



B.Sc. (Honours) Sports & Exercise Science

*“The Moment you Give Up is The Moment
You Let Someone Else Win”*

KOBE BRYANT



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Building Dreams
Designing Futures

About REVA UNIVERSITY

REVA University is a State Private University established in Karnataka State under the Government of Karnataka Act No. 13 in the year 2012 in Bengaluru, the IT capital of India. REVA University, recognised by the University Grants Commission (UGC) and approved by the All India Council for Technical Education (AICTE), has an A+ grade from NAAC.

The University has a DIAMOND Band ranking from QS I Gauge. As per QS Asian University Rankings, it is ranked 47th among all the private Universities of India and 6th among all private universities of Karnataka. In less than a decade, REVA University, Bengaluru, has established itself as a Global University in education by earning recognition as a forward-thinking institution across all disciplines.

Spanning a scenic 45-acre campus, REVA University epitomizes academic brilliance offering multidisciplinary programmes encompassing Engineering, Architecture, Science and technology, Design, Commerce, Management Studies, Law, Environmental Arts and humanities, and Performing Arts. The University currently offers 38 undergraduate, 31 postgraduate, 20 Ph.D., 8 diploma and certification programmes. Founded by Chancellor Dr. P. Shyama Raju, REVA University has curated a legacy marked by innovation, scholarly accomplishments, and a dedication to shaping the leaders of tomorrow.

To create mutual value in the educational ecosystem, REVA has a University Industry Interaction Center (UIIC) that acts as the strategic centre to promote collaboration among academicians, scientists, and industrialists, thereby broadening the scope of innovation and entrepreneurship ecosystem.

REVA University has a Career Development Centre that assists students in choosing the right career path through interest mapping and training for experts and imbibing skills so that they are well-equipped during the transition from campus to corporate.

With state-of-the-art infrastructure, the University has created a vibrant academic environment conducive to higher learning and research. This includes 200 smart classrooms that support blended learning, real-industry-like labs that foster on-the-job learning in students, a tech-enabled library with over 1 lakh collections of books, and most importantly, modern pedagogy. REVA currently has numerous students on campus from around the country. The campus has exclusive Halls of Residence which provides comfortable accommodation for boys and girls, apart from catering to the needs of all cuisine and ensuring adequate amenities are provided to make their stay an extended home.

REVA currently has more than 15000 students on campus that come from all around the globe. REVA has now moved on to become a Social Impact University and has aligned with the United Nations Sustainable Development Goals. In its mission to become a social impact university, REVA University has initiated several Corporate Social Responsibility initiatives. Jagruti, Abhivridhi, Vanamahotsava, Education on Wheels, and Pragna are a few of the several projects in REVA.

REVA continues to strive to be the top education destination in India, offering the country's most advanced and futuristic education. Through various initiatives, REVA aspires to become an innovative University by developing a social connection with leadership qualities, ethical and moral values, research culture, and innovative skills through higher education of global standards.

REVA

AT A GLANCE

2012

Year of
Establishment

15,000+

Total Student
Headcount

1000+

Teaching and
Non-teaching Staff

3592

Job Offers

70+

Start-ups Incubated
on Campus

900+

Patents Filed

100+

Advanced
Programmes

1000+

Ph.D. Scholars

476

No. of Recruiting
Companies

250+

International
Students

27+

Countries
Represented

60+

Books Published





CENTRAL LIBRARY

REVA

VISION & MISSION

Vision

REVA University aspires to become an innovative university by developing excellent human resources with leadership qualities, ethical and moral values, research culture and innovative skills through higher education of global standards.

Mission

- ❖ To create excellent infrastructure facilities and state-of-the-art laboratories and incubation centres.
- ❖ To provide a student-centric learning environment through innovative pedagogy and education reforms.
- ❖ To encourage research and entrepreneurship through collaborations and extension activities.
- ❖ To promote industry-institute partnerships and share knowledge for innovation and development.
- ❖ To organize society development programmes for knowledge enhancement in thrust areas.
- ❖ To enhance leadership qualities among the youth and enrich personality traits, promote patriotism and moral values.



