

CHAUDHARY BANSI LAL UNIVERSITY, BHIWANI

Ordinance for a Post Graduate Diploma in Sports Psychology (PGDSP)

(As per NEP 2020 and UGC Guidelines on Curriculum and Credit Framework)

Ordinance for a Post Graduate Diploma in Sports Psychology (PGDSP) is aligned with the NEP 2020 and UGC framework, incorporating flexibility, skill development, and multiple entry-exit options as recommended by the National Education Policy 2020 and UGC Guidelines on curriculum and credit framework for higher education institutions.

1. Details of the Programme: Post Graduate Diploma in Sports Psychology (PGDSP)

Type: Skill-based, Professional Qualification

Duration: 1 Year (2 Semesters) –

Full Time

2. Programme Objectives: Post Graduate Diploma in Sports Psychology (PGDSP) aims at

1. Providing foundational knowledge of psychological concepts, theories, and methodologies relevant to understanding and enhancing athletic performance and well-being.
2. Training students in psychological assessment techniques and intervention strategies, such as mental conditioning, stress management, and motivation enhancement for athletes and teams.
3. Building expertise in managing team dynamics, enhancing communication, and developing leadership skills within sports environments.
4. To equip students with the skills to identify and address mental health challenges in athletes and implement effective strategies to foster resilience and coping mechanisms.
5. To cultivate awareness of current trends and emerging developments in the field of sports psychology.

3. Eligibility :

- Bachelor's degree in any discipline from a recognized university (minimum 3 years or equivalent).
- Minimum 45% marks (42.5% for reserved categories as per a Haryana government norms).
- Preference may be given to candidates with backgrounds in sports, physical education, management, or allied disciplines.

4. Admission Process:

- Based on merit/entrance test/interview, as decided by the university/department.
- Reservation policy as per UGC/State Government norms.

5. Duration and Exit Options

As per NEP 2020 Multiple Entry-Exit Framework:

- **1-Year PG Diploma (Level 8):** Awarded after completion of 40 credits (Annual mode).

6. Credit Framework

- Total Credits: **40 credits**
 - Core Courses: 16 credits
 - Electives: 4 credits
 - Practical/Internship/Fieldwork/Project: 16 credits
 - Ability Enhancement/Skill Component: 4 credits
- Each credit = 15 hours of classroom teaching or 30 hours of fieldwork/project.

7. Curriculum Design (Indicative)

- PGSP-CC-101 Introduction to Sport Psychology(4 credits)
- PGSP-CC-102 Motivation, Emotion, and Psychophysiology (4 credits)
- PGSP-CC-103 Performance Enhancement in Sports (4 credits)
- PGSP-CC-104 Practicum in Sport Psychology(4 credits)
- Elective (choose one):(4 credits)

- PGDSP-DEC-101 Health, Fitness and Wellbeing in Sports
 - PGDSP-DEC-102 Injury, Burnout and Retirement
 - PGDSP-DEC-103 Social Perspectives in Sports Psychology

PGDSP-SEC-101 Communication and Soft Skills (4 credits SEC)

- PGSP-CC-105 Project Work (8 credits)
- PGSP-CC-106 Seminar/Internship/ Field training: 8 credits

8. Teaching-Learning Methods

- Weekend Mode Classes Offline
- Case Studies, Industry Interaction
- Field Visits and Internships
- Use of ICT tools and online platforms (as per NEP digital push)

9. Assessment and Evaluation

- Continuous Internal Assessment (CIA): 30%
- End Term Examination (ETE): 70%
- Project/Internship Evaluation: As per guidelines of the department

Passing Criteria: Minimum 40% in each component; 40% overall aggregate.

10. Attendance Requirement

Minimum 75% attendance is mandatory in each course component.

11. Grading System (as per UGC CCF-UG/PG guidelines)

Marks (%)	Grade	Grade Point	Classification
90-100	O	10	Outstanding
80-89	A+	9	Excellent
70-79	A	8	Very Good
60-69	B+	7	Good
50-59	B	6	Above Average
40-49	C	5	Pass
<40	F	0	Fail

12. Credit Transfer and Academic Bank of Credits (ABC)

- Students can deposit earned credits in their **Academic Bank of Credits** account.
- Credit transfer is allowed as per **UGC ABC norms**.

13. Award of Diploma

The **Post Graduate Diploma in Sports Psychology** shall be awarded to candidates who successfully earn the prescribed credits and meet the academic and attendance requirements.

