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करियर मार्गदर्शन पोर्टल · Career Guidance Portal

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करियर शीट · CAREER SHEET

एथलीट विकास विशेषज्ञ

An Athlete Development Specialist (strength & conditioning / long-term athlete development) is the professional who scientifically builds an athlete's physical capacity — strength, speed, endurance, agility and injury-resistance....



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/athlete-development-specialist

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Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

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कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

An Athlete Development Specialist (strength & conditioning / long-term athlete development) is the professional who scientifically builds an athlete's physical capacity — strength, speed, endurance, agility and injury-resistance. They design individualised training programmes for each athlete and sport, measure progress through testing and data, and build age-appropriate 'talent pathways' from young children to international competitors. Working alongside coaches, physiotherapists and nutritionists, they help athletes reach peak performance and stay injury-free over a long career. With rising investment in cricket, Olympic sport and academies, it is a fast-growing career in India.

2 At a glance

Minimum qualification	Class 12 (Science/PE) + degree in Physical Education / Sports Science
Course duration	3–4 yr degree + 6–12 month S&C certification
Starting salary	₹25,000–40,000/month
Work mode	Full-time athlete training at academy/team/gym

3 What you need

INTERESTS

- Deep interest in sport, fitness and how the human body works
- Curiosity about data, testing and science-based training plans
- Passion for coaching athletes and working hard alongside them

ABILITIES

- Understanding of exercise science, anatomy and movement
- Ability to motivate, communicate and lead athletes
- Personal fitness and ability to demonstrate correct technique

KEY SKILLS

- Designing individualised strength & conditioning programmes
- Coaching and correcting lifting, sprint and movement technique
- Building long-term athlete development and age-based talent pathways
- Team-work with coaches, physiotherapists and nutritionists
- Fitness testing, screening and tracking progress with data
- Injury-prevention, rehab and load-management planning
- Basic guidance on nutrition, recovery and sleep

4 How to get there

- 1 Complete Class 12 (Science or Physical Education) and build a strong base in sport and fitness.
- 2 Do a bachelor's in Physical Education (B.P.Ed) or Sports/Exercise Science (B.Sc.).
- 3 Take the NSNIS Patiala S&C diploma or an accredited certification like NSCA (CSCS) / ASCA.
- 4 Gain hands-on experience through an internship or as an assistant S&C coach at an academy, school team or gym.
- 5 With experience and results, progress to state, franchise and national/Olympic programmes.

MAIN EXAMS

- NSCA CSCS (Certified Strength & Conditioning Specialist) certification exam
- NSNIS Patiala diploma / PG diploma entrance and assessment

5 Where to study**GOVERNMENT INSTITUTES**

- नेताजी सुभाष राष्ट्रीय खेल संस्थान (SAI-NSNIS पटियाला) – स्ट्रेंथ एंड कंडीशनिंग विभाग — Patiala, Punjab (<https://nsnis.org/academic-courses/post-graduate-diploma-in-strength-and-conditioning/>)
- भारतीय खेल प्राधिकरण (SAI) – NSNIS पटियाला — All-India (with regional centres) (https://sportsauthorityofindia.nic.in/sai_new/nsnis-patiala)
- लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान (LNIPE) — Gwalior, Madhya Pradesh (<https://www.lnipe.edu.in/>)
- राजस्थान विश्वविद्यालय – शारीरिक शिक्षा विभाग (B.P.Ed) — Jaipur, Rajasthan (<https://www.uniraj.ac.in/>)
- युवा मामले एवं खेल विभाग, राजस्थान — Jaipur, Rajasthan (<https://yas.rajasthan.gov.in/content/raj/sports/en/home.html>)

PRIVATE INSTITUTES

- पूर्णमा विश्वविद्यालय – B.Sc. एक्सरसाइज़ एंड स्पोर्ट्स साइंस — Jaipur, Rajasthan (<https://poornima.edu.in/admissions/ug/faculty-of-management-and-commerce/bscexercisesports/>)
- इंडियन स्कूल ऑफ स्ट्रेंथ एंड ट्रेनिंग (ISST) — Pune, Maharashtra (<https://www.isst.co.in/>)
- इंस्टिट्यूट ऑफ न्यूट्रिशन एंड फिटनेस साइंसेज़ (INFS) — Online / All-India (<https://www.infs.co.in/>)

ONLINE

- नेशनल स्ट्रेंथ एंड कंडीशनिंग एसोसिएशन (NSCA) इंडिया – CSCS — Online / India (<https://nscaindia.com/>)
- NSCA CSCS प्रमाणन (यूएसए) — Online (<https://www.nscs.com/certification/cscs/>)
- ऑस्ट्रेलियन स्ट्रेंथ एंड कंडीशनिंग एसोसिएशन (ASCA) — Online (<https://www.strengthandconditioning.org/>)

FEES

At government institutes (LNIPE, University of Rajasthan) B.P.Ed fees are roughly ₹10,000–50,000 per year, and the NSNIS Patiala S&C diploma is comparatively affordable. Sports-science courses at private universities can cost about ₹80,000–2,00,000 per year, while the NSCA CSCS certification (exam plus study material) costs roughly ₹35,000–60,000.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in/>)
- खेलो इंडिया – एथलीट/खेल छात्रवृत्ति व सहायता (<https://kheloindia.gov.in/>)
- पूर्णमा विश्वविद्यालय – स्पोर्ट्स स्कॉलरशिप प्रोग्राम (<https://poornima.edu.in/scholarship/sports-scholarship/>)
- भारत सरकार खेल छात्रवृत्ति गाइड (The Bridge) (<https://thebridge.in/others/india-government-sports-scholarships-guide-56398>)

6 What the work is like

WHERE YOU WORK

Sports academies, cricket and football franchises, state and national teams, Olympic programmes (e.g. OGQ, SAI), university and school teams, high-performance centres and performance gyms.