Dear

Game Changers,

Welcome to REVA University!

Let me address the student populace as 'game-changers' because we at REVA, believe in the phenomenal power of the youth, and their powerful ideas. As students, you hold the power to transform society and change the paradigm of every development. At REVA, we believe in giving our students a supportive and nurturing environment that cherishes innovation, creativity, independent thought, diversity and multiculturalism. We are driven by the philosophy that "Knowledge is Power" and we are striving to build a community of perpetual learners who can achieve everything they aspire to.

REVA University has adopted the mission to make learning unlimited. Our driving principle of 'Learning Unlimited' is empowered with the adoption of technology. As a Social Impact University, we aim to create socially responsible global citizens who can lead businesses, and transform society and the country in the future. As you all know, REVA University has in alignment with the NEP 2020 built the road map of the University; focusing on four SDGs of prime importance: SDG IV, SDG V, SDG XI, and SDG XVII in keeping with this aspiration of the Hon'ble Prime Minister, Shri Narendra Modi ji.

As part of our contribution towards Social Responsibility, we have conducted a series of events like Jagruti, Abhividdhi, Abhivyakti, Vanamahotsava, Pragna, Nyaya Darshana, Samaavesha and Panchavaktram. As the Chancellor of the University, I want to ensure that all the REVAites have equal opportunity to explore and learn in such a way that it transforms both the individual lives and the future of our society, nation, and beyond. With the dedicated efforts of our eminent faculty members, I am certain REVA University students will be guided and mentored in such a way that they will be the game-changers of tomorrow.

Dr. P. Shyama Raju

Chancellor

REVA University



Dear
Students,

Welcome to REVA University!

REVA University stands as a testament to the power of vision, dedication, and the collective pursuit of excellence. We envision a learning environment that transcends traditional boundaries, where innovation and technology approaches converge to redefine education. By doing this, we continue to be the torchbearers of education by improving our position to be a Multidisciplinary and Social Impact University and bringing about positive changes in the overall development of students.

At REVA, our journey has been one of continuous improvement and growth. We are not just imparting education; we are shaping futures, fostering holistic development, and preparing our students to become leaders and innovators in their respective fields. We understand the transformative power of technology and we seamlessly integrate it into our ecosystem. Our state-of-the-art labs, expansive central library, fully-equipped fitness centre, and the most modern sports facilities are all enhanced by transparent and innovative technological solutions.

The spirit of REVA lies not only in the pursuit of knowledge but in the values that guide our actions. We strive to provide a platform that is inclusive, global, and responsible, fostering a transformative journey that not only improves student learning but enriches the entire educational experience. As we march forward, let us embrace change, welcome challenges, and strive for excellence in everything we do. Together, we are not just building a university; we are crafting a legacy that will inspire generations to come.

I wish all REVAites a learning experience on par with international standards and the development of competencies through the integration of information based on core values and ethics.

Mr. Umesh S. Raju

Pro Chancellor
REVA University

B.Sc. (Honours) **Sports And Exercise Science**

At REVA University, the Department of Sports and Exercise Science offers a dynamic B.Sc. (Honours) Sports and Exercise Science programme that blends theory with practical skills to unlock the science behind sports, exercise, health, and physical performance. Our curriculum is designed to equip you with the latest tools, including Artificial Intelligence (AI), Machine Learning (ML), and wearable data analysis, giving you the skills to transform sports performance, prevent injuries, and support athlete development. Dive into an emerging field with high-impact career opportunities in sports science and beyond.

Industry Partners





Programmes Offered by

SPORTS AND EXERCISE SCIENCE

Undergraduate Programme

B.Sc. (Honours) Sports and Exercise Science

Eligibility criteria:

Passed Standard XII (10+2) or equivalent examination from any recognized Board

OUR ADVISORY BOARD

Dr. A.B. Subbaiah

High-Performance Director, Khelo India Excellence Center, Bangalore.

