



Department of Sports Psychology, School of Sports Sciences  
Central University of Rajasthan



***E-Prospectus (2020-2021)***

# Vision of the Department

The Department of Sports psychology aspires to be a leader in the cutting edge of scientific research, development and teaching in sports psychology and to become a recognized and trusted education center for Sports psychology.

## Mission of the Department

- Enhance professional practice by promoting academic excellence, freedom of inquiry and research.
- Maintain high standards of ethics and professionalism.
- Develop sensitivity and reflexivity among students to understand and work with athletes and non-athletes through an interdisciplinary perspective.
- To engage in high quality and impactful research within and across disciplines.
- To cultivate professional ethics, and social responsibility in students.

# Faculty Profile



**Dr. Chandra Sekhar Gahan**

*Associate Professor, Head, Coordinator-School*

M.Sc. Applied & Industrial Microbiology, Utkal Univ. Odisha;  
Lic.Tech. Engg. Proc. Metall. LTU; Ph.D. Engg. Proc.  
Metallurgy, LTU Sweden; Post Doc. UCT South Africa;  
Scientist KIGAM South Korea; Asst. Prof. SRM Univ.  
Chennai; Marie Curie Fellow SDU Turkey

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**Dr. Subhasis Bhadra**

*Associate Professor and Head*

MSW, M. Phil (Psychiatric Social Work) and Ph. D. from  
NIMHANS (Bangalore)

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**Dr. Neethu P S**

*Assistant Professor*

M.Sc Applied Psychology (Specialization Clinical  
Psychology), Pondicherry University; PG Diploma in  
Industrial Psychology; Ph.D. Applied Psychology  
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**Dr. Guneet Inderjit Kaur**

*Assistant Professor*

Master in Psychology (Specialization in Sports Psychology),  
Panjab University, Chandigarh (Gold Medalist); Ph.D.  
Psychology (Sports Psychology), Panjab University, Chandigarh;  
Assistant Professor, Dept. of Psychology, JAIN (Deemed to be  
University).

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# Details of the Program

## M.A/M. Sc in Sports Psychology

- ▶ **Objectives of the program:** The 2-Years Master's Program would help to develop a career in Sports Psychology, The students would learn how the human psychology influences sports/athletic performances and the effects of exercise and physical activity on the psychology. The programme provides an insight into the theoretical and practical orientation of sports psychology and the basic skills of psychological counselling that could be applied in the context of sports coaching.
- ▶ **Duration of program:** 2 years (4 semesters)
- ▶ **Approved Intake:** 15
- ▶ **Minimum Eligibility for Entry:** Bachelors' Degree in any subject with Psychology as the subject or any other examination recognized equivalent there to or higher degree with 50% marks or equivalent grade in aggregate for General category and 45% or equivalent grade for SC/ST/OBC/PWD candidates.
- ▶ **Course Structure:** Semester-wise, Core courses, Discipline Electives, Extra-Departmental Electives, Practicals/ Dissertation/Workshop.

# Syllabus

<b>Semester I</b>			
<b>Code</b>	<b>Title of Course</b>	<b>Type of Course</b>	<b>Credits</b>
MSSPY 101	Human anatomy and Physiology	Core 1	4
MSSPY 102	Biomolecules and Metabolism	Core 2	4
MSSPY 103	Food and nutrition	Core 3	4
MSSPY 104	Introduction to biomechanics	Core 4	4
MSSPY 105	Discipline Elective I	DE 1	4
MSSPY 106	Practicum I	P1	2
MSSPY 107	Practicum II	P2	2
MSSPY 108	Fitness		1
MSSPY 109	societal		1
<b>Semester II</b>			
MSSPY 201	Kinesiology	Core 5	4
MSSPY 202	Psychological and Social aspects of Sports	Core 6	4
MSSPY 203	Principles and methods of sports training	Core 7	4
MSSPY 204	Discipline Elective III	DE II	4
MSSPY 205	Discipline Elective IV	DE III	4
MSSPY 206	Practicum III	P3	2
MSSPY 207	Practicum IV	P4	2
MSSPY 208	Fitness		1
MSSPY 209	Societal		1
<b>Semester III</b>			
MSSPY 301	Psychology of athletes, Coaching and Officiating		
MSSPY 302	Professional Practices in Sports Psychology		
MSSPY 303	Discipline Elective V	DE V	4
MSSPY 304	Discipline Elective VI	DE VI	4
MSSPY 305	Elective I	EI	4
MSSPY 306	Practicum V	P5	2
MSSPY 307	Practicum VI	P6	2
MSSPY 308	Fitness		1
MSSPY 309	Societal		1
<b>Semester IV</b>			
MSSPY 401	Discipline Elective VI	DE VII	4
MSSPY 402	Elective II	E I	4
MSSPY 403	Dissertation		16
MSSPY 404	Fitness		1
MSSPY 405	Societal		1