14. Re-Appeal / Improvement Policy: As per the Examination Rules of the University

15. General Provisions

- The University reserves the right to revise, modify or update the curriculum, rules, and structure in accordance with the guidelines of the UGC/NEP 2020 from time to time.
- Any issue not covered under this ordinance shall be decided by the Academic Council.

Chaudhary Bansi Lal University, Bhiwani (Haryana)



Scheme & Syllabus

for

Post Graduate Diploma in Sports Psychology

(PGDSP)

Curriculum and Credit Framework

(Weekend & Annual)

w.e.f

Session 2025-26

DEPARTMENT OF PSYCHOLOGY

FACULTY OF BEHAVIORAL AND COGNITIVE SCIENCES

CHAUDHARY BANSI LAL UNIVERSITY BHIWANI-127031

HARYANA, INDIA

[Handwritten signatures in blue ink]

Chaudhary Bansi Lal University, Bhiwani

Scheme of Examination for Postgraduate Diploma in Sports Psychology (PGDSP)

As per NEP 2020 Curriculum and Credit Framework for PG Sports Psychology, with effect from the Session 2025-26

Course Type	Course Code	Nomenclature of course	Theory (T)/ Practical (P)	Credits		Contact hours per week				Internal Assessment Marks	End Term Examination Marks	Total Marks	Examination hours
				Subject wise	Total	L: Lecture P: Practice							
						L	T	P	Total				
CC1	PGSP-CC-101	Introduction to Sport Psychology	T	4	40	3	1	0	4	30	70	100	3
CC2	PGSP-CC-102	Motivation, Emotion, and Psychophysiology	T	4		3	1	0	4	30	70	100	3
CC3	PGSP-CC-103	Performance Enhancement in Sports	T	4		3	1	0	4	30	70	100	3
CC4	PGSP-CC-104	Practicum in Sport Psychology	P	4		0	0	8	8	30	70	100	-
CC5	PGSP-CC-105	Project Work	P	8		0	0	0	8	100 (Project Evaluation)	100 (Project Viva)	200	-
CC6	PGSP-CC-106	Seminar/Internship/ Field training	S	8		0	0	0	8	100	100	200	-

[Signature]

[Signature]

[Signature]

DEC 1	PGDSP-DEC-101*	Health, Fitness and Wellbeing in Sports	T	4
DEC 2	PGDSP-DEC-102*	Injury, Burnout and Retirement	T	4
DEC 3	PGDSP-DEC-103*	Social Perspectives in Sports Psychology	T	4
SEC 1	PGDSP-SEC-101	Communication and Soft Skills	T	4

3	1	0	4	30	70	100	3
3	1	0	4	30	70	100	3
3	1	0	4	30	70	100	3
3	1	0	4	30	70	100	3

Note* : DEC choose 1 from DEC (1-3)
Total Credit - 40 credits

Core Course - 16 credits
Elective - 4 credits
Practical/Internship/Project Work/Field work - 16 credits
Skill Enhancement - 4 credits



PROGRAMME OBJECTIVES

- To provide foundational knowledge of psychological concepts, theories, and methodologies relevant to understanding and enhancing athletic performance and well-being.
- To train students in psychological assessment techniques and intervention strategies, such as mental conditioning, stress management, and motivation enhancement for athletes and teams.
- To build expertise in managing team dynamics, enhancing communication, and developing leadership skills within sports environments.
- To equip students with the skills to identify and address mental health challenges in athletes and implement effective strategies to foster resilience and coping mechanisms.
- To cultivate awareness of current trends and emerging developments in the field of sports psychology.

Session: 2025-26			
Name of Programme	PGDSM (1 Year)		
Name of the Course	INTRODUCTION TO SPORT PSYCHOLOGY		
Course Code	PGSP-CC-101		
Course Type	CC-1		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	1. To introduce foundational concepts of sport psychology. 2. To understand psychological variables affecting sport performance. 3. To explore the role of motivation, personality, anxiety, and mental training in sport. 4. To prepare students for the application of sport psychology principles in coaching and performance enhancement.		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			

Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	Foundations of Sport Psychology • Definition, Nature, and Scope of Sport Psychology • Historical Development of Sport Psychology • Role of a Sport Psychologist: Consultant, Researcher, Educator • Relationship of Sport Psychology with other disciplines (e.g., physiology, sociology) • Ethical considerations in sport psychology practice	8
II	Psychological Factors in Sports Performance • Motivation: Theories and Applications (Intrinsic vs Extrinsic Motivation, Achievement Motivation) • Personality: Traits, Measurement, and Relevance to Sport • Stress, Anxiety, and Arousal in Sport • Coping Strategies and Performance Anxiety • Attention and Concentration in Performance	20
III	Social and Cultural Aspects in Sport • Group Dynamics and Team Cohesion • Leadership in Sports Settings • Communication in Coaching and Team Environments • Cultural Influences and Gender Issues in Sports • Youth and Adolescent Sports Participation	12
IV	Applications of Sport Psychology • Psychological Skills Training (PST): Imagery, Goal Setting, Self-talk, Relaxation • Mental Preparation for Competition • Psychological Rehabilitation from Sports Injuries • Burnout and Overtraining • Ethics and Future Directions in Sport Psychology Practice	12

Total Contact Hours		60	
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Theory	30	➤ Theory:	70
• Class Participation:	5	Written Examination	
• Seminar/presentation/assignment/quiz/class test etc.:	10		
• Mid-Term Exam:	25		
Part C-Learning Resources			

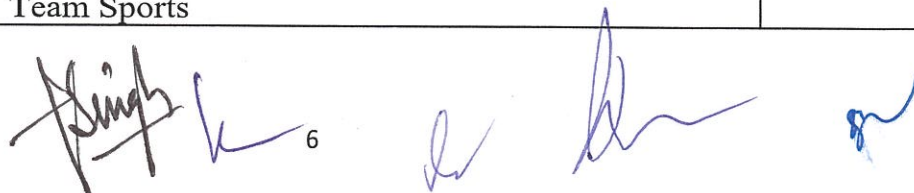
Recommended Books/e-resources/LMS:

1. Moran, A., & Toner, J. (2017). *A critical introduction to sport psychology: A Critical Introduction*. Taylor & Francis.
2. Tenenbaum, G., & Eklund, R. C. (2007). *Handbook of Sport Psychology*. John Wiley & Sons.
3. Weinberg, R. S., & Gould, D. (2019). *Foundations of Sport and Exercise Psychology, 7E*. Human Kinetics.
4. Singer, R. N., Hausenblas, H. A., & Janelle, C. (2000). *Handbook of Sport Psychology*. Wiley.
5. Gill, D. L., Williams, L., & Reifsteck, E. J. (2017). *Psychological dynamics of sport and exercise*. Human Kinetics.

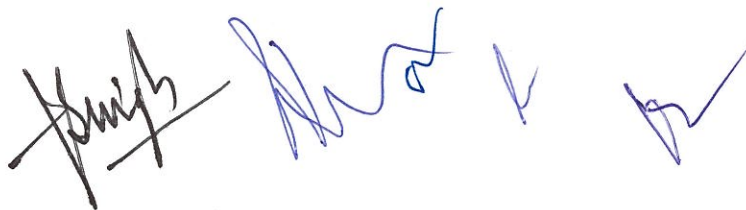
Two handwritten signatures in blue ink. The signature on the left is more complex and stylized, while the one on the right is simpler and more fluid.

Motivation, Emotion, and Psychophysiology (3 Theory +1 Tutorial)

Session: 2025-26			
Name of Program	PGDSP (1 Year)		
Name of the Course	MOTIVATION, EMOTION, AND PSYCHOPHYSIOLOGY		
Course Code	PGSP-CC-102		
Course Type	CC-2		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	▪ To understand the theories and principles of motivation and emotion relevant to athletic performance. ▪ To explore the psychophysiological basis of emotion and stress in sport. ▪ To identify mechanisms underlying emotional regulation and arousal control in competitive contexts. ▪ To integrate mind-body perspectives for performance optimization.		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	<i>Understanding Motivation in Sport</i> • Definition, Nature, and Types of Motivation • Theories of Motivation: Drive Theory, Achievement Motivation, Attribution Theory, Self-Determination Theory • Motivational Climate and Goal Orientation: Enhancing Motivation in Athletes: Techniques and Interventions • Motivation across Sport Settings: Individual vs Team Sports		20

