



PREHAB 121 ACADEMY
INSTITUTE OF SPORTS SCIENCE



D Y PATIL
EDUCATION SOCIETY
(DEEMED TO BE UNIVERSITY),
KOLHAPUR

NAAC with 'A++' Grade
Diamond: QS I-GAUGE INDIAN UNIVERSITY RATING
Imparting Knowledge with Excellence

D.Y. Patil University – Kolhapur + Prehab 121 Academy,
Institute of Sports Science

University UGC Aligned Program Brochure



2025–2026

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01

University Post Graduate Diploma in Sports Science, Sports Rehabilitation & Performance

with 14 ACE + ACSM Approved
International Certificates



University Post Graduate Diploma in Sports Science – Sports Rehabilitation & Performance

with 14 ACE + ACSM Approved International Certificates

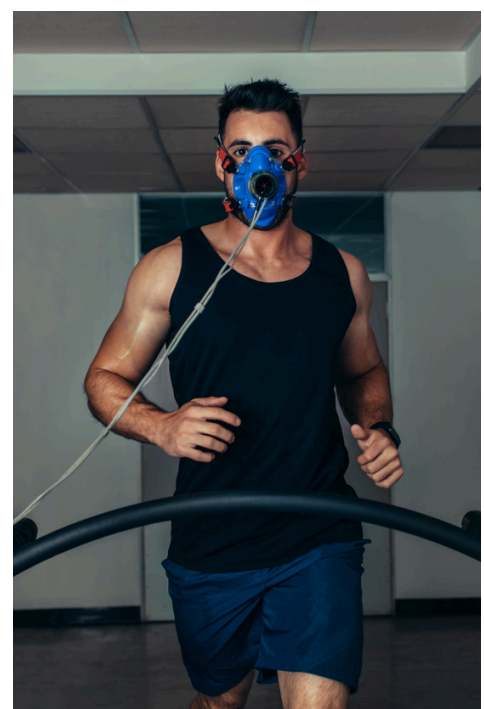
Duration: 1 Year (2 Semesters)

Mode: Full-Time (60:40) Offline + Online Hybrid Model

FEES INR – 1,50,000/-

Program Overview

The **Post Graduate Diploma in Sports Sciences** is a rigorous program designed to equip students with **advanced knowledge and practical skills** essential for effectively applying **sports science principles to enhance athletic performance, rehabilitation, and overall physical health**. The curriculum covers a comprehensive range of topics, including exercise **physiology, biomechanics, sports nutrition, strength and conditioning, and injury management**. Students will engage in both theoretical learning and practical applications to prepare for careers in sports science and related fields.



Curriculum Structure – 60 Credits University UGC Aligned

Semester 1	Credits	Course Type	Description
Human Anatomy	2	Theory	Structural and functional understanding of musculoskeletal systems relevant to sports performance and rehabilitation.
Kinesiology	2	Theory	Study of body movement, joint mechanics, and muscle actions in athletic scenarios.
Sports Nutrition	4	Theory	Nutritional strategies for performance enhancement, recovery, hydration, and injury prevention.
Research Methodology	2	Theory	Basics of scientific research design, data analysis, and study interpretation.
Literature Review & Thesis Orientation	2	Project	Identification of research topics, critical review of scientific literature, and thesis proposal preparation.
Sports Injury Prevention	4	Theory + Practical	Risk factor identification, taping/bracing, and prehabilitation exercises.
Essentials of Psychology in Sports & Exercise	2	Theory	Mental health, motivation, and behavioral principles for athletes and rehab clients.

