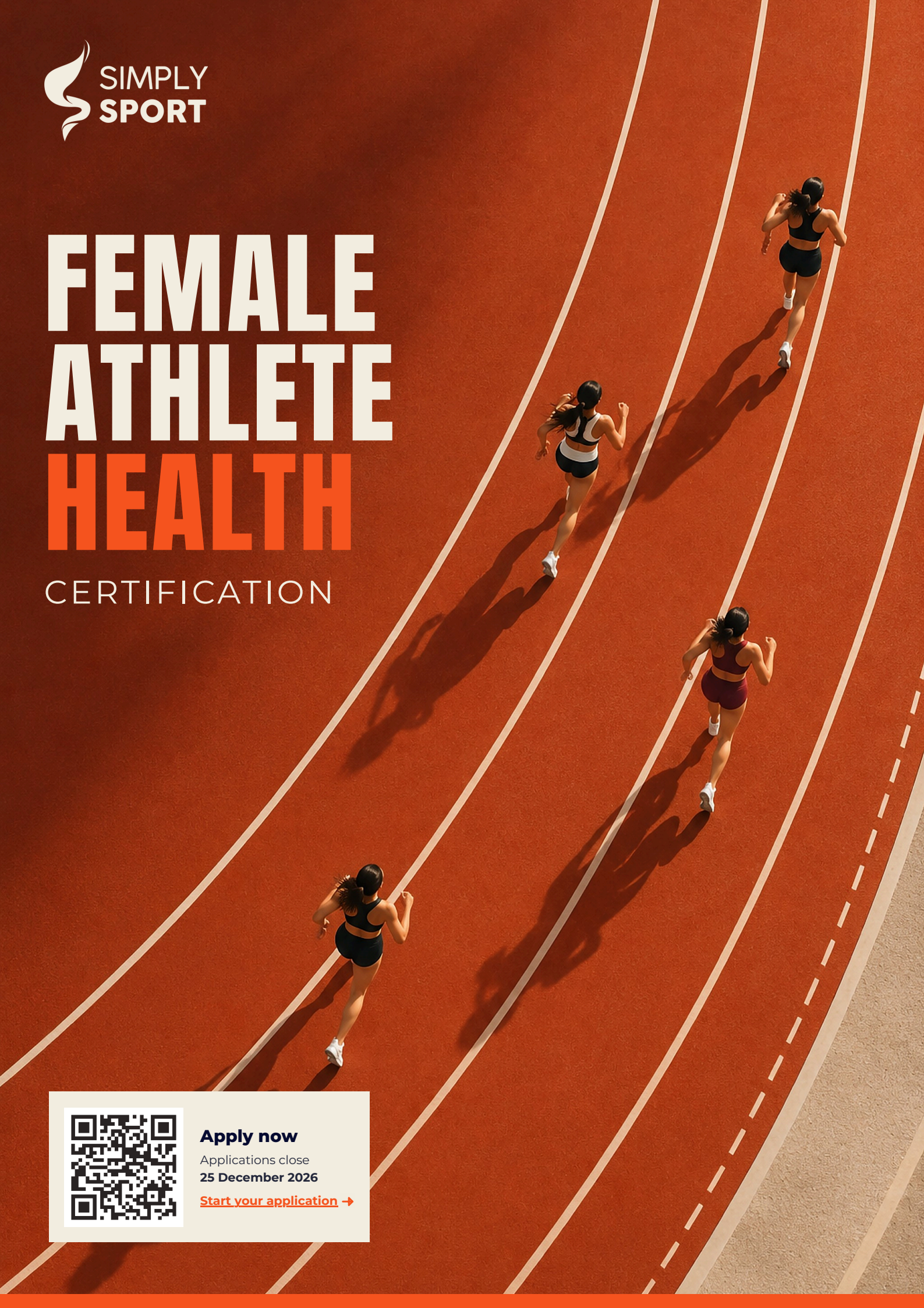
SIMPLY SPORT

FEMALE ATHLETE HEALTH

CERTIFICATION



Apply now

Applications close
25 December 2026

Start your application →

SIMPLY SPORT

INDIA'S FIRST

FEMALE ATHLETE HEALTH CERTIFICATION

A professional certification in female athlete health for sports scientists and allied health professionals.