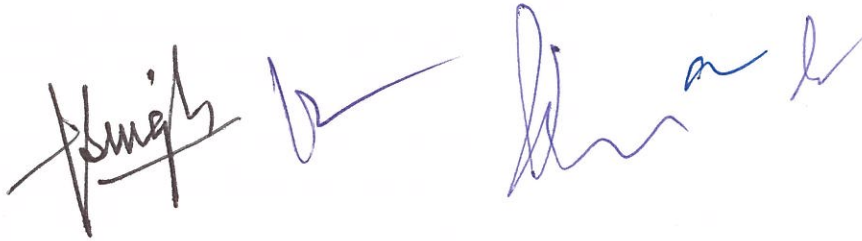


II	Emotion and Sport Performance • Nature and Components of Emotions • Theories of Emotion: James-Lange, Cannon-Bard, Schachter-Singer, Lazarus' Cognitive Appraisal • Emotional Regulation in Sport • Role of Positive and Negative Emotions in Performance • Emotional Intelligence and Coaching	12
III	Psychophysiological Basis of Emotion and Arousal • Autonomic Nervous System and Stress Response (Sympathetic-Parasympathetic Balance) • Hormonal Responses to Stress and Competition (Cortisol, Adrenaline) • Arousal Theories: Inverted-U, IZOF, Catastrophe Model • Biofeedback and Neurofeedback in Sport Psychology	20
IV	Applications in Sport Contexts • Stress Management and Relaxation Techniques (JPMR, Deep Breathing, Meditation) • Emotional Resilience Training • Energy Management for Peak Performance • Use of Heart Rate Variability (HRV) and Galvanic Skin Response (GSR) in Training	08
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		



Recommended Books/e-resources/LMS:

1. Deci, E. L., & Ryan, R. M. (2013). *Intrinsic Motivation and Self-Determination in human behavior*. Springer Science & Business Media.
2. Lane, A. M. (2007). *Mood and human performance: Conceptual, Measurement, and Applied Issues*. Nova Publishers.
3. Hatfield, B.D., & Kerick, S.E. (2007). *Psychophysiology and Sport Performance*. In G. Tenenbaum & R.C. Eklund (Eds.), *Handbook of Sport Psychology*. Wiley.
4. Williams, J.M., & Krane, V. (2014). *Applied Sport Psychology*. McGraw-Hill.



Performance Enhancement in Sports(CC-3) with 4 Credits (3 Theory +1 Tutorial)

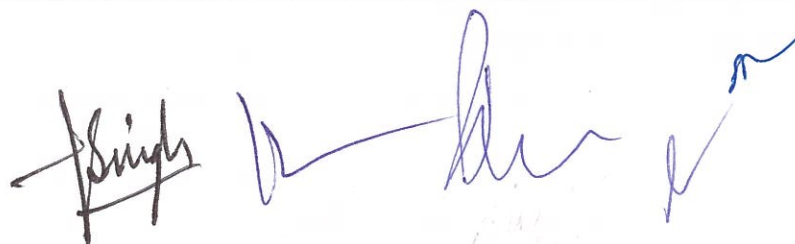
Session: 2025-26			
Name of Programme	PGDSP (1 Year)		
Name of the Course	PERFORMANCE ENHANCEMENT IN SPORTS		
Course Code	PGSP-CC-103		
Course Type	CC-3		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	- To understand psychological and physiological factors that contribute to enhanced athletic performance. - To explore mental training techniques used by elite athletes. - To develop intervention strategies for performance consistency and excellence. - To apply performance-enhancement principles across diverse sports and athlete populations.		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<i>Theories and Principles of Performance Enhancement</i> - Definition and Dimensions of Peak Performance - Characteristics of Elite Performers - Theories of Optimal Performance (Flow Theory, IZOF, Catastrophe Theory) - Psychological Profiles of High Performers - Role of Confidence, Focus, and Commitment	8
II	<i>Psychological Skills Training (PST)</i> - Goal Setting: Types and Techniques - Imagery and Visualization: Uses and Script Development - Self-Talk: Positive, Negative, and Neutral	12

	• Concentration and Attentional Control	
III	<i>Arousal Regulation and Energy Management</i> • Understanding Arousal and Its Impact on Performance • Relaxation Techniques: Progressive Muscle Relaxation (PMR), Breathing, Meditation • Energizing Techniques: Music, Cue Words, Movement • Biofeedback, Neurofeedback, and HRV Training	20
IV	<i>Advanced Techniques and Application</i> • Pre-performance Routines and Rituals • Cognitive-Behavioral Interventions for Enhancing Focus • Mental Toughness and Resilience Training • Case Studies: Application Across Different Sports	20
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		
Recommended Books/e-resources/LMS:		
1. Jackson, S.A., & Csikszentmihalyi, M. (1999). <i>Flow in Sports: The Keys to Optimal Experiences and Performances</i> . Human Kinetics.		
2. Hardy, L., Jones, G., & Gould, D. (2018). <i>Understanding psychological preparation for sport: Theory and Practice of Elite Performers</i> . John Wiley & Sons.		
3. Orlick, T. (2008). <i>In Pursuit of Excellence: How to Win in Sport and Life Through Mental Training</i> . Human Kinetics.		
4. Landers, D.M. & Arent, S.M. (2007). <i>Arousal-Performance Relationships</i> . In Tenenbaum & Eklund (Eds.), <i>Handbook of Sport Psychology</i> . Wiley.		
5. Loehr, J. (2005). <i>The New Toughness Training for Sports</i> . Penguin.		