Dr. Archit Navandar

Assistant Professor, Polytechnic University of Madrid, Spain.

Dr. Srikanth Narayanaswamy

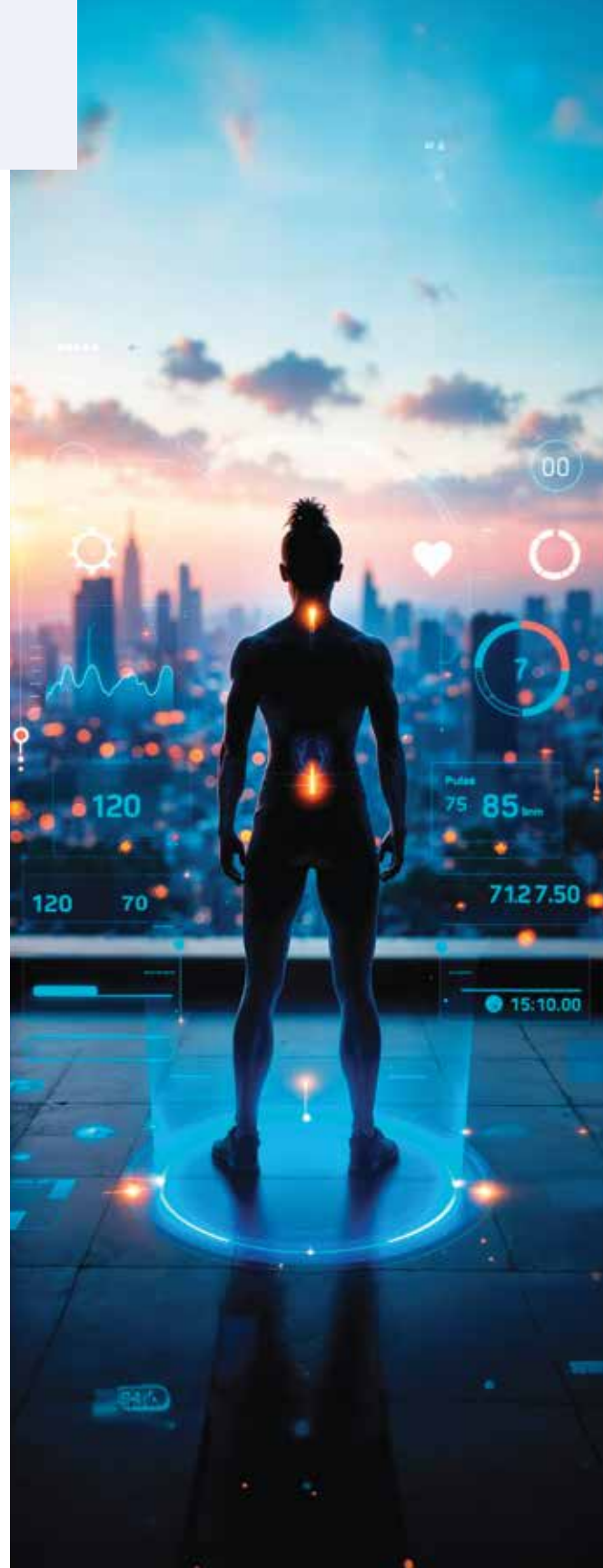
Sports Medicine Physician, YOS Healthcare Private Limited

CAREER OPPORTUNITIES IN SPORTS AND EXERCISE SCIENCE

Explore Your Career Pathways in Sports and Health

Graduates of B.Sc. (Honours) Sports and Exercise Science are equipped to pursue careers across various domains in sports science and health industries, including:

- **Sports Scientist:** Apply scientific principles to enhance athletic performance, focusing on biomechanical, physiological, and psychological aspects of sports.
- **Sports Coach for Professional Teams:** Use your specialised knowledge to train, develop, and guide athletes toward peak performance.
- **Sports Manager and Administrator:** Oversee sports programmes, manage teams, and lead events with an understanding of sports science and administration.
- **Exercise Physiologist & Biomechanist:** Work in sports labs or rehabilitation centres, focusing on optimising movement and reducing injury risks.
- **Sports Psychologist & Nutritionist:** Enhance athletes' & mental resilience and nutritional strategies for peak performance and health.
- **Strength & Conditioning Coach:** Design strength and conditioning programmes and support athletes through injury prevention and recovery.



