

THE EDUCAFE TIMES



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Hello Readers!

We bring to you another edition of The Educafé Times where we talk about one of the most sought out career opportunities - **Sports Physiotherapy**. Here we discuss the scope of the career, the challenges and the skills sets required.

Have some new ideas for our newsletter? Share them with us at educafestudentsolutions@gmail.com and get a shoutout.

Happy Reading!!

Sports Physiotherapy-Where Science Meets Sports !

"Make a Difference in the World of Sports - Become a Sports Physiotherapist and Help Athletes Reach New Heights!"

Are you a sports enthusiast? Do you enjoy sports? Are you interested in making a career in addressing sports-related injuries and challenges? Then it is a good idea to consider a career in sports physiotherapy.

Sports physiotherapy is one of the sub-specialties within physiotherapy that focuses on diagnosing, treating, and preventing injuries associated with sports and exercise. Sports physical therapists use various strategies and tactics to help athletes perform better, lower their risk of injury, and recover from injuries. Sports physiotherapists help players reach their maximum potential while reducing the risk of injury and guaranteeing a safe return to sport.

They accomplish this through manual treatment, exercise prescription, biomechanical analysis, and education. Sports physiotherapists are vital in injury prevention, injury management, and rehabilitation.

CAREER PATH

There are two ways to pursue this fascinating career:

The first way is to:

- Complete and clear your 12 standard (50%) with Physics, Chemistry, and Biology as your combination
- Do your Bachelor's in Physiotherapy [BPT]. You can appear for the NEET exam. However, that is not compulsory.
- Some private or autonomous colleges/universities also conduct their own entrance examinations. You should have completed your Bachelor's Degree from a reputed university/college
- You can proceed to complete a Masters in Sports Physiotherapy

The Second way is to:

- Complete and clear your 12 standard (50%) with Physics, Chemistry, and Biology as your combination.
- Complete a Diploma in Physiotherapy
- Do a PG Diploma in Physiotherapy



Once you have your degree in physiotherapy, you can work in sport injury clinics, professional and budding sports teams, clubs, health, and fitness centers, rehabilitation center, and sports and leisure clubs. Some physiotherapists also work as teachers, coaches, and personal trainers.

A Sports Physiotherapist's salary typically starts from 3 Lakhs per annum onwards depending on experience, location, and the level of sports work done.

Sounds interesting, right!

Now let's discuss its pros and cons

Pros:

- Working with athletes and physically active people is rewarding and fulfilling
- If you are working for a national and international sports team, you get the opportunity to travel
- Since the field is constantly evolving, there is constant learning and professional development

Cons

- It can be quite physically demanding since it requires you to work long hours
- It can be emotionally challenging, especially while dealing with injuries that may end an athlete's career or limit their future opportunities
- A high level of competition for sports physiotherapy jobs

Prescribing Success

In conversation with Somya Rout

In 2019, STAIRS Physiotherapy and Fitness Studio was established by Somya Rout in Bangalore. Somya Rout, the co-founder, is a Sports Physiotherapist, Strength and Conditioning Coach.

He holds a Bachelor's degree in physiotherapy and a Postgraduate Certificate in Clinical Research. He also has a Fellowship in Sports Science (Apollo Hospital), a Certification in Asian Football Sports Physiotherapy (ASPETAR, Qatar), and a Certificate in Manual Therapy (MTFI) from the European Union. He is a Certified Strength and Conditioning Trainer (Exercise and Sport Sciences International Consultancy) he is also a member of the Indian Association of Physiotherapists.



Work Experience

His experiences include working with the Ranji Cricket Team and Academy, the U19 and U17 Indian football teams, the Vietnam Tennis Open, and the Sports Authority of Gujarat.

A few snippets of an interview with him:

What motivated you to become a Physiotherapist?

Growing up, I was passionate about sports and joined a cricket club. As a result of a few injuries, I had to stop playing sports during that time. When I was watching a cricket match, a player got injured, so the physio rushed to help him so he could return to play. Having been encouraged and inspired, I began my journey toward becoming a physiotherapist.

What are some of the challenges and rewarding parts of becoming a physiotherapist?

In hospitals, physiotherapists face several challenges, including a lack of awareness and education concerning the role of a physiotherapist, professional development, and non-standardization of the pay scale, lack of proper formation of boards and councils, and low pay rates.

The best thing that ever happened in my life, is that I am proud to be a Physio, I can help athletes and clients return to sports and achieve their goals, I can empower people through movement, exercise therapy, and manual therapy, but most importantly I get to travel, learn, and represent Team India in Asian Football Championships.

Could you please list out the steps to choose physiotherapy as a career?

You should have passed the Class 12 Examinations (Science) with Physics, Chemistry, and Biology., and must achieve at least 50% in all three subjects.