FORMAT	Live online sessions, a two-week capstone and four days in Bengaluru
PROGRAMME	8 January – 28 February 2027
TIME	About 9–10 hours a week during online learning
TO PASS	75% attendance, 60% in the formal assessment and a submitted capstone
FEE	₹15,000 + GST, with instalments available
APPLY BY	**25 December 2026**

Six years of work with female athletes

Simply Sport Foundation (SSF) is a Bengaluru-based non-profit that supports grassroots sport in India. Since 2020, our Female Athlete Health Initiative has worked with athletes, coaches and support staff through education, cycle tracking, research, resources and policy.

This certification builds on that work.







11,600+
athletes and coaches reached

250
women's health workshops

300
athletes in our menstrual tracking programme

WHAT WE HAVE CREATED

01
Play Without Pause
State-wide menstrual health programme and report, Uttar Pradesh

02
Simply Periods Handbook
Menstrual health in sport, with BWF and LJMU

03
Draft Female Athlete Health Policy
With the Bihar State Sports Department

04
Play to Be Active for Life
Barriers to participation in physical activity

ORGANISATIONS WE HAVE WORKED WITH

Badminton World Federation	**Liverpool John Moores University**	**Stanford FASTR**	**Indian Olympic Association**
Sports Authority of India	**Bihar State Sports Department**	**Samiksha Sports Psychology**	**Capri Sports & UP Warriorz**

Why this certification exists

> Most of what sport knows about athletes was learned from **male athletes.**

6%



of sport and exercise science studies published between 2014 and 2020 focused only on women

Each bar is 1% of studies · Cowley et al., 2021





of athletes, coaches and support staff across 30 Indian sports say the menstrual cycle affects training and performance

Majumder et al., 2026

1

THE PROBLEM

Female athlete health spans the menstrual cycle, fuelling, mental health, injury, and pelvic and breast health. No single discipline owns it.

2

THE GAP

Each professional sees only part of the picture. Early signs are missed, and athletes lose training time or leave sport.

3

THE RESPONSE

One shared foundation for everyone around the athlete: recognise concerns early, communicate with care and refer at the right time.

Evidence-informed
Taught by subject experts

Built for India
Grounded in Indian sport

Applied
A project in a real setting

Assessed
Certified on competence

03 · OUTCOMES

Six professional competencies

On completion, you will be able to do the following within your existing professional scope.

01 **Understand**

Apply evidence-informed knowledge of female athlete health

02 **Recognise**

Identify concerns early and decide the right next step, without diagnosing

03 **Communicate**

Discuss sensitive health topics privately and respectfully

04 **Refer**

Work within your scope and use appropriate referral pathways

05 **Collaborate**

Work effectively with other professionals who support the athlete

06 **Apply**

Identify barriers and make practical improvements in sporting settings

ELIGIBILITY

Who can apply

ELIGIBLE APPLICANTS

- Sports scientists and allied health professionals who work with athletes
- Final-year and postgraduate students in sports science or allied health

YOU WILL ALSO NEED

- Access, now or in the future, to a team, academy, club or school where you can complete the capstone
- Availability for at least 75% of live sessions and all four residential days

PLEASE NOTE

This is not a clinical qualification. It adds a female athlete health lens to your existing role and does not authorise diagnosis or treatment.

04 · THE PEOPLE

Content and programme team



Aditi Mutatkar
Head of Athlete & Women Initiatives, SSF



Kirti Agarwal
Faculty, Symbiosis School of Sports Science
Learning designer



Renu Yadav
Programme Lead, Female Athlete Health Initiative, SSF
Programme lead; developed the menstruation and nutrition content



Vaishali Chaudhary
Sport and Counselling Psychologist
Developed the mental health curriculum

05 · CURRICULUM AND FACULTY

Seven areas, taught as one system

> *"Course materials have been independently reviewed by academic experts from Liverpool John Moores University regarding the scientific accuracy and the quality of the teaching practice. Liverpool John Moores University does not accredit, deliver or endorse this programme."*

90 min every live session	**6:30-8:00 pm** IST, on weekdays	**3 sessions** per area	**Recordings** available for revision

01-02 Female Physiology & Menstruation



Dr Ragini Adhikari
Sports Physiologist and Menstrual Cycle Coach, Inspire Institute of Sport