SKILLS AND TOOLS YOU'LL MASTER

From foundational sciences to advanced testing methods, students gain expertise in:

- Biomechanical Analysis (using IMU Sensors)
- Lactate Threshold Testing (Lactate Analyser)
- Force Measurement Tools (Force Plates, Nordbord, Handheld Dynamometers)
- Speed Testing (Timing Gates)
- Body Composition Analysis (InBody Analyser)
- Wearable Tech Integration (Heart Rate Monitors)



TOP 7 REASONS TO CHOOSE B.SC. (HONOURS) SPORTS AND EXERCISE SCIENCE AT REVA

01. Cutting-Edge Technology
02. Core Modules Featuring AI/ML
03. Tailored Testing Protocols for Sports Teams and Individual Athletes
04. Expert Faculty and Mentors
05. NSCA Education Recognition Programme Accreditation
06. Valuable Research and Internship Opportunities
07. Professional Sports Science Consultation Services



AWARDS & ACCOLADES

NIRF Ranking

- NIRF 2024 – Engineering – Rank Band – 201-300
- NIRF 2023 – Innovation Category – Rank Band – 51-100
- NIRF 2021 – Engineering – Rank Band – 251-300
- NIRF 2020 – Engineering – Rank Band – 201-250



World University Rankings 2025

- Ranked in the global band of 1501+



QS World Rankings 2025

- QS World University Rankings: Asia 2025 – Rank Band: 901+
- QS World University Rankings: Asia 2025 – Southern Asia: Rank 292



THE Interdisciplinary Science Ranking 2025

- Rank Band: 401-500
- 44th Rank in India
- 5th Rank in Karnataka



Public Relations Council of India

- Best Media School for innovation and Excellence (Chanakya Award 2024)



National HR Excellence Award 2024 in the category of Tech Education Institute of the Year



World University Rankings 2024

- Ranked in the global band of 1501+
- 601+ - Asia University Ranking 2024 and 6th Position in Karnataka
- 1001+ Engineering & Technology
- 801-1000 - Computer Science
- 1001+ - Physical Sciences (Physics, Chemistry & Mathematics)



THE Impact Ranking 2024 (SDGs)

- SDG 4 (Quality Education) - Ranked in the band of 801-1000
- SDG 5 (Gender Equality) - Ranked in the band of 1001+
- SDG 11 (Sustainable Cities & Communities) - Ranked in the band of 801-1000
- SDG 17 (Partnership for the Goals) - Ranked in the band of 1000-501



Times Higher Education
Impact Rankings 2024

India Today Best Private University Ranking - 2024

- 27th Rank among Private Universities in India.
- 4th Rank in Karnataka.



SWAYAM-NPTEL Performance (Jan-April, 2024)

- SWAYAM-NPTEL recognized with a Rating of 'A' based on the performance in online certification course.



Sustainable Institutions of India Green Rankings 2024

- Diamond Band
- India Academia Rankings 2024 Ranking framework to gauge, The Research Excellence Employability and Startup Ecosystem of HEI's



Best University for Fostering IP and Innovation

- Awarded 'Best University for Fostering IP and Innovation' at ASSOCHAM 3rd IP Excellence Awards, Global IP Conclave 2024



Institutional Innovation Council Ranking

- Rated 4 star for 2022-23



DATAQUEST Top 100 Technical School-2024

- All India 43rd position
- Top Private Technical School 2024 - 37th position



Diamond Rating By QS I-Gauge

- REVA University has now received 'Diamond' Rating from QS I-Gauge Ratings based on globally recognized QS World Rankings.