After Class XII, NEET and CET are the most popular yet most challenging entrance exams for physiotherapists. Some Universities and Institutes also conduct their own private entrance exams.

After appearing for the entrance examinations, ensure you meet the minimum mark requirements for admission to a decent physiotherapy school. The average expected NEET score is 300-400 out of 720.

Study for a Bachelor of Science in Physiotherapy: As per your score, find relevant and recognized physiotherapy colleges that offer physiotherapy.

After completion, you can do a Master in Physiotherapy (2 years) in a specialty of your choice (ortho, sports, neuro, pediatric, cardiorespiratory, community-based rehab).

Any suggestions for students?

Physiotherapy helps to restore movement and function when someone is affected by injury, illness, or disability. It can also help to reduce your risk of injury in the future. It requires a lot of determination to create an impact in society. I would urge all students to take the initiative to bring more awareness regarding the human body and encourage movement as healing.

Would you recommend this career to students? If yes, why; if no, why not?

I would encourage more students to take up Physiotherapy as their profession since there is a need to help and support a large population. The scope of Physiotherapy has been increasing as active lifestyle has become a priority.

I would encourage more girls to take up physiotherapy as Pre and Postnatal rehab are crucial to women's health during and after pregnancy. There is a great demand of female Physios for the women's Sports teams across the globe.

Keen to know more on
Sports Physiotherapy?
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Career Queries



by : Dr. Sudha Bhogle

Which course is the best? Biotechnology or Nanotechnology?

Biotechnology is a branch of Biology that deals with using technology to create products for living organisms/cells. Some of the work of Biotechnology include Cloning, Plasmid, Antibiotic resistance gene, Vectors etc. Nanotechnology is a branch of Science that uses technology/engineering for working on atoms and molecules at the nanoscale. Nanotechnology application is used in every field, for example Medicine, Food technology, Environmental Science.

Bionanotechnology is an amalgamation of knowledge and technology from both these branches. The focus is on utilizing biotechnology to solve engineering challenges and upgrade technology.

Both have a very good scope if utilized properly. Your interest/passion and end goal would determine your choice of career and subsequent career path.

Take The Quiz

1) Which of the following is a hormone that regulates sleep-wake cycles in humans?

- A) Melatonin B) Testosterone
C) Estrogen D) Adrenalin

2) Which of the following is not a programming language?

- A) Python B) Ruby
C) HTML D) SQL

3) What is the capital city of Australia?

- A) Sydney B) Melbourne
C) Brisbane D) Canberra

4) What is the largest organ in the human body?

- A) Liver B) Heart
C) Skin D) Lungs

5) Which of the following is not a type of rock?

- A) Igneous B) Metamorphic
C) Sedimentary D) Viscous

6) Which of the following is not a major global currency?

- A) US Dollar B) Euro
C) Yen D) Rupee

7) Which country is both a continent and a country?

- A) United States B) Canada
C) Australia D) New Zealand

Answers, 1) A, 2) C, 3) D, 4) C, 5) D, 6) D, 7) C

I have finished my 10th (SSLC). I am interested in aeronautics and mechanical engineering field and my ultimate goal is the same. So I have chosen PCME. Is this the right option or should I select diploma? I have heard that doing PUC I & II adds more value than Diploma.

I am glad that you are clear about your goal of choosing a career in aeronautics. The field of aeronautical engineering is extremely challenging and there are lots of opportunities to excel. With the skies opening up and an urgent need to develop safer, technologically advanced and more economical airplanes, the scope for aeronautical engineering is high.

Whether Diploma or BE is the better option would depend on the type of career/job you seek in this area. If you want to go far ahead in this field, and especially if you want to work in R&D, then you would need to do your MTech in this area. For this a B.E. is better than a Diploma. To get a seat in engineering (BE) it is essential that you choose PCM at the PUC level and therefore you have made the correct choice. Some colleges in Bangalore do offer a B.E. in aeronautical engineering. Otherwise, you can do a B.E. in a related field and then an MTech in this specialization.

The Indian Institute of Science in Bangalore offers an MTech in Aeronautics. Bachelor degree holders in Engineering/Technology or equivalent are eligible to apply for admission. However you should qualify in the Graduate Aptitude Test in Engineering (GATE) For further details, please refer their website - <http://www.aero.iisc.ernet.in/elgibilty.aspx>

The Indian Institutes of Technology (IITs) at Powai, Chennai and Kanpur also offer MTech in aerospace engineering or related fields. Admission will be through a valid GATE score in the relevant paper. Further details can be obtained from their websites

We will talk about this in our next Edition.

Can you guess?

Comment your answer below! or Mail us at educafestudentsolutions@gmail.com

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