Practicum in Sport Psychology (CC-4) with 4 Credits

Session: 2025-26		
Name of Programme	PGDSP (1 Year)	
Name of the Course	PRACTICUM IN SPORT PSYCHOLOGY	
Course Code	PGSP-CC-104	
Course Type	CC-4	
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	• To introduce the principles and procedures of psychological testing and experimentation in sports settings. • To provide hands-on training in the administration, scoring, and interpretation of key psychological tools. • To develop skills in designing and conducting basic psychological experiments relevant to athletic performance. • To understand ethical and contextual considerations in sport-based psychological assessments.	
Credits	4	
	8	
Contact Hours per week	3	
Internal Assessment Marks	30	
End Term Exam Marks	70	
Max. Marks	100	
Part B- Contents of the Course		
Instructions for Paper- Setter: The Candidate will perform three tests and three experiments in total from the given syllabus. At the time of examination, the candidate has to perform one test and one experiment		
Tests Motivation Self esteem Self-concept Anxiety & Mood Personality Inventory Profile of Mood States (POMS) Interpersonal Style (TAIS)	Burnout Decision making Attention Reaction time Imagery training Influence of Positive vs Negative Self-talk on Performance	

PGSP-105: PROJECT WORK

In Post Graduate Diploma in Sports Psychology, all the students must submit a minimum of one Project Report. Each student will be required to select a topic of his / her interest area in consultation with the teacher supervisor to conduct research-based project. Students will be required to collect data from subjects.

Evaluation: Supervised Project will be evaluated by the external examiner.

Distribution of Marks

Report	Viva-Voce	Total
100	100	200

Number of Project Books to be submitted to the Department

The total hard binding copies of the project report to be submitted in the branch are three. Other than this a soft copy of the project must be submitted to the Department in CD/mail.

PGSP-106: Field Training/Internship

Field Training intends to foster skills through hands on training required for delivering of various services of psychological nature in various societal settings. Students will be required to select topic of their interest area in which they will carry out actual work in any relevant social /individual situation under the guidance of a faculty member as well supervisor from the concerned institute NGO/Sports academy/ Sports institutions who will maintain log sheet.

Submission: Two typed copies of Field Training report are to be submitted by the students.

Evaluation: Field Training report will be evaluated by external examiner.

Distribution of Marks

Record Book	Viva-Voce	Total
100	100	200

[Signature]
12

[Signature]

Session: 2025-26			
Name of Programme	PGDSP (1 Year)		
Name of the Course	HEALTH, FITNESS AND WELLBEING IN SPORTS		
Course Code	PGSP-DEC-101		
Course Type	DEC-1		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	- To develop an understanding of the interconnectedness of physical health, psychological well-being, and fitness in sport. - To promote holistic approaches for enhancing athlete wellness and performance. - To examine physical activity's role in mental health and stress regulation. - To explore strategies for injury prevention, recovery, and maintaining athlete wellbeing.		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

Part B- Contents of the Course

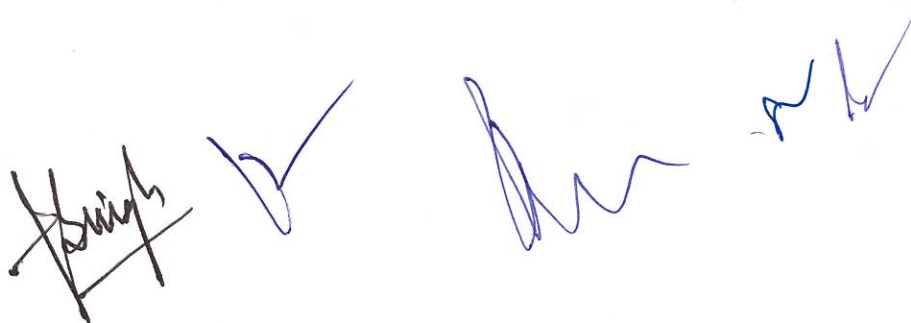
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<i>Physical Fitness and Health Foundations</i> - Definition and Components of Health and Physical Fitness - Health-related vs. Skill-related Fitness Parameters - Physical Activity Guidelines (Youth, Adults, Special Populations) - Fitness Assessment Techniques and Field Tests (Yo-Yo Test, Cooper Test, Sit & Reach, etc.) - Effects of Sedentary Behavior and Lifestyle Diseases	12