03 Nutrition, including REDs



Apurva Surve
Assistant Professor and Consulting Sports Nutritionist, S.V.T. College of Home Science, SNDT Women's University

04 Mental Health

MENTAL HEALTH PARTNER — Samiksha®



Divya Viswanathan
Sport Psychologist, Samiksha Sports Psychology

05-06 Injury & Female Athlete Health Pelvic Health



Dr Ritika Parate
Obstetric and Gynaecological Physiotherapist; Co-founder, Solaris, The Physiotherapy Clinic

07 Breast Health



Tanugatri Majumder
Assistant Professor, School of Sports Science, KCLAS

Learn from international experts in female athlete health

Alongside the seven areas, live masterclasses bring international research and practice into the programme.



LIVERPOOL JOHN MOORES UNIVERSITY · UK

Dr Chelsea Oxendale

Senior Lecturer in Applied Sport and Exercise Sciences, LJMU; Biomechanics, Strength & Conditioning and Female Athlete Injury Prevention



STANFORD FASTR · USA

Emily Kraus, MD

Sports Medicine Physician and Physician-Scientist, Stanford University; Founding Director, Female Athlete Science and Translational Research (FASTR) Program

EACH MASTERCLASS INCLUDES

- **Expert-led teaching on current research**
- **Case discussion**
- **Cross-disciplinary perspectives**
- **Real athlete scenarios**

Topics and dates are shared with selected participants.

LEARNING APPROACH

How you will learn

STEP 1

UNDERSTAND

Live sessions and international masterclasses build knowledge across the seven areas.

STEP 2

APPLY

The Community Capstone puts that knowledge to work in a real sporting setting.

STEP 3

DEMONSTRATE

A formal assessment and a live capstone presentation in Bengaluru confirm competence.

How the programme runs

01 Online learning
8 Jan – 6 Feb 2027

02 Capstone
6–19 Feb 2027

03 Residential
25–28 Feb 2027

04 Certification
28 Feb 2027

05 Capstone grant
One project, around three months

SESSIONS	DATES (2027)	AREA
01	Fri 8 Jan	**Orientation**
02-04	Mon 11 – Wed 13 Jan	**Female Physiology & Menstruation**
05-07	Thu 14 – Mon 18 Jan	**Nutrition, including REDs**
08-10	Tue 19 – Thu 21 Jan	**Injury & Female Athlete Health**
11-13	Fri 22, Mon 25, Wed 27 Jan	**Mental Health**
14-16	Thu 28 Jan – Mon 1 Feb	**Breast Health**
17-19	Wed 3 – Fri 5 Feb	**Pelvic Health**
20	Sat 6 Feb	**Expert convening & capstone briefing**

Weekday sessions run 6:30–8:00 pm IST. The expert convening and capstone briefing is on Saturday 6 February. There is no session on Tuesday 26 January (Republic Day). Masterclass dates are shared with selected participants. **Any changes to this schedule will be communicated in advance.**

9-10 HRS / WEEK

From 8 January to 6 February. Up to five 90-minute live sessions a week, plus around two hours of pre-reading, knowledge checks and reflective log entries.

TO BE CERTIFIED

- ✓ **75%** live attendance (15 of 20 sessions); recordings do not count
- ✓ **100%** of independent learning completed
- ✓ **19 Feb** capstone submitted by 19 February 2027
- ✓ **60%** or above in the formal assessment
- ✓ **4 days** attendance on all four residential days

Community Capstone

An individual project that addresses one female athlete health need in your own sporting or community setting, with mentoring from the SSF team.

Not a dissertation

You are assessed on your reasoning and reflection, not on the scale of the project.

Suitable projects

Athlete or coach education, a toolkit or resource, a referral pathway, or a change in practice. Full implementation is not required.



BRIEFING
Sat 6 Feb 2027

WORKING PERIOD
6–19 Feb 2027

SUBMISSION
5–6 slides by 19 Feb

PRESENTATION
10 minutes, Day 3 in Bengaluru

THE CAPSTONE PROCESS

1. **Assess** — Identify the need
2. **Design** — Plan a response that suits the setting
3. **Implement** — A proposal, resource or pilot
4. **Evaluate** — Review what worked and what to change
5. **Present** — Share your learning and next steps

09 · CAPSTONE GRANT

A route to wider change

Every Community Capstone is assessed. One project is selected and funded to keep running in the participant's community.



