

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
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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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 403: Applied Social Psychology 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	3	2	3	3
CO-1: Discuss the importance of	3	1	1	1	2	3

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

<p>CO-5: Recognize and explain the role of gender and disability in sport and compose mental skills training program for disabled athletes.</p>	<p>3</p>	<p>3</p>	<p>3</p>	<p>1</p>	<p>3</p>	<p>2</p>
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Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 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
CO-1: Demonstrate ability to develop psychological	3	1	3	1	3	2

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

their chosen fields of endeavours.						
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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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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

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

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

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

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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; <i>Understand the theoretical and scientific foundations of clinical sports psychology</i>	2	1	1	1	1	1
CO-2; <i>Distinguish the clinical features of various types of</i>	2	2	3	1	1	1

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 406: Practicum III	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
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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 407: Practicum IV	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
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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 432: Positive 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	1	3	3
CO1; <i>Able to apply the concepts of positive psychology in life.</i>	3	1	2	1	2	3
CO-2; <i>Raise awareness about wellbeing and ways to enhance wellbeing.</i>	2	2	3	1	3	3

CO-3: <i>Understand the contributors to positive constructs like happiness</i>	3	2	2	1	3	2
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Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 433: Health 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	1	3	3
CO1; <i>Able to apply the concepts of health psychology in life.</i>	3	1	1	1	3	1
CO-2; <i>Raise awareness about wellbeing and ways to enhance wellbeing.</i>	3	3	2	1	3	3

<p>CO-3: <i>Attain information about the body of knowledge, together with theory and to the application of knowledge in everyday life</i></p>	<p>3</p>	<p>3</p>	<p>3</p>	<p>2</p>	<p>3</p>	<p>3</p>
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Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 434: Cognitive 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	3	2	3
CO1; <i>Understand the history, perspectives, context and scope of cognitive psychology</i>	3	1	1	1	1	1
CO-2; <i>Employ different theoretical approaches of cognitive psychology to</i>	3	3	3	2	3	3

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
SPS 435: Statistics for Sports Sciences	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	3	3	3	3
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
CO-4: Demonstrate analysis of data through a Computer Application.	1	2	1	2	1	1

Program Outcomes	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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Program Outcomes	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

rehabilitation adherence						
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Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 Outcomes (Overall)	3	2	2	3	3	1
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	2	3	3	3	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 Outcomes (Overall)	3	3	3	2	3	3
CO1; Understand the concept and theoretical background of coach athlete relationship.	3	2	2	1	2	2

<p>CO-2: Analyse the different factors affecting coach athlete relationship</p>	3	2	3	1	3	2
<p>CO-3: Explain the important role of coach-athlete relationship in sport performance</p>	3	3	3	1	1	2

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 Outcomes (Overall)	3	3	3	2	3	3
CO1; Distinguish between group and team and highlight the importance of leadership.	3	3	2	1	2	2

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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

<p>CO-2: Demonstrate understanding of application of the sports psychological concepts that influence human performance in athletic settings.</p>	3	3	3	1	3	3
<p>CO-3: Identify and apply psychological techniques and strategies to enhance performance in sport and related domains.</p>	2	2	3	2	3	3
<p>CO-4: Effectively choose and integrate psychological skills in training that best fit different performance and exercise psychology cases.</p>	3	2	3	2	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 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 course of injuries.	3	2	3	1	3	1

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

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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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
CO-4: Effectively choose and integrate counseling skills to manage stress and anxiety and for improved rehabilitation adherence	3	2	3	2	3	2

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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.
Course Outcomes (Overall)	3	2	2	3	3	1
CO1; Test and scientifically report results of psychological testing	3	3	3	3	3	3

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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
CO-4: Effectively choose and apply different positive psychological techniques in sports coaching.	3	3	3	2	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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 in depth understanding of application of the music as an intervention	3	3	3	1	3	2
CO-3: Analyze individual differences in music and apply accordingly to different sports	2	3	2	3	3	3

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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: <i>Able to understand and analyse the concepts of sports medicine.</i>	3	3	2	1	3	2
CO-2: <i>Raise awareness about</i>	2	3	3	1	3	2

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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

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

Program Outcomes	PO-1	PO-2	PO-3	PO-4	PO-5	PO-6
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

* 3- High level.

2- Medium level.

1- Low Level.