side Care	Emergency management, pitch-side assessment, sports taping & strapping, first aid & BLS
Clinical Assessment	Orthopaedic examination, functional assessment, ROM assessment, muscle strength & flexibility
Rehabilitation & Return-to-Play	Exercise therapy, rehabilitation protocols, return-to-play assessment, injury prevention programmes
Sports Science Support	Strength & Conditioning, Exercise Physiology, Biomechanics, Sports Nutrition, collaboration with coaches
Documentation & Data Management	Athlete records, daily case sheets, injury database, progress reports
Research & Academic Exposure	Clinical audit, literature review, evidence-based practice, case presentations

8. Expected Learning Outcomes: Upon completion, interns shall be able to:

- Conduct sports injury assessment.
- Apply evidence-based rehabilitation protocols.
- Perform taping and emergency management.
- Design exercise rehabilitation programmes.
- Work in multidisciplinary sports science teams.
- Maintain professional clinical documentation.
- Demonstrate ethical clinical practice.
- Communicate effectively with athletes and coaches and
- Present clinical cases professionally.

09. Application & selection process

Step 1: Submission: Applicants must submit their updated Resume, Statement of Purpose (SOP), No Objection Certificate (NOC), and academic transcripts through the LNIPE application portal.

Step 2: Scrutiny: Applications undergo preliminary screening to verify academic qualifications, institutional eligibility, and document completeness.

Step 3: Merit & Selection: A dedicated Selection Committee comprising senior sports physiotherapists and department heads evaluates candidates based on academic performance and relevant clinical exposure.

Selection shall be based on:

Criteria	Weightage
Academic Performance	50%
Statement of Purpose	20%
Clinical Exposure	20%
Interview (if conducted)	10%

The Selection Committee may modify the criteria depending upon institutional requirements.

10. Selection Committee:

The Vice Chancellor shall constitute a three-member Selection Committee comprising:

1. Dean (Academics) / Dean, Faculty of Allied Health Sciences – Chairperson
2. Head, Department of Physiotherapy – Member
3. Senior Sports Physiotherapist or Sports Medicine Expert nominated by the Vice Chancellor – Member

The Committee shall scrutinize applications, conduct interviews (where applicable), and recommend candidates for admission to the Sports Physiotherapy Internship Programme. The recommendations of the Committee shall be submitted to the Competent Authority for approval, and the decision of the Competent Authority shall be final.

11. Code of conduct & confidentiality:

- **Data Confidentiality (NDA):** Interns shall strictly maintain confidentiality regarding athlete injury records, medical assessments, diagnostic reports, and institutional research data under applicable laws.
- **Media & Public Interaction:** Making public statements, interacting with press, or posting athlete health/injury status on social media without prior written approval is strictly prohibited.
- **Professional Ethics:** High standards of medical ethics, punctuality, professional decorum, and compliance with LNIPE rules are mandatory throughout the tenure.

12. Mentoring, reporting & certification:

- **Mentorship:** Each intern will be assigned a Mentor Officer (Senior Sports Physiotherapist) who will guide clinical activities and oversee learning outcomes.
- **Reporting Requirements:** Minimum 75% physical attendance is mandatory for eligibility toward program completion and certification. Failure to maintain the prescribed minimum attendance may require the intern to undergo an extension of the internship, as determined by the Competent Authority. Submission of weekly progress reports and a final clinical presentation/case study report at the end of the 3-month/6-month duration.
- **Certification:** A digitally verifiable Certificate of Completion will be issued by LNIPE upon meeting attendance, performance evaluation, and conduct standards.

13. Legal & general terms

- The internship programme is purely an academic and clinical training opportunity and shall not constitute permanent or contractual employment or entitle the intern to any stipend, honorarium, salary, accommodation, financial benefits, or future employment at LNIPE. Interns shall be responsible for their own health, medical, and accident insurance during the internship.
- LNIPE reserves the right to terminate the internship at any stage in case of misconduct, indiscipline, unsatisfactory performance, breach of confidentiality, failure to maintain the prescribed minimum attendance, submission of false information or forged documents, violation of Institute rules, or voluntary withdrawal by the intern. In such cases, the decision of the Institute regarding certification shall be final and binding.
- Any dispute arising out of the internship shall be subject to the jurisdiction of the competent courts at Gwalior, Madhya Pradesh.



INTERNSHIP APPLICATION FORM

Application for Sports Physiotherapy Internship	
1. Name of Applicant	
2. Father's/Mother's Name	
3. Date of Birth	
4. Gender	
5. Mobile Number	
6. Email ID	
7. Correspondence Address	
8. Name of Institution/University	
9. Course & Semester/Year	
10. Preferred Internship Duration	3 Months / 6 Months
11. Preferred Location	Gwalior / Guwahati
12. Proposed Internship Period	
13. Documents Enclosed	Resume, SOP, NOC (if applicable), Academic Transcripts

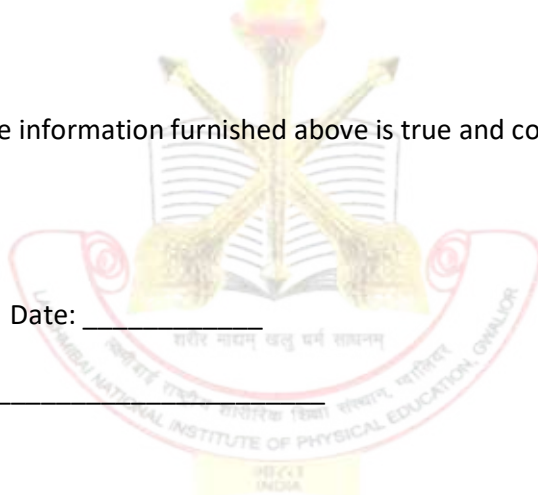
Declaration:

I hereby declare that the information furnished above is true and correct to the best of my knowledge.

