



TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

SYLLABUS

S.No.	Subject Code	Subject	Max. Marks
1	PGDSP1	Foundations of Sports Psychology	100
2	PGDSP2	Psychological Assessment in Sports	100
3	PGDSP3	Group Dynamics and Team Cohesion	100
4	PGDSP4	Stress Management and Coping Strategies	100
5	PGDSP5	Counselling Techniques in Sports Psychology	100
6	PGDSP6	Internship Training	100

1.FOUNDATIONS OF SPORTS PSYCHOLOGY

Unit I - Introduction to Sports Psychology

Definition, nature and scope of sports psychology – Historical development and significance – Objectives of sports psychology – Role and functions of sports psychologists – Importance of psychology in sports and physical education.

Unit II - Psychological Characteristics of Athletes

Personality and behaviour patterns of athletes and non-athletes – Components of psychological fitness – Self-confidence, self-esteem, mental toughness – Cognitive and emotional characteristics influencing sports performance.

Unit III - Motivation in Sports

Concept and definition of motivation – Types of motivation: intrinsic and extrinsic – Theories of motivation: Drive theory, Achievement motivation theory, Self-determination theory – Role of motivation in enhancing performance – Goal setting and feedback mechanisms.

Unit IV - Attention and Concentration in Sports

Meaning and types of attention – Factors affecting attention and concentration – Theories of attentional focus – Techniques to improve concentration – Attentional styles and their application in sports situations.

Unit V - Emotions, Stress and Arousal Regulation

Concept of emotions in sports – Stress and anxiety: definition, types, and causes – Arousal and its effects on performance – Theories: Inverted-U Hypothesis, Catastrophe Theory – Techniques for managing stress and anxiety: mental rehearsal, relaxation, breathing control, and positive self-talk

2. PSYCHOLOGICAL ASSESSMENT IN SPORTS

Unit I – Introduction to Psychological Assessment

Definition and scope of psychological assessment – Importance of psychological testing in sports – Characteristics of a good psychological test – Ethical considerations in psychological testing – Differences between psychological testing and assessment.

Unit II – Types of Psychological Tests in Sports

Classification of tests: standardized and non-standardized – Objective and projective tests – Self-report inventories and rating scales – Tests for personality, motivation, anxiety, and self-concept – Selection of appropriate tests for athletes.

Unit III – Administration and Interpretation of Tests

Principles of test administration – Standard procedures and protocols – Scoring methods and result interpretation – Cultural and contextual factors in test interpretation – Communicating assessment results to athletes and coaches.

Unit IV – Common Psychological Tools Used in Sports

Personality assessment tools (e.g., 16-PF, Big Five Inventory) – Anxiety and stress scales (e.g., SCAT, CSAI-2) – Motivation assessment tools (e.g., SMS, AMS) – Attention and concentration tests – Mental toughness and resilience measures.

Unit V – Practical Applications and Report Writing

Case study method in sports settings – Psychological profiling of athletes – Preparation of psychological reports – Role of assessment in selection, counselling, and performance enhancement – Challenges in assessment and feedback.

3. GROUP DYNAMICS AND TEAM COHESION

Unit I – Introduction to Group Dynamics

Definition and nature of groups – Types of groups in sports settings – Importance of group dynamics in team sports – Stages of group formation: forming, storming, norming, performing, and adjourning – Role of group norms and roles in team behaviour.

Unit II – Group Structure and Leadership

Components of group structure: roles, norms, status, and communication – Leadership theories relevant to sports (trait, behavioural, situational) – Leadership styles and their impact on team performance – Coach-athlete relationship and leadership effectiveness.

Unit III – Team Cohesion

Definition and dimensions of team cohesion – Task cohesion vs. social cohesion – Factors influencing cohesion: environmental, personal, team, and leadership factors – Models of team cohesion – Measuring team cohesion in sports settings.

Unit IV – Communication in Teams

Importance of communication in team functioning – Types of communication: verbal, non-verbal, formal, and informal – Barriers to effective communication – Techniques to enhance team communication – Role of feedback in improving performance.

Unit V – Enhancing Group Effectiveness and Conflict Management

Strategies to build team cohesion and morale – Group goal setting and team-building exercises – Conflict types and sources in sports teams – Conflict resolution strategies – Role of sports psychologists in enhancing team dynamics and resolving group issues.