# List of Discipline Electives

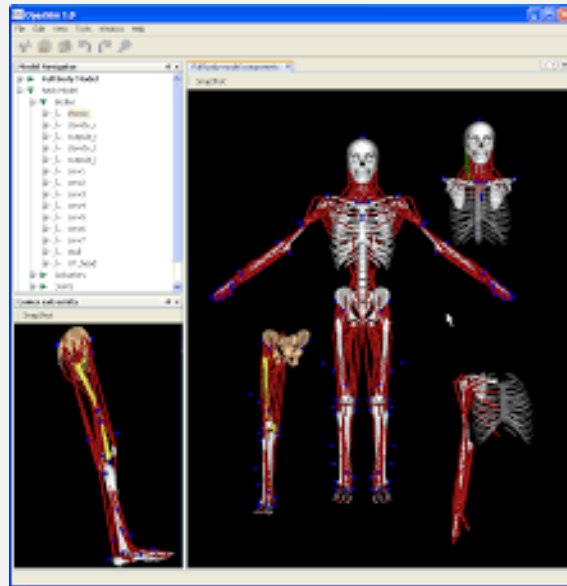
Sl.No	Title of Course	Credits
1	Fatigue, Injuries and Rehabilitation	4
2	Essentials of Sports	4
3	Kinanthropometry	4
4	Health Fitness and wellness	4
5	Research Methodology	4
6	Cognitive psychology in Sports	4
7	Psychometric and Psycho Diagnostic in Sports	4
8	Team Cohesion and Dynamics	4
9	Yoga and Mental health	4
10	Physiology of Sports and Exercise	4
11	Psychology of Special Population	4
12	Physiological psychology	4
13	Statistics for Sports Science	4

# Facilities in School of Sports Sciences

The department is in the process of establishing a well-equipped laboratory to carry out research in the area of Sports Psychology along with a Computer laboratory. Various Models, Charts and Instruments have been procured in the labs:

- Full articulated Skeleton
- Torso with Head and Interchangeable Male and Female Genitals
- Vertebral Column with Stand
- Anatomical Model of Heart, Stomach, Liver, Ear, Eye, Brain, Kidney
- Functional human joint models
- Disarticulated Human Bones
- Charts on all the systems of the body : Respiratory system, Circulatory System, Muscular System, Skeletal System, Nervous System, Reproductive System, Lymphatic System, Endocrine System, etc.
- Anthropometric Rods
- Digital Stadiometer
- Manual Stadiometer
- Digital Skin fold Callipers
- Sit and Reach Box
- Digital Glucometer
- Digital Cholesterol Analyser
- Finger Pulse Oximeter
- Sphygmomanometer
- Digital Metronomes
- Digital Weighing Scale
- Girth Measuring Tapes

# Motion Analysis using Opensim software

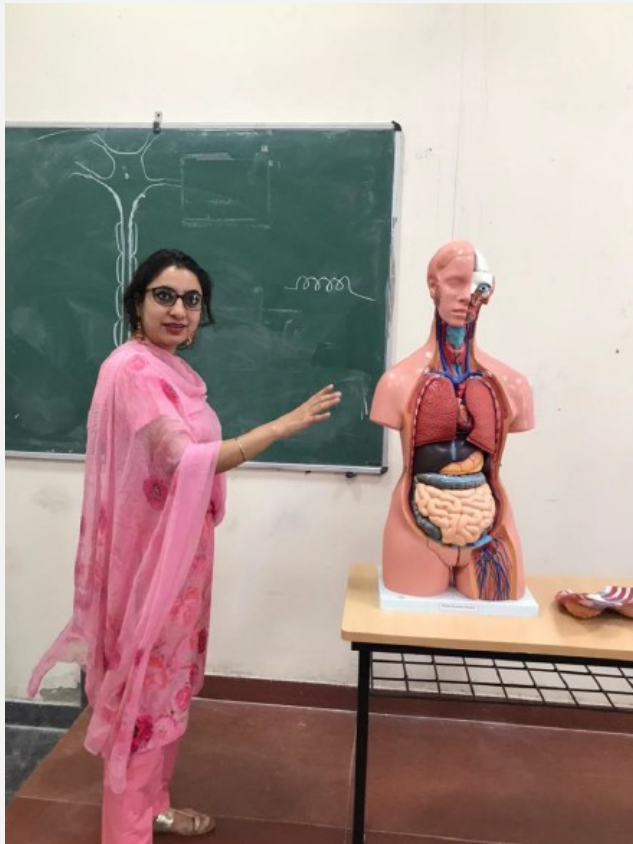




# Sports Psychology Lab



# Human Models for teaching and laboratory purpose





# Physical Fitness & Anthropometric assessment



# Career Prospects

- ▶ Government Jobs
- ▶ Private practice as a sports psychologist
- ▶ Sports psychologist in Sports academies and organizations
- ▶ Teaching and research
- ▶ Higher studies