



Seva Mandal education society's

Smt.M.M.P.Shah Women's College of Arts and Commerce

Department of Psychology announces

P.G Diploma in Sports Psychology

Friday – Saturday -4 hours

Duration 1 YEAR

Objective :

By the end of this unit students will be able to define sports psychology.

Understand the brief history of the discipline, understand what sport psychologists do , explain the purpose of theory and research in psychology, and recognize the major approaches to psychology . The specialised field of sports psychology has developed rapidly in recent years. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognised. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete; however, a knowledgeable and interested coach can learn basic psychological skills and impart them to the athlete, especially during actual practice.

Unit 1: . Introduction to Sports Psychology (June –August)

- 1.1 What is sport psychology. theories of personality . The psychodynamic approach to personality development
- 1.2 Trait theories , Personality characteristics and sporting behavior
- 1.3 Social learning theory , Applying social learning theory to sport
- 1.4 Sources of influence on social development and sport
- 1.5 Gender and sport . Sport as an influence on social development .

Unit 2 Motivation, Emotion, and Psychophysiology (Sept- Nov)

- 2.1 Understanding the Dynamics of Motivation in Sport and Physical Activity: An Achievement Goal Interpretation
- 2.2 Role of Emotion in Sports : Current issues and Perspectives
- 2.3 Intrinsic and Extrinsic Motivation in Sport and Physical Activity
- 2.4 The Psychology of Superior Sport Performance: A Cognitive and Affective Neuroscience Perspective

Unit 3: Interventions and Performance Enhancement (December –January)

3.1 Mental Skills Training in Sports

3.2 Sport Psychology: A Clinician's Perspective

3.3 Eating Disorders in Sports : From Theory to Research to Intervention

3.4 psychosocial Antecedents of Sports injury and intervention for Risk Reduction

3.5 Psychology of sports Injury Rehabilitation

Unit 4: EXERCISE AND HEALTH PSYCHOLOGY..(February)

4.1 Physical Activity and Mental Health.

4.2. Physical Activity and Three Dimensions of Psychological Functioning in Advanced Age: Cognition, Affect, and Self- Perception., Physical Activity and Quality of Life: Key Considerations.

4.3 Athlete Burnout

Unit 5. SPECIAL TOPICS.

5.1. Gender and Cultural Diversity.

5.2 Athletes with Disabilities.

5.3 Alcohol and Drug Use among Athletes: Prevalence, Etiology, and Interventions.