

## Vision, Mission and Objectives of the Organization

**Vision:** Empowerment of Women through Quality in Education.

**Mission:** To impart quality education to women and enable them to become independent and competent, thereby benefitting our society and country.

### Objectives:

- To foster a healthy learning environment.
- To make teaching and research relevant to societal needs.
- To inculcate humanist outlook in students by means of Value based education and community outreach programme.
- To focus on vocalization of courses and skill development.



SEVA MANDAL EDUCATION SOCIETY'S  
**Smt.M.M. P Shah Women's**  
**College of Arts and Commerce**  
**NAAC Reaccredited 'A' with CGPA 3.61/4**  
**UGC STATUS: College With Potential**  
**For Excellence**



## Department of Psychology

Announces

## **P.G.DIPLOMA in SPORTS** **PSYCHOLOGY**

DURATION OF THE COURSE- 1 year  
Commences in June 2018  
Every Friday –Saturday 3.00pm-5.00pm



## The Rationale

The specialized 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 and is widely recognized. After the completion of this course one 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.

## HIGHLIGHTS

- 1 year Post Graduate Diploma
- Semester I- June –November
- Semester II- December- February
- Research Projects at the end of each Semester
- Certificate from the Institution on completion of the Course



### FOR DETAILS CONTACT:

**Ms. Reshma Murali**  
**Coordinator**  
**Tel .8879456951**

## Course Modules

### SEMESTER I & II

- Introduction to Sports Psychology
  - Motivation, Emotion, and Psychophysiology
  - Interventions and Performance Enhancement
  - Exercise And Health Psychology
  - **SPECIAL TOPICS**  
 Gender and Cultural Diversity.  
 Athletes with Disabilities.  
 Alcohol and Drug Use among Athletes: Prevalence, Etiology, and Interventions.
- Fees- Rs 10,000/-**

### TARGET AUDIENCE

- Graduates from the field of Psychology/ Human Development
- Professionals with Sound knowledge of Sports

