

## 5. M.S.S. (MASTER OF SPORTS SCIENCES)

[Four-Semesters]

### 5.1 ADMISSION SCHEDULE

Submission of application form	5 <sup>th</sup> June to 5 <sup>th</sup> July, 2025
Date of Written Test	10 <sup>th</sup> July, 2025
Declaration of Results of Written Test	15 <sup>th</sup> July, 2025
Medical Examination dates	22 <sup>nd</sup> & 23 <sup>rd</sup> July, 2025
Date of Registration and Payment of Fee	
Commencement of Classes	24 <sup>th</sup> July, 2025

**Note:**

- Above dates may be subjected to change. So kindly, visit the Institute Website regularly for any update.
- Form may be submitted in the Office of Dean (Sports Sciences).

### 5.2 SEATS AVAILABLE

Category	Total Seats 15
UR	08
SC (15%)	02
ST (7.5%)	01
OBC-NCL (27%)	04
EWS (10%) (Supernumerary)	02
PwD	As per GOI norms
The wards of Kashmiri Migrants and Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley (Supernumerary)	As per GOI norms
Ward of regular LNIFE staff (Supernumerary)	01

**Note :** *Seats for Foreign National candidates will be supernumerary.*

### 5.3 ELIGIBILITY FOR ADMISSION

5.3.1 Any Graduate with minimum 50% marks and 45% Marks for SC/ST category, PwD, Kashmiri Migrants & Kashmiri Pandit/Kashmiri Hindu Families (Non-Migrants) living in Kashmir valley.

5.3.2 For any other relaxation related to age and percentage of marks, the advisory issued by Government of India from time to time will be applicable.

**Note :**

- (i) *All the candidates appearing as Supplementary / Compartment in qualifying examinations for the session 2024-25 are eligible to appear in Entrance Test but their final results must be declared on or before the last date of Registration.*
- (ii) *Candidates should note that no "CALL LETTER" for the Entrance Test shall be sent to them by Post. They should download the admit card Online after filling up the Online Admission Form.*

### 5.4 ADMISSION PROCEDURE

Admission shall be made on merit based on Marks obtained in the Written Test as per the policy of the Institute.

S.No.	Admission Test
1.	<b>WRITTEN TEST to be conducted by LNIFE</b>

**Note:** *While applying for admission, the candidate should read the General Conditions for Admission at para 1.15.*

## 5.5 FEMALE CANDIDATES

Married women are eligible for admission, but if she conceives during the course, she will have to discontinue her studies for at least one Academic Year. She can join back afresh from the beginning of the semester keeping the Guidelines pertaining to the Maximum Duration of the course in mind.

## 5.6 FEE STRUCTURE

Each Student shall pay the fee as given in [Annexure-16 \(I-II\)](#).

**Note:** *For a course to continue a minimum of 05 candidates are required. If the course is discontinue due to this reason, than the fee will be refunded to provisionally selected candidates.*

## 5.7 COURSE INFORMATION

Duration of the course is 2 years (four-semester). A candidate must complete the Course and pass the final examination within four academic years from the first admission to this programme.

**Note:** *Boarding & Lodging facility is optional for selected candidates in the Institute.*

### SYLLABUS FOR ENTRANCE TEST (MASTERS OF SPORTS SCIENCES)

Subject Knowledge	Reasoning	Total
70 Marks	30 Marks	100 Marks

All Questions shall be Multiple Choice Questions.

- Reasoning
- General Awareness about sports and sports sciences.
- Types of diseases (communicable and non-communicable)
- Meaning, definition and importance of Exercise Physiology.
- Cell, Tissues, Organs and Systems Structure and Function.
- Classification of muscle: skeletal, smooth and cardiac muscle.
- Effect of exercises on various systems (cardio-respiratory, muscular, nervous system).
- Definition of Health, Health Education and Description of its components.
- Concept of Nutrition.
- Classification of Food, Balance Diet.
- Meaning, Definition, Importance of sports Psychology.
- Personality and Theories of Personality.
- Motivation and Motivational Theories.
- Growth and Development.
- Meaning, definition and Importance of Sports Biomechanics.
- Axes, Planes and Center of Gravity.
- Definition, Types of Motion and Newton's Laws of Motion.
- Definition of Lever, Types of Lever and Human Leverage.

