# Department of Sports Psychology School of Sports Sciences

M.A./M.Sc. Sports Psychology
Course mapping with POs on Three Point Scale\*



#### **Central University of Rajasthan**

NH-8, Bandarsindri, Kishangarh, Ajmer, Rajasthan 305817 **November 2022** 

# Semester I

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 401: Fundamentals of Sports Psychology	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	1	3	3
CO-1: Understand the basics of sport and exercise psychology.	3	2	2	1	3	2

CO-2: Relate personality with sports performance.	3	2	3	1	2	2
CO-3: Define the role of motivation in sports.	3	2	3	1	2	2
co-4: Relate the role of arousal, anxiety and stress in sports performance	3	2	3	1	2	2

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 402: Fundamentals of Psychology	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	1	3	3
CO-1: Apply the basic concept of the field of Psychology	3	2	3	1	3	3

with sports settings						
CO-2: Describe theoretical concepts relating to psychology relevant to sports.	3	3	3	1	2	2
CO-3: Recognise and enhance basic psychological knowledge regarding learning, intelligence, personality, attention, and attitude.	3	2	3	1	2	2

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 403:	To enhance	To develop	To demonstrate the	To plan and execute	To develop the	To demonstrate
Applied	capability to	the	ability to use	sports psychology-related	sports psychologists	sports relevant
Social	demonstrate a	knowledge	psychological skills	experiments or	of the future,	generic skills and
Psychology	fundamental,	and skills	such as assessment	investigations, analyse	equipping them with	global
in Sports	systematic and	of working	and identifying	and interpret	skills like	competencies such
	symbiotic	with	and applying	data/information	professional ethics,	as problem
	understanding	diverse	appropriate sports	collected using	counselling,	solving skills,
	of the	groups in	psychological	appropriate statistical	guidance for sports	investigative skills,
	academic as	sports	principles and	methods and report	injury, mental	communication
	well as	settings.	methodologies to	accurately the findings of	training, coaching,	skills, analytical
	applicable		assess mental	the	performance	skills, ICT skills
	skills and		health and provide	experiment/investigations	enhancement along	and personal skills
	techniques of		interventions to	while relating the	with adequate	to work
	Psychology		enhance	conclusions/findings to	knowledge base	independently as
	relevant to		performance and	relevant theories of	facilitated by on	well as with team in
	sports.		wellbeing in sports	Sports Psychology.	ground training.	sports settings to
			and exercise			enhance sports
			relevant settings.			performance.
Course	3	2	3	2	3	3
Outcomes						
(Overall)						
CO-1:	3	1	1	1	2	3
Discuss the						
importance						
of						

relationships						
in sport.						
CO-2:	3	1	3	1	2	2
Distinguish	3	1	3	1	2	2
between						
group and						
team and						
highlight the						
importance of						
leadership.						
CO-3:	3	2	1	2	3	2
Propose						
techniques						
for team						
building.						
CO-4:	3	1	3	1	3	2
Explain the						
important						
role of						
motivational						
climate in						
sport						
performance.						

CO-5:	3	3	3	1	3	2
Recognize						
and explain						
the role of						
gender and						
disability in						
sport and						
compose						
mental skills						
training						
program for						
disabled						
athletes.						

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 404: Psychological Training	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports
Course Outcomes (Overall)	3	3	relevant settings.	2	3	performance.
CO-1: Demonstrate ability to develop psychological	3	1	3	1	3	2

training						
programs.						
programs.						
CO-2: Ability	3	1	2	1	2	3
to measure						
burnout and						
overtraining						
in sport and						
develop						
programs for						
its treatment						
and						
prevention.						
CO-3:	3	2	3	1	2	3
Describe the						
concept of						
leadership in						
sport and						
discuss						
methods of						
effective						
leadership.						
CO-4: Apply	3	1	2	1	3	3
their learning						
in this course						
to also their						
lives and to						

their chosen			
fields of			
endeavours.			

