Course Name	–	**ADVANCED TRAINING IN APPLIED SPORTS PSYCHOLOGY (CN 058)**
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/human development/training)
Interactive Sessions	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
05801 – APPLIED SPORTS PSYCHOLOGY	Principles and practices of applying psychology to enhance athletic performance
05802 – SPORTS COACHING	Foundations of effective coaching strategies and athlete management
05803 – COPING AND EMOTION IN SPORTS	Understanding stress, coping mechanisms, and emotional regulation in athletes
05804 – KINESIOLOGY	Exploring human movement and biomechanics for sports performance
05805 – SPORTS & ATHLETIC PERFORMANCE ASSESSMENT	Tools and methods for assessing physical, mental, and performance abilities.
05806 – COACHING ATHLETES	Advanced coaching skills tailored to individual and team performance.
05807 – ADVENTURE SPORTS COACHING	Specialized coaching approaches for high-risk and adventure sports
05808 – ATHLETIC DEVELOPMENT	Strategies for long-term physical, mental, and skill development in athletes.
05809 – DISABILITY SPORTS COACHING	Inclusive coaching techniques for athletes with disabilities.
05810 – EMOTIONAL RESILIENCE	Building mental toughness, resilience, and psychological strength in sports.
05811 – COUNSELLING SPORTS PERSONS	Counselling skills for addressing personal, social, and performance challenges.
05812 – SPORT PSYCHOLOGICAL INTERVENTIONS	Applied psychological interventions to improve motivation, focus, and well-being.

COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹11,600**	**$280**
1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹24,600**	**$610**

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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