4. STRESS MANAGEMENT AND COPING STRATEGIES

Unit I – Introduction to Stress in Sports

Definition and nature of stress – Types of stress: eustress and distress – Sources of stress in sports: competitive pressure, expectations, injuries, and burnout – Physiological and psychological responses to stress – Impact of stress on athletic performance.

Unit II – Anxiety and Arousal in Athletic Performance

Difference between stress, anxiety, and arousal – Types of anxiety: state and trait – Theories of arousal and anxiety: Drive theory, Inverted-U theory, Catastrophe model – Relationship between arousal, anxiety, and performance – Assessment of anxiety in sports.

Unit III – Stress and Coping Mechanisms

Definition and types of coping – Problem-focused vs. emotion-focused coping – Individual differences in coping strategies – Coping effectiveness in different sport situations – Role of personality, gender, and experience in coping styles.

Unit IV – Techniques for Stress and Anxiety Reduction

Relaxation techniques: deep breathing, progressive muscular relaxation, meditation – Cognitive techniques: visualization, imagery, and thought-stopping – Mindfulness and attention control – Biofeedback and self-talk – Role of pre-competition routines in stress regulation.

Unit V – Application of Stress Management in Sports Settings

Designing stress management programs for athletes – Role of coaches, trainers, and sports psychologists – Team-based stress intervention strategies – Monitoring athlete well-being and recovery – Case studies on successful coping in elite sports.

5. COUNSELLING TECHNIQUES IN SPORTS PSYCHOLOGY

Unit I – Introduction to Counselling in Sports

Definition, nature, and goals of counselling – Scope and significance of counselling in sports settings – Differences between counselling, guidance, and psychotherapy – Ethical principles in sports counselling – Qualities and roles of an effective sports counsellor.

Unit II – Theoretical Approaches to Counselling

Overview of major counselling theories – Person-centred approach (Carl Rogers) – Cognitive-behavioural approach (CBT) – Solution-focused brief therapy (SFBT) – Application of counselling theories to athletic populations.

Unit III – Counselling Process and Communication Skills

Stages of the counselling process: rapport building, problem identification, intervention, and termination – Basic communication skills: active listening, empathy, questioning, paraphrasing, and summarizing – Non-verbal communication and its relevance in sports contexts.

Unit IV – Counselling Athletes on Performance and Personal Issues

Addressing performance-related issues: anxiety, burnout, low confidence, performance slumps – Counselling for personal concerns: injury, identity crisis, fear of failure, retirement – Gender, age, and cultural considerations in athlete counselling.

Unit V – Practical Counselling Strategies and Applications

Techniques for building motivation and mental resilience – Use of goal-setting, imagery, and positive reinforcement – Crisis counselling and referral procedures – Designing athlete-specific counselling plans – Case study discussions and role-play exercises.

6. INTERNSHIP TRAINING

Unit I – Orientation and Field Placement

Introduction to the objectives and structure of internship – Guidelines and expectations for field placement – Selection of internship settings: sports academies, teams, fitness centres, schools, or universities – Code of conduct, ethics, and professional behaviour.

Unit II – Observation and Shadowing

Systematic observation of athlete behaviour, performance patterns, and coach-athlete interactions – Shadowing experienced sports psychologists or counsellors – Maintaining observation logs and reflective journals – Identifying key psychological factors influencing performance.

Unit III – Application of Psychological Techniques

Implementation of techniques such as goal setting, imagery, relaxation, and self-talk under supervision – Assisting in conducting group/team sessions – Supporting in psychological testing and feedback delivery – Working with athletes on motivation, confidence, and focus.

Unit IV – Report Writing and Documentation

Daily and weekly reporting of internship activities – Case studies and individual intervention records – Preparation of psychological profiles of athletes – Writing structured reports based on field experiences and client interactions.

Unit V – Supervision, Evaluation and Viva-Voce

Periodic supervision by faculty and field supervisors – Self-evaluation and reflection on professional growth – Final submission of internship report with evidence of practical work – Viva-voce examination to assess knowledge integration, skills acquired, and field experience.