Semester 2	Credits	Course Type	Description
Exercise Form and Technique	4	Practical	Corrective and functional exercise techniques with focus on biomechanics.
Strength & Conditioning	4	Theory +Practical	Periodization, load management, testing, and performance programming.
Principles and Aids of Rehabilitation	4	Theory +Practical	Tools and modalities in musculoskeletal rehab (e.g., cryotherapy, dry needling).
Injury Prevention and Rehabilitation	4	Theory + Practical	Integrated approach to return-to-play protocols, screening tools, and corrective strategies.
Sports Performance Optimization	2	Theory	Use of performance data, biomechanics, and recovery science to enhance athlete output.
Internship	2	Field Training	8–12 weeks clinical or field placement in sports rehab centers, gyms, or with teams.

Certifications from ACE ACSM Approved



-  **Advanced Strength & Conditioning Training Specialist**
-  **Football Specific Strength & Conditioning Training Specialist**
-  **Cricket Strength & Conditioning Training Specialist**
-  **Racquet Specific Strength & Conditioning Training Specialist**
-  **Strength & Conditioning Training Specialist**
-  **Diploma in Lifestyle and Fitness Nutrition**
-  **Sports & Exercise Nutrition**
-  **Prehab & Rehab Specialist**
-  **Posture & Functional Corrective Exercise Specialist**
-  **Functional & Group Training Specialist**
-  **Resistance Band Training Specialist**
-  **Kettlebell Training Specialist**
-  **Olympic Weightlifting Training Specialist**
-  **Technology in Sports Science**

Internship & Industry Collaboration

Students will engage in a 3-month internship at leading sports medicine and rehabilitation centers, gaining hands-on experience in injury assessment, treatment planning, and rehabilitation protocols. Collaborations with national sports institutes and professional sports teams provide exposure to real-world scenarios and networking opportunities.

02

University Certificate in Strength & Conditioning Training

with 14 ACE + ACSM Approved
International Certifications



University Certificate in Strength & Conditioning Training

with 14 ACE + ACSM Approved International Certificates

Duration: 4 Months Learning + 2 Month Internship

Mode: Hybrid Theory Online + Offline Practical

FEES INR – 80,000/-

Program Overview

The **Strength & Conditioning Training Specialist** is a foundational program designed to provide students with comprehensive theoretical and practical knowledge in all aspects related to the **application of strength and conditioning principles**. The curriculum covers essential topics such as **training science, biomechanics, and periodization**, equipping students to design and implement effective training programs for athletes and fitness enthusiasts.



Curriculum Structure – 30 Credits University UGC Aligned

Modules	Credits	Course Type	Description
Essentials of Exercise Physiology	2	Theory	Physiological principles governing muscular, cardiovascular, and energy systems during training.
Sports Nutrition	2	Theory	Nutritional guidelines and protocols for fuelling, recovery, and body composition goals.
Sports Injury Rehabilitation	2	Theory +Practical	Injury risk management, rehab protocols, return-to-play guidelines for S&C professionals.
Deloading & Fatigue Management	2	Theory	Principles of overtraining, tapering, and athlete readiness using periodized deload strategies.
Exercise Form & Technique	4	Practical	Technical execution of resistance, bodyweight, and power-based movements for strength and injury resilience.
Athlete Assessment & Evaluation	4	Theory +Practical	Testing strength, power, mobility, and endurance with validated protocols (Yo-Yo, CMJ, FMS, etc.).
Periodization & LTAD	2	Theory	Creating season-based macro/micro cycles across stages of athletic development.
Program Design (Resistance, Plyo, Speed, Agility)	4	Theory +Practical	Practical frameworks to plan and coach multi-dimensional S&C programs.
Plyometrics & Explosive Power Training	4	Theory +Practical	Science of explosive training, landing mechanics, progression, and sport-specific transfer.
Designing Individualized S&C Sessions	4	Theory +Practical	Crafting period-specific, goal-based sessions personalized to athlete level and sport demands.

