

# CENTRAL UNIVERSITY OF RAJASTHAN

## Department of Sports Psychology

Sports Psychology, also called as sports and exercise psychology is an applied branch of psychology. It utilises the principles of psychology to scientifically study the psychological factors associated with participation and performance in sports and exercise settings. Contemporary Sports Psychology is a vast field and education in Sports psychology provides an ideal platform for the development of focus, critical thinking and effective communication. All of these skills are crucial for the future success of any individual, whether they pursue additional educational opportunities or embark directly on their careers.

Careers in sports psychology cover a range of areas. Sports psychologists may practice in a hospital, clinic, gym, physical rehabilitation centre, high school or university. Some may work in private practice or provide contracted consulting services to clients in other settings. Professionals in this area are often employed as part of a team of specialists, assembled from a variety of disciplines to maximize health and wellness among athletes, coaches, teams, parents of athletes, fitness professionals and more. Sports Psychologist also promotes the psychological advantages of exercise among people like in public institutions, prison and hospitals. They are also invited to the companies to give seminars to the employees regarding the advantages of exercise, methods of improving mental and physical health and also tell how to implement them in real life. Completion of this programme will also help to opt for a career in teaching at university level also.

*Research vision of the Department:* As a department, we seek to conduct cutting-edge and collaborative research utilizing lab-based methods as well as field-based approach to study human behavior in sports. The objective of the program is to better understand the psychological factors in performance and well-being and with that knowledge, implement best practices in sports, organizations, education, and research for human flourishing. We view these efforts as our ongoing responsibility and will challenge ourselves always to fulfil our mission more effectively.

*Research focus of the Department:* Our scientific work spans Peak Performance, Health and Well Being, Leadership, Excellence, Cognitive Aspects of Performance, Environmental Impact on Sports and Youth Sports.



### **Dr. Guneet Inder Jit Kaur**

Dr. Guneet Inder Jit Kaur has been teaching, conducting and guiding research and working in the field of sports psychology since the last four years. Her area of research is Peak performance and Excellence in sports. She has guided M.Phil. Research in the area of hypnosis as an intervention in anxiety and motivation for Karnataka State Cricketers Association. The thrust areas of the lab include

1. Peak Performance (psychological factors for optimal performance, psychological skills training, mental toughness),
2. Health and Well Being (research on the understanding of mental health issues in sports, prevention of mental health issues through promotion of well-being),
3. Leadership (recent advances in the area of leadership-transformational leadership, promotion of coaching effectiveness, coach athlete relationship),
4. Excellence (psychological profile of excellers/high achievers, interventions for promotion of excellence),

5. Cognitive Aspects of Performance (Cognitive factors in performance, Interventions for Promotion of Cognitive Efficiency)
6. Youth Sports (Psychological Factors affecting youth sports performance, psychological profile of young sports exellers, psychological skills training program for youth sports, mental health issues in youth sports-understanding and prevention).