

JAIN UNIVERSITY

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY Programme Guide

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Programme Overview

The Post Graduate Diploma in Sport Psychology is designed to cater to budding psychology students with an interest in contributing to the Sports Field. This Programme will facilitate in learning about factors that affect sport and performance. Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

Sport Psychology is still a relatively new and young field in India. The need for qualified sport psychologists to contribute to Indian Sport is highly essential. The field too has a lot to offer to young professionals. The Programme work pays attention to the challenges encountered by sports professionals while pursuing their careers and effective management of the same.

Programme Name

Post Graduate Diploma in Sports Psychology

Programme Code

5207

Duration

1 Year

Degree Awarded

Post Graduate Diploma in Sports Psychology

Total Credits

48 credits

Eligibility Criteria

The programme is open to graduates with a Psychology as an option and PG degree holders in Psychology.

Medium of Instruction / Examination

English

Study Campus

**School of Graduate Studies
JC Road, Bangalore - 560 027**

Programme Advisor

Dr. Sherin P Antony

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Programme Objectives

- To provide an insight into the theoretical and practical orientation of Sports Psychology
- To provide the basic skills of psychological counselling that could be applied in the context of sports coaching
- To provide opportunity to youngsters to step into the profession of Sports Psychology

Programme Features

- The syllabus also attempts at providing theoretical foundation and practical opportunities to reach out to professionals across varied contexts
- The Programme work and syllabus has been designed to ensure that students are trained in skills of counseling and therapy and also get ample opportunities to practice the same
- Internship is therefore emphasized along with acquisition of theoretical knowledge
- The learning lab additionally focuses on training in administration of psychological assessments that are important in a sports environment
- On the whole, the Programme aims at equipping students to effectively empower sports professionals along with a sound theoretical orientation

Curriculum Structure

Semester 1:

3 theory papers

3 learning labs

- Counselling skills training
- Internship

Semester 2:

3 theory papers

3 learning labs

- Minor Research Project
- Internship

Examinations & Assessments

Theory papers will have a semester end examinations which will be assessed for 80 marks and other 20 for IA (assignments, internal tests, class presentations, attendance, regularity of submissions, effort)

Learning Labs

- **Laboratory related practical work will have continuous assessments:** 20 marks are allotted for each of the nine experiments. Criteria are quality of plan procedure and conduction of the experiment (5marks) analysis and interpretation (5marks) effort, regularity of submission (5marks) viva (5marks). An additional 20 marks is for the final overall performance- conduction, written plan, procedure, interpretation and viva. This would be assessed at the end of the semester
- **Internship:** The student will have to put in minimum 60 hours of work in place selected by the student for the internship. There would be an external (from the place of internship) and internal (from the department) evaluator of the internship undertaken by the student. 60 marks out of 100 will be assigned to the report submitted and for quality and nature of work undertaken. This would also include depth of analysis, skills demonstrated and the quality of report. There would be a final presentation given by the student. This would be assessed -20 for viva and 20 for presentation of learning
- **Minor Project:** marks would be divided as below: 60 for written project (quality of research) 20 for CIA (regularity of submissions, attendance, effort) 20 for Viva voice