Certifications from ACE ACSM Approved



-  **Advanced Strength & Conditioning Training Specialist**
-  **Football Specific Strength & Conditioning Training Specialist**
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-  **Olympic Weightlifting Training Specialist**
-  **Technology in Sports Science**

03

University Certificate in Sports Science, Rehabilitation & Performance

with 12 ACE + ACSM Approved
International Certifications



University Certificate in Sports Rehabilitation & Performance

with 12 ACE + ACSM Approved International Certifications

Duration: 4 Months Learning + 2 Month Internship

Mode: Hybrid Theory Online + Offline Practical

FEES INR – 80,000/-

Program Overview

In the **Sports Rehabilitation & Performance** is a comprehensive program designed to equip students with **foundational knowledge and practical skills** essential for effectively applying sports science principles to **enhance athletic performance, rehabilitation, and overall physical health**. The curriculum covers a broad range of topics, including exercise **physiology, biomechanics, sports nutrition, strength and conditioning, injury management, and sports psychology**. Students will engage in both theoretical learning and practical applications to prepare for careers in sports science and related fields.



Curriculum Structure – 30 Credits University UGC Aligned

Modules	Credits	Course Type	Description
Essentials of Exercise Physiology	2	Theory	Energy systems, muscle physiology, and adaptations to training and rehab.
Sports Nutrition	2	Theory	Dietary needs for athletes during injury, recovery, and return-to-play.
Sports Injury Rehabilitation	2	Practical	Evidence-based exercise therapy, therapeutic modalities, and protocols.
Exercise Form and Technique	4	Practical	Movement mechanics for safe and effective rehab and training execution.
Injury Biomechanics, Pathology, and Assessment	4	Theory + Practical	Mechanisms of injury, tissue loading patterns, clinical and functional assessment tools.
Principles and Aids of Rehabilitation	2	Theory + Practical	Usage of physical modalities (ice, tape, braces, etc.) and rehab strategies.
Injury Prevention & Return-to-Play	4	Theory + Practical	Screening, progression protocols, and athlete monitoring systems.
Fundamentals of Strength & Conditioning	4	Theory + Practical	Basic periodization, resistance training principles, and integrated conditioning for post-injury performance.
Internship / Field Placement	3	Theory + Practical	Structured 4-week internship in clinical rehab or performance centers with supervised mentoring and reporting.

Certifications from ACE ACSM Approved



-  **Advanced Strength & Conditioning Training Specialist**
-  **Cricket Strength & Conditioning Training Specialist**
-  **Strength & Conditioning Training Specialist**
-  **Diploma in Lifestyle and Fitness Nutrition**
-  **Sports & Exercise Nutrition**
-  **Prehab & Rehab Specialist**
-  **Posture & Functional Corrective Exercise Specialist**
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-  **Kettlebell Training Specialist**
-  **Olympic Weightlifting Training Specialist**
-  **Technology in Sports Science**

04

University Certificate in Personal Training and Fitness Nutrition

with 15 ACE + ACSM Approved
International Certifications



University Certificate in Personal Training and Fitness Nutrition

with 15 ACE + ACSM Approved International Certifications

Duration: 4 Months Learning + 2 Month Internship

Mode: Hybrid Theory Online + Offline Practical

FEES INR – 80,000/-

Program Overview

The **Personal Training and Fitness Nutrition** is a specialized program designed to provide students with comprehensive theoretical and practical knowledge in the field of Personal Training and Nutrition. The curriculum covers essential topics such as **exercise physiology, Personal Training strategies, rehabilitation techniques, and sports-specific management**, equipping students to effectively manage athletes and fitness enthusiasts.