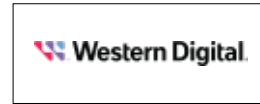
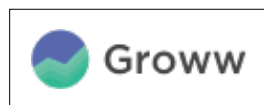
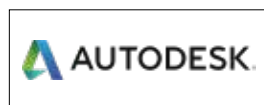


PLACEMENTS

REVA University has an all-inclusive placement training programme that engages students with pre-placement training early on. Commencing in the first semester, the programme progresses along with mainstream studies. This facilitates learning for 'industry readiness' provided by career development centre. The Centre organises an exclusive soft skills, aptitude and technical training programme for students, imparted by veterans in the field. This course helps students develop technical competencies and domain specific knowledge. The course involves developing interpersonal, communication, team building by leadership skills, logical reasoning for greater productivity and performance and above all 'employability'. The Soft Skills training sessions covers everything that will enable a student to stand out in a crowd of career builders. It is designed to help acquire skills that are core to success in domain of their aspiration, to gain personal insight and practical skills to develop and implement a mental framework for a good and professional approach to their career.









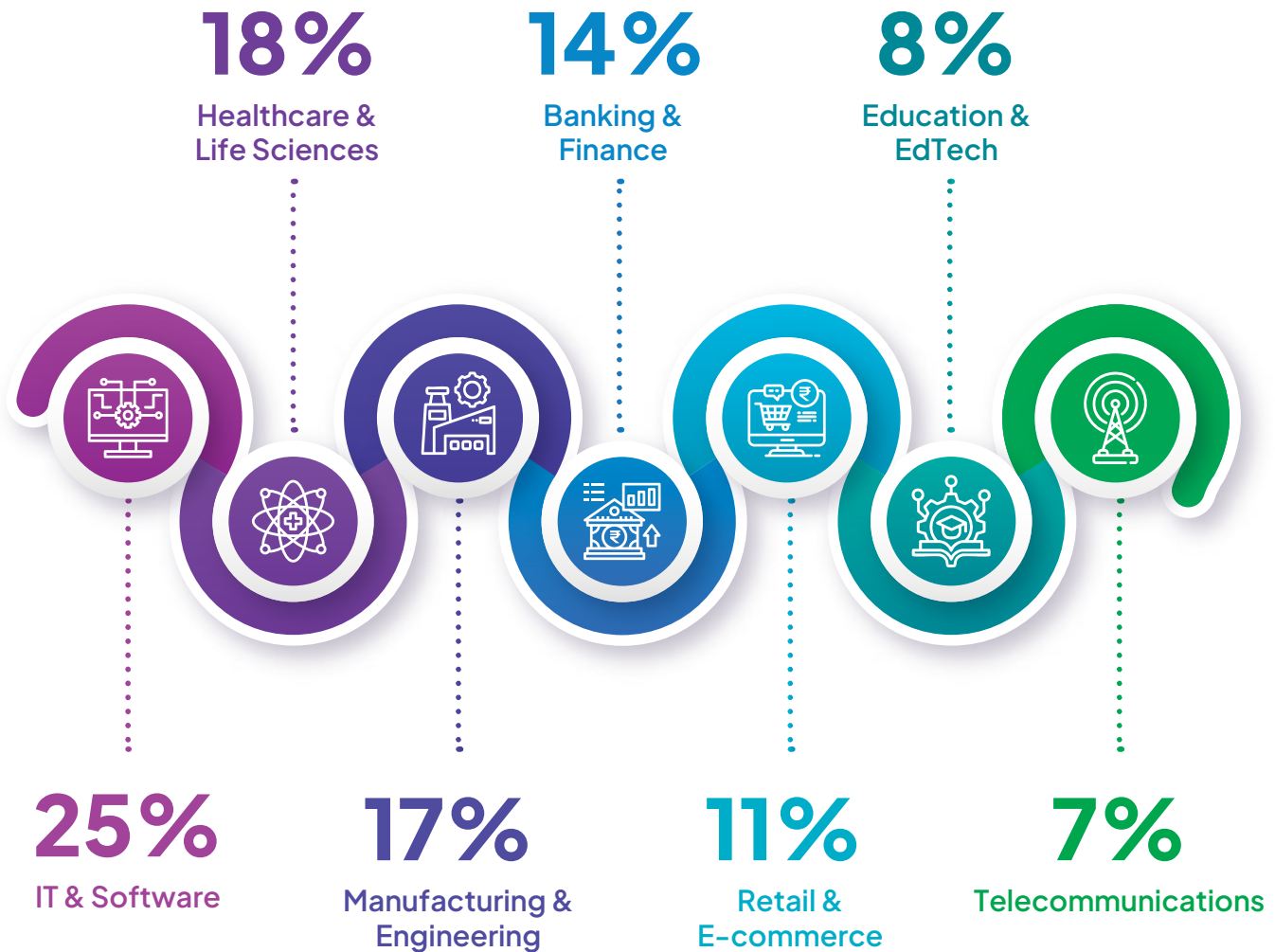
Placement Update AY' 2023-24



Sector Topography of 2024

Performance of Sectors in 2024

Year 2024 is a see-saw year for sectors across the globe. Some sectors see a surge whereas some sectors have flourished from gloom.



ADMISSIONS @ REVA

UNDERGRADUATE PROGRAMMES

- B.Tech. – Computer Science & Engineering
- B.Tech. – Artificial Intelligence(AI) and Data Science
- B.Tech. – Computer Science and Information Technology
- B.Tech. – Information Science and Engineering
- B. Tech. – Computer Science and Engineering (Artificial Intelligence & Machine Learning)
- B.Tech. – Electronics and Communications Engineering
- B.Tech. – Electronics and Computer Engineering
- B.Tech. – Robotics and Artificial Intelligence
- B.Tech. – Civil Engineering
- B.Tech. – Mechanical Engineering
