



TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

INTERNSHIP REPORT

“An Observational Study of Sports Psychology and Mental Skills in Athletes”

Submitted by:

Name of the Student: _____

Register Number: _____

Course: Post Graduate Diploma in Sports Psychology

Session: Academic/Calendar-20____

Date of Submission:

Introduction to Sports Psychology

Write approximately **1 page** covering:

- Meaning of Sports Psychology
- Importance of psychology in sports
- Relationship between mind and physical performance
- Role of motivation and confidence
- Importance of concentration
- Managing competition pressure
- Emotional control in athletes

Sample opening:

Sports Psychology is the study of how psychological factors influence sports performance and how participation in sports influences psychological development. An athlete's performance depends not only on physical fitness and technical skills but also on confidence, motivation, concentration, emotional control and the ability to handle pressure.

Objectives

The student may select **5–7 objectives**.

1. To understand the practical application of Sports Psychology.
2. To observe the psychological behaviour of athletes during training.
3. To understand the importance of motivation in sports performance.
4. To observe concentration and attention among athletes.
5. To understand how athletes respond to success and failure.
6. To observe emotional responses during competition or training.
7. To understand the role of coaches in developing psychological skills.
8. To observe methods used by athletes to manage pressure and anxiety.

9. To understand the importance of teamwork and communication.
10. To relate theoretical knowledge with practical sports situations.

About the Organization

Write **1 page** about the place where the internship was conducted.

Include:

Name of Organization:

Location:

Type of Organization:

Sports Academy / School / College / Fitness Centre / Sports Club /
Coaching Centre / Other

Sports Offered:

Number of Athletes Observed:

Age Group:

Training Schedule:

Brief Description

The student should describe:

- History of the organization
- Sports activities conducted

- Training facilities
- Coaches/trainers
- Types of athletes
- Training environment

METHOD OF OBSERVATION

Methodology

Since this is an **observation-based internship**, the methodology can be very simple.

Method Used

Observation Method

The student observed athletes during:

- Warm-up sessions
- Training sessions
- Practice matches
- Competitions
- Group activities
- Interaction with coaches
- Rest/recovery periods

Areas Observed

Area	Observation
Motivation	
Concentration	
Confidence	

Area	Observation
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Emotional Control

Teamwork

Communication

Response to Failure

Response to Success

Competition Pressure

Discipline

DAILY OBSERVATION RECORD

The student can maintain a simple observation diary.

Sample Format

Date	Activity Observed	Psychological Behaviour Observed	Student's Learning
Day 1	Training	Athletes showed different levels of motivation	Motivation affects participation
Day 2	Practice	Some athletes maintained concentration better	Concentration is important
Day 3	Match	Some players became anxious after mistakes	Emotional control is necessary
Day 4	Training	Coach encouraged athletes frequently	Positive feedback improves confidence
Day 5	Practice Match	Team members communicated with each other	Communication supports teamwork

The student may provide **5–10 daily observations**.

DETAILED OBSERVATION OF AN ATHLETE

Athlete Observation

The student may select **one athlete** for detailed observation.

Athlete Code/Name: _____

Age: _____

Gender: _____

Sport: _____

Level: Beginner / Intermediate / Advanced

Duration of Observation: _____

Areas of Observation

1. Motivation:

How enthusiastic was the athlete?

2. Concentration:

Was the athlete able to maintain attention during training?

3. Confidence:

How did the athlete respond to difficult situations?

4. Emotional Control:

How did the athlete respond to mistakes or criticism?

5. Response to Success:

How did the athlete behave after successful performance?

6. Response to Failure:

How did the athlete react after losing or making mistakes?

7. Interaction:

How did the athlete interact with teammates and coach?

8. Discipline:

Did the athlete follow training instructions and schedules?

PSYCHOLOGICAL ASPECTS OBSERVED

Major Psychological Factors

The student should write short observations under each heading.

A. Motivation

Describe what appeared to motivate the athletes.

B. Concentration

Describe their ability to focus during training or competition.

C. Self-Confidence

Describe confidence before and during performance.

D. Anxiety and Competition Pressure

Describe visible signs of nervousness or pressure, **without making a clinical diagnosis.**

E. Emotional Control

Describe reactions to mistakes, criticism, winning and losing.

F. Teamwork

Describe cooperation and communication between team members.

G. Goal Setting

Describe whether athletes appeared to have short-term or long-term performance goals.

Approximately 1–2 pages.

INTERACTION WITH COACH / ATHLETE

Informal Interaction

The student may have a short, permission-based conversation with a coach or athlete.

Suggested questions:

1. What motivates athletes to perform better?
2. What are the common psychological difficulties faced by athletes?
3. How do athletes handle competition pressure?
4. How important is confidence in sports?
5. How do coaches encourage athletes after failure?
6. How is concentration developed during training?
7. How does teamwork affect performance?
8. What psychological qualities are important for successful athletes?

Important

The student should **record general responses**, not confidential personal information.

KEY OBSERVATIONS / FINDINGS

Findings

The student can write **5–10 simple findings**.

Example:

1. Motivation was found to be an important factor in regular participation.
2. Athletes displayed different levels of concentration.
3. Positive encouragement from coaches appeared to improve confidence.
4. Some athletes showed nervousness before competition.
5. Team communication was important during group sports.
6. Athletes responded differently to winning and losing.
7. Regular practice appeared to improve confidence.
8. Discipline and punctuality were important aspects of training.

9. Emotional control appeared particularly important during competitive situations.
10. Psychological preparation was closely connected with physical performance.

LEARNING EXPERIENCE

The student should explain:

- What was learned during the internship?
- What differences were noticed between theory and practice?
- What psychological behaviours were observed?
- What did the student learn from coaches?
- How did the internship improve understanding of Sports Psychology?

Conclusion

The student can conclude that the internship provided practical exposure to the psychological aspects of sports. The observation of athletes helped in understanding the importance of motivation, concentration, confidence, emotional control, teamwork and competition preparedness. The internship also helped connect theoretical concepts studied in the Post Graduate Diploma in Sports Psychology with real-world sports situations.