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 405: Practicum I	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	3	3	1
CO-1: Test and scientifically report results of	3	3	3	3	3	3

psychological testing.						
CO-2: Assess the need and the type of testing required.	3	3	3	3	3	3
CO-3: Work with the sports community with a psychological outlook.	2	3	3	3	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 406: Practicum II	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	3	3	1
CO-1: Test and scientifically report results of	3	3	3	3	3	3

psychological testing.						
CO-2: Assess the need and the type of testing required.	3	3	3	3	3	3
CO-3: Work with the sports community with a psychological outlook.	2	3	3	3	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 431: Psychology for Effective Living	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	1	2	1	3	2
CO-1: Analyze self and others.	1	3	1	1	1	2

CO-2:	1	2	1	1	1	2
Manage						
emotions						
more						
effectively						
and manage						
stress.						
CO-3:	1	2	1	1	1	2
Understand						
the meaning,						
determinants						
and measures						
of happiness.						
CO-4: Lead	1	2	1	1	1	2
healthy						
interpersonal						
relationships.						

**Semester II** 

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 407: Research Methodology	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	1	3	2	3
CO1; Demonstrate the knowledge about the philosophy, design, and evaluation of research in psychology.	2	2	3	3	1	2

CO-2: Understand the ethical principles in psychological research and apply ethical standards.	1	3	1	1	3	3
CO-3: Develop both qualitative and quantitative research designs and analyze and interpret both qualitative and quantitative data.	1	2	2	3	2	3
CO-4: Develop research proposal and design and conduct psychological research.	1	2	1	3	1	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 408: Performance Enhancement in Sports	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	3	3	3
CO1; Comprehend and understand why psychology is important in all sport and exercise settings.	3	1	3	1	3	2

cO-2: Demonstrate understanding of theoretical foundation of the psychological interventions that influence human performance in athletic settings.	3	2	3	1	3	3
CO-3: Identify and apply psychological techniques and strategies to enhance performance in sport and related domains.	1	2	3	1	3	2
CO-4: Effectively choose and integrate psychological skills in training that best fit different performance and exercise psychology cases.	2	3	3	1	3	2

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 409: Clinical Sports Psychology	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	1	2	1	2
CO1; Understand the theoretical and scientific foundations of clinical sports psychology	2	1	1	1	1	1
CO-2: Distinguish the clinical features of various types of	2	2	3	1	1	1

psychological disorders.						
CO-3: Diagnose different abnormalities in behavior and formulate intervention strategies.	2	3	3	1	2	1
CO-4: Demonstrate ethical and professional standards.	1	2	1	1	3	3

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 406: Practicum	To enhance	To develop	To demonstrate	To plan and execute	To develop the	To demonstrate
III	capability to	the	the ability to use	sports psychology-related	sports	sports relevant
	demonstrate a	knowledge	psychological	experiments or	psychologists of	generic skills and
	fundamental,	and skills	skills such as	investigations, analyse	the future,	global
	systematic	of working	assessment and	and interpret	equipping them	competencies
	and symbiotic	with	identifying	data/information	with skills like	such as problem
	understanding	diverse	and applying	collected using	professional	solving skills,
	of the	groups in	appropriate sports	appropriate statistical	ethics,	investigative
	academic as	sports	psychological	methods and report	counselling,	skills,
	well as	settings.	principles and	accurately the findings of	guidance for	communication
	applicable		methodologies to	the	sports injury,	skills, analytical
	skills and		assess mental	experiment/investigations	mental training,	skills, ICT skills
	techniques of		health and provide	while relating the	coaching,	and personal
	Psychology		interventions to	conclusions/findings to	performance	skills to work
	relevant to		enhance	relevant theories of	enhancement	independently as
	sports.		performance and	Sports Psychology.	along with	well as with team
			wellbeing in		adequate	in sports settings
			sports and		knowledge base	to enhance sports
			exercise		facilitated by on	performance.
	_	_	relevant settings.		ground training.	
Course Outcomes	3	2	2	3	3	1
(Overall)						
CO1; Test and	3	3	3	3	3	3
scientifically report						
results of psychological						
testing						
CO-2: Assess the	3	3	3	3	3	3
need and the type of						
testing required.						