- B.Tech. – Mechatronics Engineering
- B.Tech. – Electrical and Electronics Engineering
- B.Tech. – Computer Science and Engineering (Internet of Things & Cyber Security including Block Chain Technology)
- B.Tech. – Agricultural Engineering
- B.Tech. – Aerospace Engineering
- Bachelor of Architecture
- B.Sc. – Interior Design
- B.Com- Professional (CA Foundation in Association with BRICS Academy)
- B.Com-Dual Specialisations
 - Accounting & Taxation
 - Statistics & Accounting
 - Economics & Finance
 - Finance & Data Analysis
 - Accounting & Fin-Tech
 - Banking & Insurance
 - Corporate Governance & Auditing
- B.Com- Single Specialisation
 - Accounting
 - Finance
 - International Business
 - Banking
 - Taxation
- BMS (Bachelor of Management Studies)- with major and minor specialisations
- B.A. – LL. B. (Honours)
- B.B.A. – LL.B. (Honours)
- B.B.A – Aviation Management (in association with Vervve Academy)
- B.B.A. –Dual Specialisation
 - Human Resource & Branding
 - Marketing & Supply Chain Management
 - Finance & Banking
 - Business Analytics & Design Thinking
 - International Business & New Venture Creation
 - Entrepreneurship & Family Business Management
- B.B.A. – Single Specialisation
 - Human Resource
 - Marketing
 - Finance
 - International Business
 - Business Analytics
 - Entrepreneurship
- Bachelor of Computer Applications (B.C.A.)
- B.Sc. – Computer Science (Cloud Computing and Big Data)
- B.Sc. – Multimedia & Animation
- B.Sc. – Computer Science (Cyber Security)
- B.Sc. – Biotechnology, Biochemistry, Genetics
- B.Sc. – Bioinformatics, Statistics, Computer Science
- B.Sc. – Microbiology, Chemistry, Genetics (MCG)
- B.Sc. (Medical Laboratory Technology)
- B.Sc. – Medical Radiology & Diagnostic Imaging
- B.Sc. – Nutrition & Dietetics
- B.Sc. (Honours) Sports and Exercise Science
- Bachelor of Physiotherapy (BPT)
- B.Sc. – Psychology (Honours & Research)
- B.A. – Political Science, Economics, Journalism
- B.A. – Journalism & Mass Communication (JMC)
- B.A. – Performing Arts, English, Psychology