₹1,00,000

to sustain one capstone project

01

Assessed

All capstone projects are reviewed after the presentations in Bengaluru.

02

Selected

One project is chosen. The criteria are shared in advance.

03

Funded

The participant receives ₹1 lakh to keep the project running.

04

Three months

The project runs for around three months, with SSF tracking progress. Full details are shared with the selected participant.

The grant should be used only to run the selected project in the participant's community.



10 · IN PERSON

Residential Immersion, Bengaluru

Four compulsory days, **Thursday 25 – Sunday 28 February 2027**, where learning becomes practice.

1

DAY 1 · THU 25 FEB

Practise

An introduction to the residential, followed by safeguarding and facilitation: principles, practice and feedback.

2

DAY 2 · FRI 26 FEB

Assess

A formal question-and-answer assessment against the certification framework. The pass mark is 60%.

3

DAY 3 · SAT 27 FEB

Demonstrate

Live capstone presentations of 10 minutes each, including Q&A, reviewed by the programme team and invited experts.

4

DAY 4 · SUN 28 FEB

Certify

A reflection on the programme, an introduction to the capstone grant and the certification ceremony.

DAY 1 · SAFEGUARDING

Led by SafeSport India



Rania Mecca
Founder and Creative Director, SafeSport India



Aman Jain
Co-founder, SafeSport India

The venue is shared with selected participants. Travel to Bengaluru, accommodation, local transport and personal expenses are not included in the fee. Certificates are issued by Simply Sport Foundation.

Fees, payment and terms

REGISTRATION CATEGORY	FEE BEFORE GST	GST (18%)	TOTAL
Standard	₹15,000	₹2,700	**₹17,700**
Early Bird until 30 November 2026	₹13,500	₹2,430	**₹15,930**
Group of 3	₹13,500	₹2,430	**₹15,930**
Group of 4–5	₹12,500	₹2,250	**₹14,750**

Fees are per participant. Only one discount applies. Group members must apply together from the same organisation. There is no application fee.

Institutional enrolments: organisations enrolling six or more participants may contact renu@simplysport.in for institutional rates.

PAYMENT OPTIONS

Full payment	100% by 4 January 2027
Two instalments	50% by 4 January; the balance by 25 January 2027

A five-day grace period applies to the second instalment, from 25 to 30 January 2027.

Instalments are calculated on the total payable amount, including GST.

Your place is confirmed once the first payment is received and verified.

Full payment is required for certification.

CANCELLATION AND REFUNDS

Before 8 January 2027	70% refund
8–21 January 2027	40% refund
From 22 January 2027	No refund

Refunds are a percentage of the programme fee received, excluding GST. Applicable GST adjustments will be made as required. If SSF cancels the programme, the programme fee paid will be refunded in full.

THE FEE INCLUDES

- ✓ Live online sessions and international masterclasses
- ✓ Learning materials and learning-platform access
- ✓ Capstone guidance and review
- ✓ Four-day residential immersion in Bengaluru
- ✓ Formal assessment and certification on successful completion

NOT INCLUDED

- × Travel to and from Bengaluru
- × Accommodation and local transport
- × Meals outside programme hours and personal expenses

Payment security. Selected participants receive official SSF payment instructions. Check that the beneficiary is Simply Sport Foundation. SSF never asks for payment to a personal bank account or personal UPI ID.

Refund requests must be emailed to renu@simplysport.in. Approved refunds are processed within 30 working days. Certification is subject to attendance, learning completion, assessment, capstone submission, residential participation and full payment.

Payment and enrolment queries: renu@simplysport.in

STRONGER SUPPORT STARTS WITH BETTER UNDERSTANDING.

01 **Apply**
Online by 25 Dec 2026

02 **Review**
Checked against the eligibility criteria

03 **Selection**
Decision by 28 Dec 2026

04 **Confirm**
First payment by 4 Jan 2027

Required documents: your CV and proof of your highest qualification or, for students, proof of current enrolment (such as a college ID or bona fide certificate).

Scan the code or tap the button

APPLY NOW

Enquiries: renu@simplysport.in

APPLICATIONS CLOSE

25 December 2026

SIMPLY SPORT

Simply Sport Foundation
Female Athlete Health Initiative
www.simplysport.in