<b>CO-3</b> : Work with the	2	3	3	3	3	3
sports community with						
a psychological						
outlook						

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 407: Practicum	To enhance	To develop	To demonstrate	To plan and execute	To develop the	To demonstrate
IV	capability to	the	the ability to use	sports psychology-related	sports	sports relevant
	demonstrate a	knowledge	psychological	experiments or	psychologists of	generic skills and
	fundamental,	and skills	skills such as	investigations, analyse	the future,	global
	systematic	of working	assessment and	and interpret	equipping them	competencies
	and symbiotic	with	identifying	data/information	with skills like	such as problem
	understanding	diverse	and applying	collected using	professional	solving skills,
	of the	groups in	appropriate sports	appropriate statistical	ethics,	investigative
	academic as	sports	psychological	methods and report	counselling,	skills,
	well as	settings.	principles and	accurately the findings of	guidance for	communication
	applicable		methodologies to	the	sports injury,	skills, analytical
	skills and		assess mental	experiment/investigations	mental training,	skills, ICT skills
	techniques of		health and provide	while relating the	coaching,	and personal
	Psychology		interventions to	conclusions/findings to	performance	skills to work
	relevant to		enhance	relevant theories of	enhancement	independently as
	sports.		performance and	Sports Psychology.	along with	well as with team
			wellbeing in		adequate	in sports settings
			sports and exercise		knowledge base	to enhance sports performance.
					facilitated by on	performance.
Course Outcomes	3	2	relevant settings.	3	ground training.	1
	3	2	2	3	3	1
(Overall)						
CO1; Test and	3	3	3	3	3	3
scientifically report						
results of psychological						
testing						
CO-2: Assess the	3	3	3	3	3	3
need and the type of						
testing required.						

<b>CO-3</b> : Work with the	2	3	3	3	3	3
sports community with						
a psychological						
outlook						

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Program Outcomes  SPS 432: Positive Psychology	PO-1 To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	PO-2 To develop the knowledge and skills of working with diverse groups in sports settings.	PO-3  To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise	PO-4 To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	PO-5 To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on	PO-6 To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	relevant settings.	1	ground training. 3	3
CO1; Able to apply the concepts of positive psychology in life.	3	1	2	1	2	3
CO-2: Raise awareness about wellbeing and ways to enhance wellbeing.	2	2	3	1	3	3

CO-3: Understand the	3	2	2	1	3	2
contributors to positive						
constructs like						
happiness						

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Program Outcomes SPS 433: Health Psychology	PO-1 To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	PO-2 To develop the knowledge and skills of working with diverse groups in sports settings.	PO-3  To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and	PO-4  To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	PO-5  To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base	PO-6 To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports
			exercise relevant settings.		facilitated by on ground training.	performance.
Course Outcomes (Overall)	3	3	3	1	3	3
CO1; Able to apply the concepts of health psychology in life.	3	1	1	1	3	1
CO-2: Raise awareness about wellbeing and ways to enhance wellbeing.	3	3	2	1	3	3

CO-3: Attain	3	3	3	2	3	3
information about the						
body of knowledge,						
together with theory						
and to the application						
of knowledge in						
everyday life						