MINOR DEGREE PROGRAMMES

- Artificial Intelligence & Machine Learning
- Cyber Security
- Robotics
- 3D Printing
- Smart Cities
- Electric Vehicles
- Aerospace Engineering

MINOR DEGREE PROGRAMMES OFFERED IN COLLABORATION WITH IITs

- Data Science & Machine Learning- IIT Guwahati
- Artificial Intelligence - IIT Ropar
- Coding & Next-Gen Technologies - IIT Mandi
- Business Analytics - IIT Mandi

HONOURS DEGREE PROGRAMMES

- Block chain
- Virtual and Augmented Reality
- VLSI Design and Technology
- Electric Vehicles
- Infrastructure Engineering
- Microgrid Technologies



POSTGRADUATE PROGRAMMES

- M.Tech. – Computer Science & Engineering
- M.Tech. – Cyber Security
- M.Tech. – Artificial Intelligence
- M.Tech. – VLSI Design and Embedded Systems
- M.Tech. – Computer Aided Structural Engineering
- M.Tech. – Transportation Engineering and Management
- M.Tech. – Construction Technology and Management
- M.Tech. – Machine Design
- M.Tech. – Power and Energy Systems
- M.Tech. – Digital Communications and Networking
- M.Tech. – Computer Science & Engineering (Part-Time)
- M.Tech. – VLSI Design and Embedded Systems (Part-Time)
- M.Arch. – Environmental Architecture
- Masters in Business Administration (M.B.A)
Dual Specialisation
 - Finance
 - Marketing
 - Human Resources
 - Fintech & Business Analytics
 - Operations
 - International Business
 - Banking & Insurance
 - Health care Management
 - Strategy & Leadership
 - Entrepreneurship & Family Business Management
 - Sustainability & Business Innovation
- Master of Computer Applications (M.C.A.)
- M.Com- Dual Specialisation
 - Accounting & Finance
 - Finance & Taxation
 - Banking & Human Resource
 - Taxation & Accounting
 - International Business & Human Resource
- M.Sc. – Data Science
- M.Sc. – Biotechnology
- M.Sc. – Chemistry
- M.Sc. – Mathematics
- M.Sc. – Physics
- M.Sc. – Microbial Technology
- M.Sc. – Bioinformatics
- M.Sc. – Biochemistry
- M.A. – English
- M.A. – Communication & Journalism
- M.Sc. – Clinical Psychology
- M.Sc. – Applied Psychology
- LL.M. (Master of Law)
- LL.M. (Criminology)
- M.P.A. (Master of Performing Arts)

Ph.D.

- Ph.D. – Computer Science & Engineering
- Ph.D. – Electronics & Communication Engineering
- Ph.D. – Civil Engineering
- Ph.D. – Mechanical Engineering
- Ph.D. – Electrical & Electronics Engineering
- Ph.D. – Architecture
- Ph.D. – Legal Studies
- Ph.D. – Commerce
- Ph.D. – Management
- Ph.D. – Computer Science & Applications
- Ph.D. – Biotechnology
- Ph.D. – Chemistry
- Ph.D. – Mathematics
- Ph.D. – Physics
- Ph.D. – Biochemistry
- Ph.D. – English
- Ph.D. – Journalism
- Ph.D. – Psychology
- Ph.D. – Performing Arts
- Ph.D. – Microbiology