WORK CULTURE

Work often revolves around early-morning and evening training sessions; long, irregular hours and travel are common during seasons, tours and camps. The environment is team-based, results-driven and physically active. There are growing opportunities for women and in para-sport as well.

WHO HIRES

- Sports Authority of India (SAI) and NSNIS Patiala high-performance centres
- Olympic Gold Quest (OGQ) and other athlete-support programmes
- University, school and college sports departments
- IPL/WPL cricket franchises (e.g. Rajasthan Royals, RCB) and BCCI/state cricket associations
- Private sports academies, football clubs (ISL) and performance gyms
- Sports-tech and fitness startups and high-performance consulting services

DEMAND (2026)

Rising investment in cricket, Olympic sport and programmes like Khelo India has sharply increased demand for science-based fitness at every level. IPL/WPL franchises, state academies and high-performance centres now employ dedicated strength & conditioning specialists. A shortage of trained, certified professionals means the field will offer even more openings in the coming years.

7 Career growth

- 1 Intern / Assistant Strength & Conditioning Coach
- 2 Strength & Conditioning Coach (academy/team)
- 3 Head S&C Coach / Athlete Development Specialist
- 4 Director of High Performance (national/franchise)

EARNINGS

Starting	₹25,000–40,000/माह
Mid level	₹50,000–90,000/माह
Senior level	₹1,50,000–4,00,000+/माह

Per PayScale (2026), a strength & conditioning coach in India earns an average of about ₹41,000/month (roughly ₹4.9 lakh/year), rising steeply with experience and level. Entry pay at academy level is modest, but senior S&C specialists at IPL/WPL franchises and national/Olympic programmes earn considerably more.

8 The good parts · The challenges

The good parts

- Turns a passion for sport into a stable, growing career
- Direct, visible impact on athletes' performance and lives
- Potential for high pay and recognition at franchise and national/Olympic level

The challenges

- Early mornings, late evenings and long travel with irregular hours in season
- Constant pressure over results and athletes' fitness/injuries
- Years of experience and certification needed to reach top roles

9 Real-life journeys

Basu Shanker

Strength & Conditioning Coach, Indian men's cricket team & Royal Challengers Bangalore

Basu Shanker of Chennai was a sprinter in the 1980s–90s, then moved into fitness coaching and went on to become Head Strength & Conditioning Coach of the Indian men's cricket team. Working with players like Virat Kohli, R. Ashwin and Dinesh Karthik, he was central to building a 'fitness-first' culture in Indian cricket and is regarded as one of the most sought-after S&C coaches in the world. His journey shows how sports science and discipline can turn athlete development into a big, respected career.

Wikipedia · https://en.wikipedia.org/wiki/Basu_Shanker

Dr. Apurva Mathankar

Co-Founder & Director, Strength and Conditioning Academy (India); NSCA India Coordinator

Starting from physiotherapy (MPT), Dr. Apurva Mathankar earned her CSCS in 2017 to become one of India's youngest certified strength & conditioning specialists. She co-founded the Strength and Conditioning Academy (India) and brought NSCA's certification programmes to India. She trains cricket, tennis and badminton players and mentors new S&C coaches, several of whom have gone on to national academies. Her story shows girls that they too can lead in sports science.

PT Career Paths · <https://ptcareerpaths.com/strength-and-conditioning-academy-india-co-founder-and-director-dr-apurva-mathankar-mpt-cscs/>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Professional Athlete
- Physical / Fitness Trainer

- Sports Lawyer

11 Sources & further reading

1. Rajasthan Career Guidance – Athlete Development Specialist — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%8f%e0%a4%a5%e0%a4%b2%e0%a5%80%e0%a4%9f-%e0%a4%b5%e0%a4%bf%e0%a4%95%e0%a4%be%e0%a4%b8-%e0%a4%b5%e0%a4%bf%e0%a4%b6%e0%a5%87%e0%a4%b7%e0%a4%9c%e0%a5%8d%e0%a4%9e/>
2. NSNIS Patiala – PG Diploma in Strength & Conditioning — <https://nsnis.org/academic-courses/post-graduate-diploma-in-strength-and-conditioning/>
3. National Strength & Conditioning Association (NSCA) India — <https://nscaindia.com/>
4. PayScale – Strength & Conditioning Coach Salary (India, 2026) — https://www.payscale.com/research/IN/Job=Strength_and_Conditioning_Coach/Salary
5. Khelo India – Sports Scholarships & Support — <https://kheloindia.gov.in/>



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