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 434: Cognitive	To enhance	To develop	To demonstrate	To plan and execute	To develop the	To demonstrate
Psychology	capability to	the	the ability to use	sports psychology-related	sports	sports relevant
	demonstrate a	knowledge	psychological	experiments or	psychologists of	generic skills and
	fundamental,	and skills	skills such as	investigations, analyse	the future,	global
	systematic	of working	assessment and	and interpret	equipping them	competencies
	and symbiotic	with	identifying	data/information	with skills like	such as problem
	understanding	diverse	and applying	collected using	professional	solving skills,
	of the	groups in	appropriate sports	appropriate statistical	ethics,	investigative
	academic as	sports	psychological	methods and report	counselling,	skills,
	well as	settings.	principles and	accurately the findings of	guidance for	communication
	applicable		methodologies to	the	sports injury,	skills, analytical
	skills and		assess mental	experiment/investigations	mental training,	skills, ICT skills
	techniques of		health and provide	while relating the	coaching,	and personal
	Psychology		interventions to	conclusions/findings to	performance	skills to work
	relevant to		enhance	relevant theories of	enhancement	independently as
	sports.		performance and	Sports Psychology.	along with	well as with team
			wellbeing in		adequate	in sports settings
			sports and		knowledge base	to enhance sports
			exercise		facilitated by on	performance.
			relevant settings.		ground training.	
<b>Course Outcomes</b>	3	2	1	3	2	3
(Overall)						
<b>CO1;</b> Understand the history, perspectives, context and scope of	3	1	1	1	1	1
context and scope of cognitive psychology						
CO-2: Employ different theoretical approaches of cognitive psychology to	3	3	3	2	3	3

understand different mental processes						
CO-3: Use various strategies and techniques originated from the theoretical foundations to everyday life	3	3	3	3	3	3
C0-4: Demonstrate contemporary technological innovations simulating human cognitive processes	3	3	3	2	3	3

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Program Outcomes SPS 435: Statistics for Sports Sciences	PO-1 To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	PO-2 To develop the knowledge and skills of working with diverse groups in sports settings.	PO-3  To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and	PO-4  To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	PO-5 To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base	PO-6 To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports
Course Outcomes (Overall)	3	2	exercise relevant settings.	3	facilitated by on ground training.	performance.
CO1; Define various fundamental concepts in statistics.	2	1	2	2	1	1
CO-2: Employ parametric statistics appropriate for research design and	1	2	1	2	1	1

illustrate the results of the test.						
CO-3: Select appropriate non-parametric statistical test appropriate for a research design and appraise the results of the test.	1	2	1	2	1	1
C0-4: Demonstrate analysis of data through a Computer Application.	1	2	1	2	1	1

<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 436: Developmental Psychology	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	2	3	3
CO1; Awareness of the course of psychological development.	2	3	1	1	1	2
CO-2: Identify and recognize the normal process of	2	3	2	1	1	1

development and			
provide ways to			
facilitate			
development.			
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<b>Program Outcomes</b>	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 437: Psychometric and Psycho Diagnostic in Sports	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	1	3	3	3
CO1; Recognize and explain the measurement and evaluation in sports psychology	2	1	2	2	1	1
CO-2: Discuss and practice the ethics in	1	2	1	2	1	1

psychological measurement and evaluation						
CO-3: Distinguish between the quantitative and qualitative psychological measurement.	1	2	1	2	1	1
C0-4: Develop various psychological tests.	1	2	1	3	1	1

**Semester III** 

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 501: Counseling Skills for Sports Psychologists	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1; Identify and apply counseling techniques and strategies	3	1	3	1	3	2

in sports settings.						
CO-2: Comprehend and understand the special counseling issues in sports	2	3	2	1	3	1
CO-3: Able to assess and diagnose the stress and anxiety in sports	2	2	3	1	3	2
CO-4: Effectively choose and integrate counseling skills to manage stress and anxiety and for improved	3	3	2	2	3	3

Department	of	<b>Sports</b>	Psyc!	hology

rehabilitation			
adherence			

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 502: Practicum V	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course	3	2	2	3	3	1
Outcomes (Overall)						
CO1; Test and scientifically report results of	3	3	3	3	3	3

psychological testing.						
CO-2: Assess the need and the type of testing required	3	3	3	3	3	3
CO-3: Work with the sports community with a psychological outlook		3	3	3	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 531: Psychology of Coach-athlete relationship	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course	3	3	3	2	3	3
Outcomes (Overall)						
CO1; Understand the concept and theoretical background of coach athlete relationship.	3	2	2	1	2	2