DIPLOMA CERTIFICATE PROGRAMMES

- Diploma in Bharatanatyam Classical Dance (Online/Offline)
- Diploma in Kathak Classical Dance (Online/Offline)
- Diploma in Kuchipudi Classical Dance (Online/Offline)
- Diploma in Mohiniyattam Classical Dance (Online/Offline)
- Diploma in Hindustani
- Diploma in Music
- Diploma in Tabla
- Diploma In Yakshagana





Life at REVA



LIBRARY AND INFORMATION CENTRE

Browse through lakhs of books, e-books, research publications, educational journals and magazines



STUDENT CLUB

Literary Club, Science Clubs, Sports Club, Robotics Centre, Eco Club, Quiz Club, Dance and Drama Club



HOSTELS

A 4,000-bed hostel offering well-ventilated, hygienic spaces and fresh, nutritious, home-style food



GREEN CAMPUS

A lush green area that allows students to study, socialise and enjoy nature



FOOD COURT

International food chains have stalls at the Food Court that serve Pan Asian, Asian, North Indian, South Indian, among many other cuisines



AUDITORIUM AND SEMINAR HALLS

Large auditorium with 1000-seater capacity, along with adequate number of seminar halls to facilitate co-curricular activities



SPORTS

Special focus on Sports. More than 9 teams representing REVA University at state, national and international tournaments



GAMEBOX

Exclusive leisure place to residents who can enjoy Pool, Foosball, board games, Esports and many more games.



OPEN AIR THEATRE

Always bring a variety of cultural programmes by different groups of students



NCC, NSS & VOLUNTARY WORK

Regular social activities like medical camps, blood donation camps in rural areas held to work towards the overall benefit of the society



ONLINE LEARNING/DIGITAL CLASSROOMS

Well-equipped classrooms with modern gadgets like projectors, tabs



GUEST HOUSE

Residential facility for the benefit of parents and visitors travelling from outstation



BRAND STORE

Variety of international brand merchandise, apparels, gift articles, and a wide range of stationery available on the campus



TRANSPORTATION

Routes through all parts of Bengaluru city



GAZEBOS

An open area for students of certain courses to learn, practice and excel amid open classrooms



REVA ALUMNI

A vibrant and accomplished community, form an integral part of our legacy. They embody the spirit of excellence and contribute to the university's reputation as a hub of success.

About

REVA Alumni

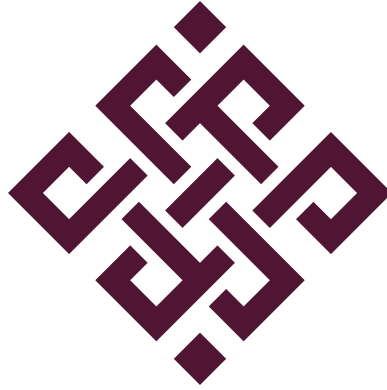
REVA University takes pride in its alumni, who have gone on to achieve remarkable success in their professional and personal lives. With a strong foundation built on academic excellence and holistic development, REVA graduates are leading in various industries, including business, technology, education, and more.

Our alumni actively contribute to the university's growth by offering mentorship, internships, and career guidance to current students. Through dedicated programmes and regular alumni gatherings, they play a vital role in supporting students, sharing career insights, and creating valuable professional connections. This network of engaged alumni enriches the learning experience, inspiring students and helping them gain a strong foothold in their careers.

REVA alumni have achieved impressive accomplishments in diverse fields, embodying the university's values of innovation, resilience, and service. From making advancements in cutting-edge technologies to leading successful businesses, engaging in impactful research, and contributing to society through public service, they reflect the university's commitment to excellence and societal contribution.

The Alumni Cell of REVA University plays a central role in connecting alumni across the globe, creating a robust network that fosters a sense of community and collaboration beyond graduation. By organizing events, networking opportunities, and professional development programmes, the Alumni Cell strengthens bonds within this community, ensuring that REVA graduates continue to excel and support each other throughout their careers, contributing to mutual growth and lifelong success.





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