

Sport Psychology Research Internship

Supervisor: Kunashni Parikh

Goals:

- Understand the Foundations of Sport Psychology
- Understand the Applications and Techniques of Sport Psychology
- Conduct an Independent Supervised Research Project
- Communicate the Research Results via Report and Presentation

Timeline: 4 Weeks Program: 5-8 Hours Per week

Mode: Online

Course Schedule:

Week 1: Introduction to Sport Psychology

Monday: Introductory Video and Call with Supervisor

Tuesday: Video 1.1 Introducing the Foundations of Sport Psychology
Homework: Written Assignment 10 marks

Thursday: Video 1.2 Exploring Case Studies in Sport Psychology
Homework: Written Assignment 10 marks

Saturday: Call with Supervisor
Case Study Practice

Week 2: Sport Psychology Techniques and Applications

Tuesday: Video 2.1 Athlete Mental Skills Training
Homework: Written Assignment 10 marks

Thursday: Video 2.2 The Visualization Technique
Homework: Written Assignment 10 marks

Saturday: Call with Supervisor
Case Study Practice

Week 3: Introduction to Sport Psychology Research

Tuesday: Video 3.1 Starting Your Research Project in Sport Psychology
Homework: Research Topic Selection 10 marks

Thursday: Video 3.2 Conducting Your Research Project in Sport Psychology
Homework: Research Methodology Selection 10 marks

Saturday: Call with Supervisor
Research Project Conduction

Week 4: Research Project Conduction

Tuesday: Video 4.1 Research Project Results and Interpretation
Homework: Research Report 20 marks

Thursday: Video 4.2 Research Project Writing and Communication
Homework: Research Interpretation Report

Saturday: Present Your Project to Supervisor
Homework: Research Presentation 10 marks

Assignment Punctuality, Enthusiasm, Interest, and Course Attitude 10 marks

Bonus Assignment (+5) marks

Total 100 marks

Guidelines:

Every Tuesday and Thursday, students will be expected to watch the recorded course video, make notes, and follow up with the assigned homework. Students will be expected to complete and submit the given assignments on time before the beginning of the next class to be able to move forward to the next class. Every Saturday, the students are expected to schedule an individual call with the Supervisor to discuss the course material, receive feedback on homework assignments, and discuss one unique case study. In the second half of the internship, students will begin to design and conduct their own research project in Sport Psychology. The course ends with a presentation of the Research Project to the Supervisor and a closing discussion. Please see the course schedule for a break-down of the course structure and timeline.

Structure Summary:

Students will watch 2 videos a week, complete 2 quizzes a week, and 2 assignments a week, and complete one individual call with the supervisor each week. The first half of the internship introduces students to the foundation and applications of Sport Psychology, while the second half of the internship sees students conduct and present their own Research Project on a topic in Sport Psychology guided by the supervisor.

Log In Details:

All course material will be available online. Please Use the Log In Details Sent to You via Email to access the course on the website www.kunashni.com

Feel free to reach out to me for any doubts and clarifications.

Email: cosmomind.kunashni@gmail.com