



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

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

Credits: 48

Units	Credits
Introduction to Sports Psychology	4
Motivation, Emotion, and Psychophysiology	4
Social Perspectives in sports Psychology	4
Interventions and Performance Enhancement	4
Assessment in Sports Psychology	4
Internship	8
Exercise and Health Psychology	4
Life Span Development	4
Special Areas	4
Research Dissertation	8

Objective:

The field of sports psychology examines psychological variables that impact athletic participation and performance. This course would examine various theories and research across diverse areas of sports psychology like biological aspects, cognitive and social aspects of personality. The course would also include the impact of equity in providing motivation, strategies for successful performance, leadership, goal setting, stereotypes, team cohesion and Intervention strategies to cope with athlete burnout, injury and the prevalence of drug abuse and eating disorders in athletes.

1. To introduce students to the concept of sports psychology and Understand the brief history of the discipline

2. To understand what sports psychologists do, explain the purpose of theory and research in psychology.
3. To learn basic psychological skills and impart them to the athlete, especially during actual practice.

Semester I

Unit 1: Introduction to Sports Psychology

Objective:

- To understand the concept of Sports Psychology.
 - Understand how theory relates to real life athlete experiences
 - Understand key sport psychology theories
 - Role of sports on social development
1. What is sport psychology. Theories of personality. The psychodynamic approach to personality development
 2. Trait theories, Personality characteristics and sporting behavior
 3. Social learning theory, Applying social learning theory to the field of sports
 4. Sources of influence on social development and sport
 5. Gender and Sport. Sport as an influence on social development
 6. Research Methods in Sports Psychology

Unit 2 Motivation, Emotion, and Psychophysiology

Objective:

- To understand the Meaning and definition of Motivation
- To understand types of motivation
- To understand the role of emotions in sports and coping skills
- Appreciate the distinction between intrinsic and extrinsic motivation

- Describe and evaluate Maslow's hierarchy of needs as an explanation of sporting motivation
- Understand the importance of achievement motivation, with particular reference to Nicholls' theory of achievement orientations
- Outline attribution theory with particular reference to the work of Bernard Weiner, and assess the usefulness of attribution therapy
- Discuss self-efficacy as a factor in sporting motivation

1. Understanding the Dynamics of Motivation in Sport and Physical Activity: An Achievement Goal Interpretation
2. Role of Emotion in Sports : Current issues and Perspectives
3. Intrinsic and Extrinsic Motivation in Sport and Physical Activity
4. The Psychology of Superior Sport Performance: A Cognitive and Affective Neuroscience Perspective

Unit 3. Social Perspectives in Sports Psychology

Objective:

- To understand groups, teams and formation of groups
 - To understand the meaning of team cohesion and explain the relationship between team cohesion and performance
 - To describe and evaluate explanations for social facilitation with reference to drive theory and evaluation apprehension
 - To apply theories of Leadership
1. Importance of groups and teams in sports
 2. Social facilitation
 3. Sports as an influence on Social Development
 4. Leadership in Sports
 5. Decision Making in Sports
 6. Social – Cognitive perspective on Team Functioning

Unit 4: Interventions and Performance Enhancement

Objective:

- To understand and evaluate theories of the relationship between arousal and performance, including drive theory and the inverted-U hypothesis
- To understand relationship between anxiety and performance, including catastrophe theory and zones of optimal functioning
- To be able to discuss a range of stress-management techniques that can be distinguish between skills and abilities, and understand a range of ways in which skills and abilities can be classified
- Describe and evaluate Fitts & Posner's (1967) stage model of skill acquisition
 1. Arousal and Anxiety in Sports
 2. Skill Acquisition and Expertise
 3. Mental Skill Training in Sports
 4. Sports Psychology: A clinical Perspective
 5. Eating Disorders in Sports: From Theory to Research to Intervention
 6. Psychosocial Antecedents of Sports injury and intervention for Risk Reduction
 7. Psychology of sports Injury Rehabilitation

Unit 5: Assessment in Sports Psychology

- Performance profiling
- Psychometric assessment of psychological skills
- Strength based approaches

Psychological Tests on

- Anxiety
- Grit
- Depression
- Decision Making

Internship – (Credits 4)

Objective:

- To give students an opportunity to take Case History of Athletes
- To apply Psychological Testing
- To apply Intervention strategies and helping athletes accomplish goals
- Experiential activity development
- to conduct workshops/ presentations/ social media posts/ web development

Semester II

Unit 1: Exercise and Diet Essentials

Objective:

- To understand the role of mental health in sports
 - To understand multidimensionality of effort perceptions
 - To understand the concept of Athlete Burnout Syndrome
1. Physical Activity and Mental Health.
 2. Physical Activity and Three Dimensions of Psychological Functioning
 3. Advanced Age: Cognition, Affect, and Self- Perception., Physical Activity and
 4. Quality of Life: Key Considerations.
 5. Athlete Burnout

Unit 2: Life Span Development

Objectives:

- To study sports and exercise behavior
- To study the influence of family on children's sports

1. Studying Sports and Exercise Behavior
2. Research in Sports morality
3. Role of family on children's sports
4. From self-efficacy to collective Efficacy in Sports

Unit 3: Special Areas

Objective:

- To understand the cultural diversity in Sports
 - To learn counselling skills to deal with alcoholism, drug use
1. Cultural diversity in Sports
 2. Counselling Athletes with Disability
 3. Dealing with Drug Use and Alcohol among athletes: Prevalence, Etiology and Interventions
 4. Providing sport psychology services to family

Unit 4: Research Dissertation

- 1) Select a topic from sports Psychology
- 2) Presentation of the Proposal
- 3) Submit a hard copy of research proposal including
 - Title
 - Introduction
 - Brief literature review
 - Hypotheses
 - Aims & objectives,
 - Research design
 - Proposed sample
 - Proposed tools
 - Proposed statistical analysis