Place: _____

Date: _____

Signature of Applicant: _____



STATEMENT OF PURPOSE (SOP)

The applicant shall submit a Statement of Purpose (maximum 500 words) covering:

1. Academic Background

Briefly describe your educational qualifications and relevant academic achievements.

2. Interest in Sports Physiotherapy

Explain your motivation for pursuing Sports Physiotherapy and joining this internship.

3. Previous Clinical / Sports Exposure

Mention clinical postings, internships, sports team experience, workshops, certifications, research or volunteer work.

4. Learning Objectives

Describe the knowledge, skills and competencies you expect to gain.

5. Career Aspirations

State your long-term professional goals and how this internship will support them.

Declaration: I hereby declare that the information furnished above is true and correct to the best of my knowledge.

Place: _____

Date: _____

Signature of Applicant:

ANNEXURE-III

NO OBJECTION CERTIFICATE (NOC)

(To be issued on the official letterhead of the Parent Institution)

Ref. No.: _____

Date: _____

NO OBJECTION CERTIFICATE

This is to certify that Mr./Ms. _____, bearing **Enrollment/Registration No.** _____, is a **bona fide student** of _____ pursuing **Bachelor of Physiotherapy (BPT) / Master of Physiotherapy (MPT)** *(Tick/Specify as applicable)* in the _____ **Semester/Year** at this Institution.

The student has fulfilled the academic requirements prescribed by the Institution and is eligible to undergo the **Sports Physiotherapy Internship Programme** at **Lakshmibai National Institute of Physical Education (LNIPE), Gwalior/Guwahati**, for a period of **03 Months (12 Weeks) / 06 Months (24 Weeks)** *(as applicable)* from _____ to _____.

The Institution has **no objection** to the above-mentioned student participating in the internship programme and confirms that the internship forms part of the student's academic/clinical training, wherever applicable.

The Institution further certifies that the information furnished above is true and correct to the best of our knowledge.

We wish the student every success in the internship programme.

Authorized Signatory

Particulars	Details
Name of the Head of Institution	_____
Designation	_____
Name of Institution	_____
Address	_____
Contact Number	_____
Email ID	_____
Signature	_____
Official Seal	_____

Institute Seal

(Official Seal of the Parent Institution)

UNDERTAKING BY THE INTERN

I, **Mr./Ms.** _____, S/o/D/o _____
_____, a student of _____
_____, hereby undertake that I shall abide by all the rules, regulations, policies, and instructions of the **Lakshmibai National Institute of Physical Education (LNIFE), Gwalior/Guwahati** during the tenure of my Sports Physiotherapy Internship.\

I further undertake that I shall:

1. Maintain the highest standards of professional ethics, discipline, integrity, and conduct throughout the internship period.
2. Perform my assigned duties diligently under the guidance and supervision of the designated faculty/clinical supervisor.
3. Maintain strict confidentiality of all patient/athlete information, medical records, institutional documents, research data, and any other information obtained during the internship, and shall not disclose the same to any unauthorized person without prior written permission of the Institute.
4. Comply with all institutional policies relating to attendance, dress code, safety protocols, infection control measures, and use of institutional facilities and equipment.
5. Respect the dignity, privacy, and rights of athletes, patients, faculty members, staff, and fellow interns at all times.
6. Be responsible for any loss or damage caused to Institute property due to negligence or misconduct and shall abide by the decision of the Institute in this regard.
7. Not engage in any activity that may adversely affect the reputation, discipline, or functioning of the Institute.
8. Accept that completion of the internship shall be subject to satisfactory performance, attendance, conduct, and fulfillment of all requirements prescribed by the Institute.
9. Understand that this internship does not confer any right to claim employment, stipend, or any other financial or legal benefit unless specifically approved by the Institute.
10. Agree that any violation of the above conditions or institutional rules may result in disciplinary action, including termination of the internship, as deemed appropriate by the Competent Authority.

I declare that the information furnished by me is true and correct to the best of my knowledge and belief.

Declaration: I have carefully read and understood the terms and conditions governing the Sports Physiotherapy Internship Programme at LNIFE and agree to abide by them in letter and spirit.

Place: _____ **Date:** _____

Signature of the Applicant

Name of the Applicant

Annexure-V: Daily Clinical Log Book

Date	Department/Unit	Cases Attended	Activities Performed	Learning Outcome	Supervisor Remarks	Signature

Annexure-VI: Weekly Progress Report

Week	Activities Undertaken	Key Learning	Supervisor Remarks	Signature

Annexure-VII: Final Evaluation Form

Evaluation Parameter	Remarks	Supervisor Initials
Attendance & Punctuality		
Professional Behaviour & Ethics		
Clinical Skills		
Communication Skills		
Documentation		
Teamwork		
Overall Performance		
Recommendations		

ANNEXURE-VIII

INTERNSHIP COMPLETION CERTIFICATE

This is to certify that Mr./Ms. _____ has successfully completed the Sports Physiotherapy Internship Programme at Lakshmibai National Institute of Physical Education (LNIPE), _____ (Gwalior/Guwahati) from _____ to _____. The intern has satisfactorily completed the prescribed training requirements under the Internship Policy Framework.

Coordinator _____

Head of Department _____

Registrar/Competent Authority _____

