

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Sports Psychology

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Co-ordinating Institute - IIT - Madras

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - Becoming a Sport Psychologist: Lessons from the field An introduction to field of Sports Psychology
- Lecture 2 - Becoming a Sport Psychologist: Lessons from the field Mental health issues in athletes
- Lecture 3 - Lessons from the field Learning Sport Science - An integrated approach to learning Sport Psychology
- Lecture 4 - Becoming a Sport Psychologist: Lessons from the field Challenges faced by sport psychologists
- Lecture 5 - Becoming a Sport Psychologist: Lessons from the field Sport psychology - Working with coaches
- Lecture 6 - Introduction to flow
- Lecture 7 - Flow in sport and competition
- Lecture 8 - Practical approach to flow state: Discussion
- Lecture 9 - Developing a Champion mindset: Tools to aid competitive mindset
- Lecture 10 - Discussion on Champion and Competitive Mindset
- Lecture 11 - Psychological Skills training and Goal setting
- Lecture 12 - Goal setting - Part 1
- Lecture 13 - Goal setting - Part 2
- Lecture 14 - Developing Goal setting systems
- Lecture 15 - Discussion on Mental training and Goal setting
- Lecture 16 - Imagery in sport - Introduction
- Lecture 17 - Models of Imagery and usefulness of Imagery
- Lecture 18 - Psychological factors important for PST
- Lecture 19 - Imagery in Team - A practical demonstration
- Lecture 20 - Discussion on Goal setting and Imagery in sports
- Lecture 21 - Communication in sports
- Lecture 22 - Intracommunication with self: instinct and animal lessons, body language and tactile communication
- Lecture 23 - Discussion on communication and performance
- Lecture 24 - Resilience in Sports Teams and Organizations
- Lecture 25 - Resilience and Mindfulness in sports
- Lecture 26 - Psychological factors in sport
- Lecture 27 - Strategies to work with young athletes
- Lecture 28 - Working with young children
- Lecture 29 - Burnout in sports

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- Lecture 30 - Burnout in coaches, Discussion with coach
- Lecture 31 - Building teams and team culture
- Lecture 32 - Discussion on building high performance teams
- Lecture 33 - Channeling emotions in sports
- Lecture 34 - Discussion on transformational leadership
- Lecture 35 - Stress management in sports
- Lecture 36 - Psychology of Injury - Introduction
- Lecture 37 - Psychological Strategies for Injury
- Lecture 38 - Integrated approach to injury - A discussion
- Lecture 39 - Career transition in sports - Sports retirement and coping
- Lecture 40 - Discussion on Sports career transition
- Lecture 41 - Conclusion Video