

SPORTS PSYCHOLOGIST

Sports Psychologists are professionals who help sportspersons work on their well-being and performance. They also help with injury-rehabilitation, team building, burnout or career transitioning. Sports Psychologists work with athletes as well as coaches, parents, administrators, fitness professionals, performers and organizations.

PERSONAL COMPETENCIES

- You have strong interest in sports and psychology
- You have excellent interpersonal and communication skills
- You are good at building trust and maintaining confidentiality
- You are willing to serve and help others



The approx. course fee ranges between **INR 20,000-1,60,000*** for the full course

*These figures are estimated numbers and will vary from Institute to Institute.

SCHOLARSHIPS

• **National Scholarship Portal** - Visit www.scholarships.gov.in. Under this portal there are Central Government schemes offered by different departments, UGC/AICTE Schemes and State Schemes*

• Visit www.buddy4study.com for details on available scholarships. This is a gateway to scholarships starting from Class XI*

• Scholarships are also available in the Institutes based on merit*

*(Availability of these scholarships can vary from time to time)

LOANS

• VidyaLakshmi, www.vidyalakshmi.co.in, is a portal for students seeking education loan. This portal has been developed under the guidance of the Department of Financial Services, (Ministry of Finance), Department of Higher Education (Ministry of Human Resource Development) and Indian Banks Association (IBA).

• Some states have student credit cards with low interest rates, for instance, West Bengal, Odisha, Bihar, etc.

• All banks give education loans.



ENTRY PATHWAY

1. Complete 10+2 in any stream
 2. Complete Bachelor's degree in Sports Coaching/Sports Management/Physical Education
- OR
- Complete Bachelor's degree, followed by a Master's degree in the same discipline
- OR
- Pursue a Diploma in Sports Management/Sports Coaching

Please check the duration of the course during enrolment



EXPECTED INCOME

**The figures are indicative & subject to change*

The approx. salary of a Sports Psychologist ranges between **INR 81,000 - 1,40,000*** per month.

Source: <https://www.salaryexpert.com/salary/job/sport-psychologist/india>

WHERE WILL YOU WORK?

Places of Work: Sporting Clubs at state, national and international levels, Individual Athletes and sportspersons, Schools and Colleges, Psychology Clinics and Centres, Individual Celebrities in different performance arts, Sports Authority of India.

Work Environment: You will spend most of your time working in office and hospital environments, but some of your time will also be spent in the same environments as the athletes you counsel. Work hours can remain flexible, depending on the organization.

Opportunities for work exist for differently abled in this field

EXPECTED GROWTH PATH

Junior sports psychologist → Sports psychologist

Search keywords...



sports psychologist, sports counsellor, counselling for sportspersons

WHERE WILL YOU STUDY?

The course is offered by the Department of Psychology.

This list of institutes is indicative only

GOVERNMENT INSTITUTES

1. Guru Nanak Dev University, Amritsar, Punjab
2. Central University of Rajasthan, Ajmer, Rajasthan
3. Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu
4. National Sports University, Kouruk, Manipur
5. Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh
6. University of Delhi North Campus
7. MS University, Baroda
8. Dibrugarh University, Assam

PRIVATE INSTITUTES

(Please check if the institute is affiliated and accredited with UGC before applying)

1. The Sports School, Bengaluru, Karnataka
2. Institute of Sports Science and Technology, Pune, Maharashtra
3. St. Francis College for Women, Hyderabad
4. Amity University, Multiple states
5. Sri Ramchandra Institute of Higher Education and Research, Chennai
6. Sister Nivedita University, Kolkata
7. NMIMS University, Indore
8. Assam Downtown University, Guwahati

Information on the institute rankings can be found at - <https://www.nirfindia.org/2022/ranking.html>

ONLINE COURSE

Udemy - <https://www.udemy.com/course/sport-psychology/>

EXAMPLE FROM THE FIELD

Dr. Mrinal Chakraborty is a Sports Psychologist working at Joint and Bone Care Hospital in Salt Lake, Kolkata. He specializes in Hypnotherapy, Timeline Therapy and Creative Visualization. He has been involved with major sports events like: Junior India Hockey World Cup Champion, 2016 and Indian Archery World Cup, Berlin 2017 and is a personal coach to several olympians and paralympians. Dr. Mrinal Chakraborty is a Mental Toughness Trainer for youth sports and others with the help of NLP (Neuro-Linguistic Programming).*

Source: <https://www.curetap.in/Kolkata/doc-tor/dr-mrinal-chakraborty/>

**The above information is for training purposes only and will not be used for any commercial gains*