

Course Name	–	POST GRADUATE TRAINING IN SPORTS PSYCHOLOGY (CNO 105)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/sports/training/mgt)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

10501 – SPORTS PSYCHOLOGY – 3 credits / 30 days of learning	Covers psychological principles influencing athletic performance and motivation.
10502 – SPORTS COACHING – 3 credits / 30 days of learning	Focuses on coaching strategies that integrate psychological skills for athletes.
10503 – APPLIED SPORTS PSYCHOLOGY – 3 credits / 30 days of learning	Applies psychological methods to improve focus, resilience, and performance.
10504 – SPORTS STRESS MANAGEMENT – 3 credits / 30 days of learning	Teaches techniques to manage pressure, anxiety, and mental well-being in sports.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST
(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

10500 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
10508 – COACHING ATHLETES	10513 – ASSESSMENTS IN SPORTS	10518 – MENTAL TRAINING TOOLS
10509 – SPORT INJURY & REHABILITATION	10514 – ADVENTURE SPORTS COACHING	10519 – SPORTS COUNSELLING
10510 – EMOTION IN SPORTS	10515 – DISABILITY SPORTS COACHING	10520 – CASE MODULES –FOR SELF EMPOWERMENT
10511 – KINESIOLOGY	10516 – EMOTIONAL RESILIENCE	10521 – MOTIVATIONAL INTERVIEWING
10512 – PERFORMANCE PSYCHOLOGY	10517 – FITNESS & WELLNESS	10522 – COACHING SKILLS
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

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