



# M. Sc. Sports & Exercise Psychology

A 2-year full-time M. Sc. degree comprising comprehensive curriculum including sports and exercise sciences, skill training, rehabilitation and organisational skills.



## Eligibility

UGC recognised (regular) Bachelor's/Master's Degree with a minimum aggregate of 50% in:

- Psychology
- Sports and Exercise Science
- Physical Education

## Salient Topics

The course includes:

- Problem based learning
- Practicals and field training
- Internship
- Dissertation
- Behaviour coding

## Career Options

Research Scientist (Ph.D. and Post Doc)

Sports Psychologist (high performance/ injury rehabilitation)

Exercise Psychologist (fitness/wellness centres)

Academic (Lecturer/ Asso. Professor)

Mental Coach (Educational institutions)

Lifestyle Coach (Community/ Sports Counselling)

## About Centre for Sports Science

- A premier sports science institute which is the only centre in India accredited by the Asian Football Confederation and International Cricket Council
- Approved "Centre of Excellence" for SAI, Govt. of India and also houses the Khelo India Academies for Rowing, Shooting and Weightlifting
- Recognized "Centre for Excellence" by Govt. of Tamilnadu (SDAT) and Govt. of Kerala (DYSA)
- Official Sports Medicine and Performance partners for Chennaiyin FC and Hyderabad FC in ISL

## Awards:

- "Best University for promotion of Sports" - Ace Sportstar Awards, The Hindu, Mumbai, 2020
- "Best Company Promoting Sports (Private Sector)" - India Sports Awards, FICCI, New Delhi, 2019