II	Mental Health and Psychological Wellbeing • Introduction to Psychological Wellbeing and Mental Fitness • Common Mental Health Challenges in Athletes: Anxiety, Burnout, Depression • Positive Psychology and Performance: Flow, Grit, and Resilience • Stress Management and Mental Health Promotion in Sport Settings	16
III	Sleep and Nutrition: Role in sports • Principles of Sports Nutrition and Hydration • Nutrition, Role of nutrition in sports, Balanced Diet • Recovery Techniques: Sleep, Active Recovery, Cryotherapy, Nutrition Timing • Monitoring Training Load and Preventing Overtraining Syndrome	16
IV	Advanced Fitness Strategies and Holistic Athlete Development • Training Principles for Health and Performance like Progressive overload, specificity, reversibility, and recovery • Periodization of training: Micro-, Meso-, and Macro-cycles; Individualized fitness programming for different sport disciplines • Exercise Prescription and Monitoring; FITT Principle (Frequency, Intensity, Time, Type); Exercise for special populations (e.g., women, elderly, injured athletes) • Role of Yoga and Functional Training in Athlete Wellbeing	16



Total Contact Hours			60
Suggested Evaluation Methods			
Internal Assessment: 30		End Term Examination: 70	
➤ Theory	30	➤ Theory:	70
• Class Participation:	5	Written Examination	
• Seminar/presentation/assignment/quiz/class test etc.:	10		
• Mid-Term Exam:	15		
Part C-Learning Resources			
Recommended Books/e-resources/LMS:			
• Corbin, C. B., Corbin, W. R., & Lindsey, R. (2003). <i>Concepts of fitness and wellness: A Comprehensive Lifestyle Approach</i>. McGraw-Hill Humanities/Social Sciences/Languages. • McArdle, W. D., Katch, F. I., & Katch, V. L. (2010). <i>Exercise physiology: Nutrition, Energy, and Human Performance</i>. Lippincott Williams & Wilkins.. • Corbin. (2015). <i>EBOOK: CONCEPTS OF FITNESS & WELLNESS</i>. McGraw Hill. • Weinberg, R. S., & Gould, D. (2019b). <i>Foundations of Sport and Exercise Psychology, 7E</i>. Human Kinetics. • Oades, L. G., Steger, M., Fave, A. D., & Passmore, J. (2020). <i>The Wiley Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches At Work</i>. John Wiley & Sons. • Burke, L., Deakin, V., & Minehan, M. (2021). <i>Clinical Sports Nutrition 6th Edition</i>. McGraw-Hill Education / Australia.			



Injury, burnout, and retirement(DEC-2) with 4 Credits (3 Theory +1 Tutorial)**Session: 2025-26**

Name of Programme	PGDSP (1 Year)		
Name of the Course	INJURY, BURNOUT, AND RETIREMENT		
Course Code	PGSP-DEC-102		
Course Type	DEC-2		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	• To understand the psychological and physiological causes and consequences of sport injuries, athlete burnout, and retirement. • To study athlete responses, rehabilitation, and coping strategies related to injury and performance breakdown. • To examine support systems and transition planning for athlete career termination. • To promote a multi-disciplinary approach to prevention, recovery, and post-sport adjustment.		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

Part B- Contents of the Course

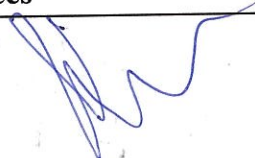
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

Unit	Topics	Contact Hours
I	<i>Understanding Sports Injuries</i> • Types and Classifications of Injuries (Acute, Chronic, Overuse) • Risk Factors: Biomechanical, Environmental, and Human Errors • Prevention Strategies: Warm-up, Cool-down, Equipment, Technique	12

