

Course Name	–	<b>ADVANCED TRAINING IN APPLIED SPORTS PSYCHOLOGY (CN 058)</b>
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	–	2 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

<b>MODULE NAME AND NUMBER</b>	<b>MODULE BRIEF</b>	
<b>05801 – APPLIED SPORTS PSYCHOLOGY</b>	Principles and practices of applying psychology to enhance athletic performance	
<b>05802 – SPORTS COACHING</b>	Foundations of effective coaching strategies and athlete management	
<b>05803 – COPING AND EMOTION IN SPORTS</b>	Understanding stress, coping mechanisms, and emotional regulation in athletes	
<b>05804 – KINESIOLOGY</b>	Exploring human movement and biomechanics for sports performance	
<b>05805 – SPORTS &amp; ATHLETIC PERFORMANCE ASSESSMENT</b>	Tools and methods for assessing physical, mental, and performance abilities.	
<b>05806 – COACHING ATHLETES</b>	Advanced coaching skills tailored to individual and team performance.	
<b>05807 – ADVENTURE SPORTS COACHING</b>	Specialized coaching approaches for high-risk and adventure sports	
<b>05808 – ATHLETIC DEVELOPMENT</b>	Strategies for long-term physical, mental, and skill development in athletes.	
<b>05809 – DISABILITY SPORTS COACHING</b>	Inclusive coaching techniques for athletes with disabilities.	
<b>05810 – EMOTIONAL RESILIENCE</b>	Building mental toughness, resilience, and psychological strength in sports.	
<b>05811 – COUNSELLING SPORTS PERSONS</b>	Counselling skills for addressing personal, social, and performance challenges.	
<b>05812 – SPORT PSYCHOLOGICAL INTERVENTIONS</b>	Applied psychological interventions to improve motivation, focus, and well-being.	
<b>COURSE FEE</b>	<b>INDIAN LEARNERS</b>	<b>LEARNERS FROM OTHER COUNTRIES</b>
<b>Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹10,600</b>	<b>\$250</b>
<b>1:1 Guide Orientation Sessions - Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹24,600</b>	<b>\$610</b>

**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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)**

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