CO-2: Analyse	3	2	3	1	3	2
the different						
factors affecting						
coach athlete						
relationship						
GO 2 F 1	2		2		4	
CO-3: Explain	3	3	3	1	1	2
the important						
role of coach-						
athlete						
relationship in						
sport						
performance						

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 532: Team Dynamics and Cohesion	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course	3	3	3	2	3	3
Outcomes (Overall)						
CO1; Distinguish between group and team and highlight the importance of leadership.	3	3	2	1	2	2

CO-2: Propose	3	3	3	1	3	2
techniques for						
team building						
	_	_	_			_
CO-3: Explain	3	3	3	1	1	2
the important						
roles of coach-						
athlete						
relationship in						
sport						
performance						

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 533: Psychological Preparation and Mental Skills Training	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1; Comprehend and understand why psychology is important in all sport and exercise settings.	2	2	3	1	3	2

CO-2: Demonstrate understanding of application of the sports psychological concepts that influence human performance in athletic settings.	3	3	3	1	3	3
CO-3: Identify and apply psychological techniques and strategies to enhance performance in sport and related domains.	2	2	3	2	3	3
choose and integrate psychological skills in training that best fit different performance and exercise psychology cases.	3	2	3	2	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 534: Psychology of an injured athlete	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1; Awareness of the psychology of injuries and an injured athlete.	3	2	3	1	3	1

CO-2: Identify and recognize the injury and provide ways to manage pain and rehabilitation.	3	3	2	1	3	2
CO-3: Understand in depth about psychological factors in injuries and rehabilitation.	3	2	3	2	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 535: Psychology of Athletic Injury and Rehabilitation	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports
Course Outcomes	3	3	relevant settings.	2	3	performance.
(Overall)						
CO1; Awareness of the course of injuries.	3	2	3	1	3	1

CO-2: Identify and recognize the injury and provide ways to manage trauma.	3	3	2	1	3	2
CO-3: Understand injuries pertaining to different sports	3	2	3	2	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 503: Sports Psychology in Practice (Project)	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	3	3	3
CO1; Generate a field report	3	3	3	3	3	3
CO-2: Understand and Assess sports psychology at play.	3	3	3	3	3	3

CO-3: Work with the sports community with a psychological outlook	2	3	3	3	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 581: Summer Internship	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	3	3	3
CO1; Generate a field report	3	3	3	3	3	3
CO-2: Understand and Assess sports psychology at play.	3	3	3	3	3	3

CO-3: Work with the sports community with a psychological outlook	2	3	3	3	3	3

# **Semester IV**

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 504: Professional Practices in Sports Psychology	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1; Identify and apply counseling techniques and strategies in sports settings.	3	1	3	1	3	2
CO-2: Comprehend and	3	3	3	1	3	1

understand the special counseling issues in sports.						
CO-3: Able to assess and diagnose the stress and anxiety in sports.	3	2	3	1	3	2
choose and integrate counseling skills to manage stress and anxiety and for improved rehabilitation adherence	3	2	3	2	3	2

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 505: Practicum VI	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
<b>Course Outcomes</b>	3	2	2	3	3	1
(Overall)						
CO1; Test and scientifically report results of psychological testing	3	3	3	3	3	3

CO-2: Assess the need and the type of testing required.	3	3	3	3	3	3
CO-3 Work with the sports community with a psychological outlook	2	3	3	3	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 536: Positive Coaching	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1; Identify and apply positive psychology concepts in sports coaching.	2	1	1	1	3	2
CO-2: Comprehend and	3	3	3	1	3	2

understand the different aspects of positive coaching in sports.						
CO-3: Able to assess and train the coaches on positive coaching.	3	3	3	1	3	3
choose and apply different positive psychological techniques in sports coaching.	3	3	3	2	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 537: Intervention Techniques for Coaches	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1; Comprehend and understand why psychology is important in all sport and exercise settings.	2	1	1	1	3	2