	• Role of Physical Educationists, Physiotherapists, and Trainers	
II	<i>Psychological Aspects of Injury and Rehabilitation</i> • Emotional Reactions to Injury: Anger, Denial, Depression, Acceptance • Psychological Models of Injury Response (Grief Model, Cognitive Appraisal Model) • Role of Mental Skills in Recovery: Imagery, Relaxation, Goal Setting • Rehabilitation Adherence and Motivation • Support Systems: Coaches, Family, Therapists	16
III	<i>Athlete Burnout and Overtraining Syndrome</i> • Concept and Symptoms of Burnout in Sport • Causes: Stress, Perfectionism, Pressure, Monotony • Overtraining vs. Overreaching: Psychological and Physiological Differences • Identification, Prevention, and Management of Burnout • Role of Rest, Periodization, and Mental Recovery	16
IV	<i>Career Termination and Athlete Retirement</i> • Reasons for Retirement: Injury, Age, Deselection, Personal Choice • Psychological Impact: Identity Loss, Anxiety, Depression • Transition Models: Schlossberg's Transition Theory, Career Termination Models • Life Skills Development and Planning for Retirement • Post-Retirement Support: Counseling, Career Guidance, Education, Reintegration	16
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test, etc:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		

17





Recommended Books/e-resources/LMS:

- Joyce, D., & Lewindon, D. (2015). *Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions*. Routledge.
- Prentice, W.E. (2015). *Principles of Athletic Training*. McGraw-Hill.
- Biddle, S., Mutrie, N., Gorely, T., & Faulkner, G. (2021). *Psychology of physical activity: Determinants, Well-Being and Interventions*. Routledge.
- Silva, J. (1990). An analysis of the training stress syndrome in competitive athletics. *Journal of Applied Sport Psychology*, 2, 5-20.
- Taylor, J., & Ogilvie, B. (1994). *A Conceptual Model of Adaptation to Retirement among Athletes*. *Journal of Applied Sport Psychology*, 6 (1): 20 – Mar 1, 1994



Social Perspectives in Sports Psychology (DEC-3) with 4 Credits (3 Theory +1 Tutorial)

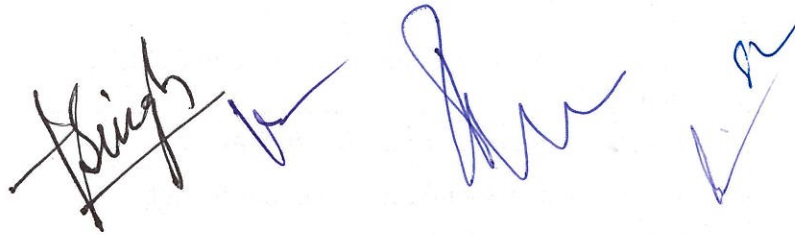
Session: 2025-26			
Name of Program	PGDSP (1 Year)		
Name of the Course	SOCIAL PERSPECTIVES IN SPORTS PSYCHOLOGY		
Course Code	PGSP-DEC-103		
Course Type	DEC-3		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	• To examine the role of social influence, cultural context, and group dynamics in athletic performance and behavior. • To understand how identity, motivation, and team cohesion are shaped by social environments. • To analyze the role of coaches, peers, audience, media, and societal norms in athlete development. • To promote awareness of inclusion, diversity, and ethical practices in sport.		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		
Part B- Contents of the Course			
Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.			
Unit	Topics		Contact Hours
I	<i>Social Psychology of Sport Participation</i> • Socialization into Sport: Family, Peers, School, Community • Influence of Gender, Race, Class, and Culture on Sport Involvement • Role of Media and Social Expectations in Shaping Athletes' Identity • Social Comparison and Motivation in Competitive Settings • Sport as a Tool for Social Development and Changes		12

II	<i>Team Dynamics and Group Cohesion</i> • Team Formation and Development Stages • Group Structure: Roles, Norms, Status, Leadership • Team Cohesion: Task vs. Social Cohesion, Measurement and Enhancing Techniques • Groupthink, Social Loafing, and Collective Efficacy • Strategies to Improve Communication and Conflict Resolution in Teams	16
III	<i>Social Influence and Leadership in Sports</i> • Theories of Social Influence: Conformity, Compliance, Obedience • Spectator Effect: Social Facilitation and Inhibition • Role of Coaches: Transformational vs. Transactional Leadership • Peer Influence and Parent-Athlete-Coach Triangle • Ethical Leadership and Role Modeling in Sport	16
IV	<i>Inclusion, Equity, and Diversity in Sport</i> • Gender Equity and Challenges in Women’s Participation • Disability Sports and Inclusive Practices • Cultural Sensitivity and International Perspectives in Sport • Combating Discrimination: Racism, and Stereotypes	16
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		

Recommended Books/e-resources/LMS:

- Coakley, J. J. (2025). *Sports in society: Issues and Controversies*.
- Jowett, S., & Lavalley, D. (2007). *Social Psychology in sport*. Human Kinetics.
- Hargreaves, J. (1994). *Sporting Females: Critical Issues in the History and Sociology of Women's Sports*. Routledge.
- Anderson, E. (2011). *Inclusive Masculinity: The Changing Nature of Masculinities*. Routledge.

