

Internship Training (PG) –	PG INTERNSHIP TRAINING IN SPORTS PSYCHOLOGY (CN 014)
Course Duration –	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode –	Online fixed scheduled interactive sessions with supporting learning materials
Course Structure –	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly
Eligibility –	For Postgraduate learners or Postgraduate degree holders (psy/msw/hd/allied)
Interactive Sessions –	60min session/module (12–30 modules), scheduled weekly/daily as per learner's choice

- ✓ The internship course includes 12 mandatory modules and an additional set of 18+ optional modules. The prescribed course fee covers only the 12 mandatory modules.
- ✓ If you wish, you may choose any number of optional modules by paying the corresponding additional fee per module.
- ✓ Selecting optional modules is completely voluntary — you may also choose to complete only the 12 mandatory modules by paying just the standard course fee.

MANDATORY INTERNSHIP MODULE NAMES & SESSION BRIEF
ONE SESSION PER MODULE WITH REQUIRED LEARNING MATERIALS – SESSIONS SCHEDULED ON DAILY BASIS
OR WEEKLY OR AS PER LEARNER NEEDS

C.S_01	Role of a Sports Psychologist in Real Practice - Hands-on understanding of responsibilities, limitations, boundaries.
C.S_02	Conducting an Athlete Intake Assessment - Interview structure, background data, performance history.
C.S_03	Performance Profiling: Tools & Practical Use - Creating athlete performance profiles; individual vs team cases
C.S_04	Assessing Arousal, Anxiety & Stress in Athletes - Using CSAI-2, STAI, pre/post-performance assessments.
C.S_05	Applied Motivation Techniques for Athletes - Motivational climate, feedback, reinforcement strategies.
C.S_06	Mental Skills Training (MST): Framework & Application - Core components—goal setting, imagery, self-talk.
C.S_07	Designing a Goal-Setting Plan for Athletes - Short-term, long-term, performance vs outcome goals.
C.S_08	Imagery & Visualization – Practical Session Work - Guided scripts, rehearsal, kinaesthetic imagery.
C.S_09	Building Attention & Concentration Routines - Focus grids, cue words, pre-performance attention routines.
C.S_10	Working With Coaches & Support Staff - Communication, collaboration, athlete-centred planning.
C.S_11	Managing Athlete Burnout & Overtraining – Applied Steps - Monitoring, behavioural indicators, recovery strategies.
C.S_12	Ethics & Professional Practice in Sports Psychology - Boundaries, consent, confidentiality, anti-doping guidelines.

OPTIONAL INTERNSHIP MODULE NAMES & SESSION BRIEF

If required, learners can opt for any or all these listed modules at an additional cost, apart from the course fee that includes the mandatory internship modules.

O.S_13	Developing Pre-Performance Routines for Different Sports - Sport-specific (cricket, football, athletics, etc.)
O.S_14	Emotional Regulation Techniques for Athletes - Breathing, grounding, relaxation, activation control.
O.S_15	Applied Mindfulness for Performance Enhancement - Basic exercises, attention training, mindfulness scripts.
O.S_16	Creating Confidence-Building Interventions – Self-efficacy boosters, cognitive reframing.
O.S_17	Handling Performance Slumps: Applied Interventions - Troubleshooting, situational analysis, performance diaries.
O.S_18	Injury Psychology & Rehabilitation Support - Motivation during rehab, psychological barriers, adherence plans.
O.S_19	Team Cohesion Interventions & Group Activities - Role clarity, trust-building, identity creation.
O.S_20	Communication Training for Coaches - Giving effective feedback, reducing anxiety, motivational talk.
O.S_21	Working With Adolescent Athletes - Parent involvement, pressure management, identity issues.
O.S_22	Gender Sensitivity in Sports Settings - Barriers for women athletes, stereotype threat, safe-space practices.
O.S_23	Designing Mental Training Workshops for Teams - Structure, materials, activities, evaluation.
O.S_24	Sleep, Nutrition & Psychology – Applied Athlete Education - Links with performance; psychoeducation modules.
O.S_25	Athlete Lifestyle Management - Balancing academics, media, travel; behaviour routines.
O.S_26	Using Biofeedback in Sports Psychology - Arousal tracking, relaxation training.
O.S_27	Handling Media Pressure & Public Expectations - Coping plans, communication guidelines.
O.S_28	Working With High-Performance Athletes - Elite sport mindset, stressors, confidentiality.
O.S_29	Cultural Influences in Indian Sports Psychology - Family involvement, coaching culture, pressure patterns.
O.S_30	Ethics in Intervention Planning & Data Handling - Session notes, digital privacy, confidentiality.
O.S_31	Creating Athlete Progress Reports - Templates, indicators, improvement tracking.
O.S_32	Designing Individual Mental Training Plans (IMTPs) - Personalised week plans with measurable goals.
O.S_33	Observation & Field Visit Module - Live match observation, behavioural analysis checklist.
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt expertise

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹30,800 (India) From 13th session onward (if req) – ₹2000/session (up to 30 sessions)	For 12 Sessions – \$800 (Int'l) From 13th session onward (if req) – \$35/session (up to 30 sessions)
Email and Whats App Based	For 12 Sessions – ₹16,800 (India) From 13th session onward (if req) – ₹1,600/session (up to 30 sessions)	For 12 Sessions – \$600 (Int'l) From 13th session onward (if req) – \$25/session (up to 30 sessions)
For group registrations, whether from individual learners or via college departments, fees will be significantly reduced to make the course student-friendly		

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

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