Post Graduate Diploma (Sports Psychology)

Program Outcomes (POs)

PO1 :   Ability to demonstrate a fundamental and systematic understanding of the academic as well as applicable skills and techniques of Psychology.

PO2 :   Developing an awareness of the current emerging developments in the field of Psychology.

PO 3:   Plan and execute psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and reporting the findings accurately.

PO 4 :   Ability to speak, read, write and listen clearly in person and through electronic media, and make meaning of the world by connecting people, ideas, books, media and technology.

PO 5.   Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO 6.   Recognizing different value systems including one's own, understanding the moral dimensions of one's decisions and accepting responsibility for them.

Program Specific Outcomes (PSOs)

PSO 1:   Demonstrate knowledge of the major theoretical approaches and findings in sports psychology.

PSO 2:   Demonstrate the ability to apply psychological assessment methods and principles to assess mental health in sports relevant settings.

PSO 3:   Demonstrate skills of the psychologists of the future, equipped with ability for counselling, guidance, mental training for performance enhancement based on knowledge and training through internships.

PSO 4:   Demonstrate creative skills of using basic research in psychology through projects, with sensitivity to ethical principles.

Course Outcomes (COs)

2019-20 Batch

Semester	Course Code	Course Name	Course Outcomes (COs)
I	18PGD1PC01	**Introduction to Sport Psychology**	**CO1**: Describe and understand the nature and history of Sports Psychology, role of Sports Psychologists and the need and scope of Sports psychology in India. **CO2**: Analyze different theories of Motivation, also classify between Achievement Motivation and Competitiveness and get to know the integration of Achievement motivation and competitiveness into the athletes. **CO3**: Evaluate arousal levels and learn to apply them in Sports setting. Asses the sources of stress and anxiety, arousal and anxiety in Performance. **CO4**: Integrating the personality and its approaches in Sports and analyzing psychological measures in selecting athletes. **CO5**: Evaluate the differences between Competition and co-operation which will also help us in finding the ways to balance the Competitive and Co-Operative efforts in Sports.
	18PGD1PC02	**Social Factors in Sports**	**CO1**: Describe what is the role of socialization, cultural factors, schools and family in choosing a career in sports. **CO2**: Integrate the role of parent counselling, junior sports and coach training in sports. **CO3**: Compare between different theories and models of social behavior which try to explain the reason how people stay in the social influences or follow their passion. **CO4**: Apply the techniques on case studies for analysis pertaining to issues faced in women's sports and challenges in India. **CO5**: Practical exposure to sports centers to highlight the social issues faced by athletes and strategies taken to solve them.

Semester	Course Code	Course Name	Course Outcomes (COs)
	18PGD1PC03	**Performance in Sports-I**	**CO1**: Describe factors influencing the performance in various individual and team sports. **CO2**: Analyzing the role of aggression, arousal in sports and the strategies to overcome with regard to sports one play. **CO3**: Demonstrate the performant enhancement skills and training exercises to manage the stress and pressure in sports. **CO4**: Integrating the role of Yoga, meditation, hypnosis, reiki in performance enhancement with recent research done on these topics in Sports. **CO5**: Practice the mindful exercises and psychotherapy with athletes and discussing with the trainers or psychologist working in sports centers.
II	**18PGD2 PC01**	**Health, Fitness and Wellbeing in Sport**	**CO1**: Describe factors influencing the health, fitness and well-being in various individual and team sports. **CO2**: Evaluate the role of fitness, exercises in various sports, nutrition and stress management strategies used by the elite level athletes. **CO3**: To apply the various theories of positive psychology and integrating it with sports psychology with the help of case studies. **CO4**: Integrating the role of Yoga, meditation, hypnosis, reiki in performance enhancement with recent research done on these topics in Sports. **CO5** Practice the mindful exercises and psychotherapy with athletes and their trainers or psychologist working in sports centers.

Semester	Course Code	Course Name	Course Outcomes (COs)
	18PGD2PC02	**Injury, Burnout and Retirement**	**CO1**: Describe, understand the concept of injury, its kinds, and management of injury, sports medicine and role of sports psychologist in India. **CO2**: Compare and critically analyze the theories of Pain, Stress and burnout commonly found among the athletes and ways to manage them with the help of case examples. **CO3**: Demonstrate the performance enhancement skills and training exercises to manage the stress and pressure in sports. **CO4**: Integrating the role of Yoga, meditation, hypnosis, reiki in performance enhancement and recent research done on these topics in Sports. **CO5**: Analyzing the theories of retirement and its models for positive well-being on famous sports personalities.
	18PGD2PC03	**Performance Enhancement in Sport**	**CO1**:Describe factors influencing the performance in various individual and team sports. **CO2**: Interpret role of aggression, arousal in sports and analyzing the strategies to overcome with regard to sports one play. **CO3**: Distinguish and relate the performance enhancement skills and training exercises to manage the stress and pressure in sports. **CO4**: Integrating the role of Yoga, meditation, hypnosis, reiki in performance enhancement with recent research done on these topics in Sports. **CO5**: Construct visualization training or sports imagery modules and executing the same. **CO6**: Apply various mindful exercises and psychotherapy with athletes and discussing with their trainers or psychologist working in sports centers.