Handwritten signatures and marks:



Communication and Soft Skills (SEC-1) with 4 Credits (3 Theory +1 Tutorial)

Session: 2025-26			
Name of Programme	PGDSP (1 Year)		
Name of the Course	COMMUNICATION AND SOFT SKILLS		
Course Code	PGSP-SEC-101		
Course Type	SEC-1		
Course Learning Outcomes (CLO) After completing this course, the learner will be able to:	1: Effectively communicate through verbal/oral communication and improve the listening skill 2: Actively participate in group discussion / meetings / interviews and prepare & deliver presentations 3: Become more effective individual through goal/target setting, self motivation and practicing creative thinking		
Credits	Theory	Tutorial	Total
	3	1	4
Teaching Hours per week	3	1	4
Internal Assessment Marks	30	0	30
End Term Exam Marks	70	0	70
Max. Marks	100	0	100
Examination Time	3 hours		

Part B- Contents of the Course

Instructions for Paper- Setter: The examiner will set 9 questions asking two questions from each unit and one compulsory question by taking course learning outcomes (CLOs) into consideration. The compulsory question (Question No. 1) will consist at least 7 small questions covering entire syllabus. The examinee will be required to attempt 5 questions, selecting one question from each unit and the compulsory question. All questions will carry equal marks.

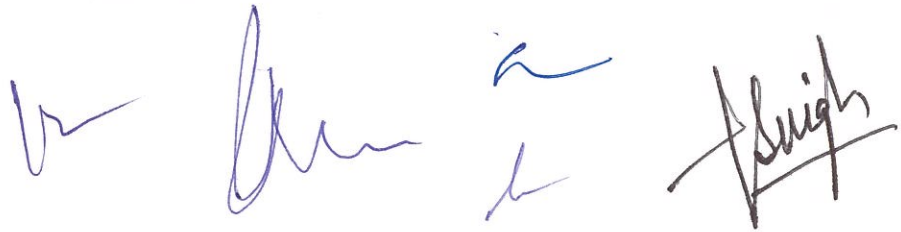
Unit	Topics	Contact Hours
I	<i>Fundamentals of Communication</i> - Fundamentals of Communication Definition, Meaning -Types, process - Importance Feedback - Emergence of Communication Principles of Strength and conditioning	8

II	Effective Communication • Effective Communication Concept & Practice of Effective Communication • Barriers to Effective Communication • Methods to Improve Communication Skills	12
III	Business Communication • Theory of Business Letter Writing: Parts, Structure, Layouts—Full Block, Modified Block, Semi - Block • Principles of Effective Letter Writing, Principles of effective Email Writing, Personnel Correspondence: Statement of Purpose, Job Application Letter and Resume • Letter of Acceptance of Job Offer, Letter of Resignation [Letter of Appointment, Promotion and Termination, Letter of Recommendation (to be taught but not to be tested in the examination)]	20
IV	Communication Skills • Oral Communication Skills Understanding Audience Use of Language Use of Tone Understanding Body Language • Commercial Terms used in Business Communication Paragraph Writing: Developing an idea, using appropriate linking devices, etc. Cohesion and Coherence, self-editing, etc. • Interpretation of technical data, Composition on a given situation, a short informal report etc.	20
Total Contact Hours		60
Suggested Evaluation Methods		
Internal Assessment: 30		End Term Examination: 70
➤ Theory	30	➤ Theory: 70
• Class Participation:	5	Written Examination
• Seminar/presentation/assignment/quiz/class test etc.:	10	
• Mid-Term Exam:	15	
Part C-Learning Resources		



Recommended Books/e-resources/LMS:

- Effective Communication Rai Urmila Himalaya, Mumbai
- Business Communication Kaul Prentice Hall India
- Basic Business Communication Lesikar TMH
- Business Communication & Personality Development, Das Excel Books, Delhi
- How to Listen Better? Pramila Ahuja & G Ahuja Sterling Publication
- Contemporary Business Communication, Scot Biztantra
- Business Communication for Managers: An Advanced Approach Penrose Thomson learning
- Business Correspondence Whitehead G & H A.H. Wheeler, Allahabad

Four handwritten signatures in blue ink, arranged horizontally. The first signature is a simple 'W'. The second is a stylized 'A'. The third is a stylized 'H'. The fourth is a stylized 'S'.

