

Course Name	–	POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (CNO 505)
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner's selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/hr/training/hd/sports)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

50501 – SPORTS PSYCHOLOGY – 4 credits / 30 days of learning	Covers psychological principles influencing athletic performance and motivation.
50502 – SPORTS COACHING – 4 credits / 30 days of learning	Focuses on coaching strategies that integrate psychological skills for athletes.
50503 – APPLIED SPORTS PSYCHOLOGY – 4 credits / 30 days of learning	Applies psychological methods to improve focus, resilience, and performance.
50504 – SPORTS STRESS MANAGEMENT – 4 credits / 30 days of learning	Teaches techniques to manage pressure, anxiety, and mental well-being in sports.
50505 - PRAGMATISM – CASE WORK – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
50506 - DISSERTATION – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS

50597 - Psychology – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,</i>	
50508 – COACHING ATHLETES	50513 – ASSESSMENTS IN SPORTS	50518 – MENTAL TRAINING TOOLS
50509 – SPORT INJURY & REHABILITATION	50514 – ADVENTURE SPORTS COACHING	50519 – SPORTS COUNSELLING
50510 – EMOTION IN SPORTS	50515 – DISABILITY SPORTS COACHING	50520 – CASE MODULES –FOR SELF EMPOWERMENT
50511 – KINESIOLOGY	50516 – EMOTIONAL RESILIENCE	50521 – MOTIVATIONAL INTERVIEWING
50512 – PERFORMANCE PSYCHOLOGY	50517 – FITNESS & WELLNESS	50522 – COACHING SKILLS
50523 – MENTAL TOUGHNESS TRAINING	50524 – PEAK PERFORMANCE STRATEGIES	50525 – CONCENTRATION & ATTENTION CONTROL TRAINING
50526 – TEAM DYNAMICS & GROUP COHESION	50527 – PSYCHOLOGICAL PREPARATION FOR COMPETITION	50528 – MOTIVATION & GOAL-SETTING IN SPORT
Course Fee	Learners from India	International Learners
Life Member of IHMH	₹15,200/-	\$530
Others	₹16,800/-	\$600

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@imh.in / info@imh.org

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