

# 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:** One Month 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 5 marks

**Thursday:** Video 1.2 Exploring Case Studies in Sport Psychology  
Homework: Written Assignment 5 marks

**Saturday:** Call with Supervisor  
Homework: Written Case Study Solution 10 marks

### Week 2: Sport Psychology Techniques and Applications

**Monday:** Submit Homework

**Tuesday:** Video 2.1 Athlete Mental Skills Training  
Homework: Written Assignment 5 marks

**Thursday:** Video 2.2 The Visualization Technique  
Homework: Written Assignment 5 marks

**Saturday:** Call with Supervisor  
Homework: Written Case Study Solution 10 marks

### Week 3: Introduction to Sport Psychology Research

**Monday:** Submit Homework

**Tuesday:** Video 3.1 Starting Your Research Project in Sport Psychology

	Homework: Research Topic Selection	5 marks
<b>Thursday:</b>	Video 3.2 Conducting Your Research Project in Sport Psychology	
	Homework: Research Methodology Selection	5 marks
<b>Saturday:</b>	Call with Supervisor	
	Homework: Research Project Conduction	15 marks
<b>Week 4: Research Project Conduction</b>		
<b>Monday:</b>	Submit Homework	
<b>Tuesday:</b>	Video 4.1 Research Project Results and Interpretation	
	Homework: Data Report	5 marks
<b>Thursday:</b>	Video 4.2 Research Project Writing and Communication	
	Homework: Research Interpretation Report	10 marks
<b>Saturday:</b>	Present Your Project to Supervisor	
	Homework: Research Presentation	10 marks
	Assignment Punctuality, Enthusiasm, Interest, and Course Attitude	10 marks
	Bonus Assignment	(+5) marks
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	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. Every Call with the Supervisor will have an assignment that will be due on the following Monday. 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 3 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](http://www.kunashni.com)

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

## **Course Outline**

**Week 1: Introduction to Sport Psychology**

**Week 2: Sport Psychology Techniques and Applications**

**Week 3: Introduction to Sport Psychology Research**

**Week 4: Research Project Conduction**