Curriculum Structure – 30 Credits University UGC Aligned

Modules	Credits	Course Type	Description
Essentials of Personal Training	2	Theory	Roles, ethics, responsibilities, and foundational principles for personal trainers.
Sports Nutrition	2	Theory	Macronutrients, hydration, supplementation, and goal-specific nutritional strategies.
Sports Injury Rehabilitation	4	Theory	Basics of injury classification, rehab timelines, and referral protocols for trainers.
Exercise Form and Technique	4	Practical	Correct mechanics and cues for resistance, bodyweight, and functional exercises.
Communication & Teaching Techniques	2	Theory + Practical	Motivational interviewing, cueing skills, instructional design for individual/group sessions.
Cardiorespiratory Training: Programming & Progressions	4	Theory + Practical	Aerobic energy systems, endurance-building, and VO ₂ training zones.
Resistance Training: Programming & Progressions	4	Theory + Practical	Periodized strength programs, overload principles, and adaptations for different client goals.
Injury Prevention & Functional Rehab	4	Theory + Practical	Screening movement dysfunctions and integrating corrective strategies.
Fundamentals of Strength & Conditioning	4	Theory + Practical	Foundation in athletic development concepts for general and sports clients.

Certifications from Prehab 121 Institute of Sports Science



-  **Master Personal Trainer**
-  **Diploma in Personal Training**
-  **Diploma in Special Population**
-  **Diploma in Lifestyle and Health Coaching**
-  **Prehab 121 Certified Personal Trainer**

Certifications from ACE ACSM Approved

-  **Strength & Conditioning Training Specialist**
-  **Diploma in Lifestyle and Fitness Nutrition**
-  **Sports & Exercise Nutrition**
-  **Prehab & Rehab Specialist**
-  **Posture & Functional Corrective Exercise Specialist**
-  **Functional & Group Training Specialist**
-  **Resistance Band Training Specialist**
-  **Kettlebell Training Specialist**
-  **Olympic Weightlifting Training Specialist**
-  **Technology in Sports Science**
-  **Mat Pilates Training Specialist**
-  **Antenatal Postnatal Pilates Training Specialist**
-  **Weight Loss Training Specialist**
-  **Metabolic Training Specialist**
-  **Women's Health Coaching**

05

Certificate in Lifestyle & Fitness Nutrition



Certificate in Lifestyle & Fitness Nutrition

Duration: 4 Months Learning + 2 Month Internship

Mode: Hybrid Theory Online + Offline Practical

FEES INR – 60,000/-

Program Overview

Lifestyle and Fitness Nutrition program is specially designed to help Healthcare and Fitness professionals and Individuals to obtain the knowledge required to prescribe **Nutrition Plans for lifestyle, exercising individuals & competitive athletes**. The Lifestyle & Fitness Nutrition is designed to equip **healthcare, fitness professionals, and individuals** with essential knowledge to create effective nutrition plans for various lifestyle and fitness goals.



Curriculum Structure – 30 Credits University UGC Aligned

Modules	Credits	Course Type	Description
Nutrition Fundamentals	2	Theory	Principles of nutrition, food groups, digestion, and absorption.
Macronutrients	2	Theory	Roles of carbohydrates, proteins, and fats in health, energy, and performance.
Micronutrients	2	Theory	Vitamins, minerals, their functions, sources, and deficiencies.
Calorie Balance & Metabolism	2	Theory	Basal metabolic rate, energy expenditure, and caloric manipulation.
Weight Management	2	Theory	Approaches to gain, maintain, or reduce weight based on body type and goals.
Science of Fat Loss	2	Theory	Hormonal impact, insulin sensitivity, training-nutrition integration for fat loss.
Evidence-Based Supplements	2	Theory	Usage, myths, legality, and scientific backing of common supplements.
Weight Loss Diet Planning	2	Theory	Creating goal-specific meal plans using calorie and macro balancing.
Case Studies (Applied Nutrition Planning)	4	Theory / Application	Practical diet prescription and evaluation based on real-life scenarios.

Certifications from ACE ACSM Approved



 **Diploma in Lifestyle and Fitness Nutrition**

 **Sports & Exercise Nutrition**

 **Weight Loss Training Specialist**

 **Metabolic Training Specialist**

 **Women's Health Coaching**





PREHAB 121 ACADEMY
INSTITUTE OF SPORTS SCIENCE



**For admissions and more information
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