CO-2: Demonstrate understanding of theoretical foundation of the psychological interventions that influence coach's performance in sports.	3	3	3	1	3	2
CO-3: Identify and apply psychological techniques and strategies to enhance performance of coach in sport and related domains.	3	3	3	1	3	3
CO-4: Effectively choose and integrate psychological skills in training that best fit different coaches.	3	3	2	2	3	2

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 538: Imagery	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1: Comprehend and understand nuances of imagery for application in all sport and exercise settings.	3	3	2	1	3	2

CO-2: Demonstrate in depth understanding of theoretical foundation of the imagery	3	3	3	1	3	2
CO-3: Analyze individual differences in imagery and apply accordingly.	2	3	2	3	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 539: Application of Music in Exercise and Sport	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	2	3	3
CO1: Comprehend and understand nuances of music for application in all sport and exercise settings.	3	3	2	1	3	2

CO-2: Demonstrate	3	3	3	1	3	2
in depth						
understanding of						
application of the						
music as an						
intervention						
GO 2 1	2	2	2		2	2
CO-3: Analyze	2	3	2	3	3	3
individual						
differences in music						
and apply						
accordingly to						
different sports						

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 540: Introduction to Sports Medicine	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	2	1	3	3
CO1: Able to understand and analyse the concepts of sports medicine.	3	3	2	1	3	2
CO-2: Raise awareness about	2	3	3	1	3	2

various issues covered by sports medicine						
CO-3: Gain conceptual and theoretical knowledge for application	2	3	2	1	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes SPS 541: Interventions for Injured Athletes	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	1	3	3
CO1: Awareness of the sports psychological interventions for injury rehabilitation.	3	3	2	1	3	2

CO-2: Identify and apply specific sports psychology interventions in injury rehabilitation.	3	3	3	1	3	2
cO-3: Demonstrate in depth knowledge on application of various interventions in different sports specific injury rehabilitation	2	3	2	1	3	3

Program	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
Outcomes						
SPS 506: Dissertation	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	3	3	3	3	3
CO1: Make a unique contribution to research in Sports Psychology.	3	3	3	3	3	3
CO-2: Develop field specific research skills	3	3	3	3	3	3

essential for practice						
CO-3: Work with the sports community with a psychological outlook	3	3	3	3	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 542: Life Skills in Practice	To enhance capability to demonstrate a fundamental, systematic and symbiotic understanding of the academic as well as applicable skills and techniques of Psychology relevant to sports.	To develop the knowledge and skills of working with diverse groups in sports settings.	To demonstrate the ability to use psychological skills such as assessment and identifying and applying appropriate sports psychological principles and methodologies to assess mental health and provide interventions to enhance performance and wellbeing in sports and exercise relevant settings.	To plan and execute sports psychology-related experiments or investigations, analyse and interpret data/information collected using appropriate statistical methods and report accurately the findings of the experiment/investigations while relating the conclusions/findings to relevant theories of Sports Psychology.	To develop the sports psychologists of the future, equipping them with skills like professional ethics, counselling, guidance for sports injury, mental training, coaching, performance enhancement along with adequate knowledge base facilitated by on ground training.	To demonstrate sports relevant generic skills and global competencies such as problem solving skills, investigative skills, communication skills, analytical skills, ICT skills and personal skills to work independently as well as with team in sports settings to enhance sports performance.
Course Outcomes (Overall)	3	2	2	1	3	3
CO1: Understand the importance and need of life skill education	3	2	2	1	2	3
CO-2: Develop and comprehend core life skills, its	3	3	1	1	2	3

concept, process and practice						
CO-3: Effectively learn and plan career	3	2	2	1	2	3

<sup>\* 3-</sup> High level.

- 2- Medium level.
- 1- Low Level.