

National Seminar 2016

Sport Psychology: Application and Emerging Trends

A two-day National Seminar titled, "**Sport Psychology: Application and Emerging Trends**" is being organized by Goa College of Home Science, in collaboration with Directorate of Sports and Youth Affairs, Govt. of Goa on the 22nd and 23rd of March, 2016 at the Menezes Braganza Conference Hall, Panaji, Goa.

Sport Psychology involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological, social, and physical well-being. Psychology can be used with professional athletes and coaches to improve performance and increase motivation. In recent years sport psychologists have examined how psychological skills training, including mental skills training, helps athletes improve performance. This not only involves developing skills such as concentration and stress control, but it also includes efforts to influence personal characteristics such as self-esteem and sportsmanship. Players can use these techniques to help build self-confidence, set goals, manage their stress, use imagery and visualization to work on game skills, and to improve their concentration and attention. Sport psychology also can help with problems off the playing field that may affect performance. Besides all these, the nature of sport in itself brings about holistic development right from physical to mental, emotional, social, psychological, and moral perspectives. Thus, sport and psychology are inseparably entwined and, together, lead to optimum development of an individual's potential.

Therefore, the Goa College of Home Science thought it apt to have a National Seminar to bring attention to the integral nature of Sport in the development and maintenance of overall health and well-being. This Conference aims to:

- ♦ Help improve people's understanding of the importance of Sport and
- ♦ Explore the dynamic relationship between Sport and various areas of human development

Who Can Attend: The Goa College of Home Science extends an invitation to Professional Sportspersons, Fitness Experts, Sports Coaches, Physical Education Directors (In Govt. & Non-Govt. Institutions), Principals, Concerned/Delegated Teachers, Students in Leadership Roles, Degree College Students, Post-Graduate Students, and Government and Non-Governmental Bodies concerned with Sports, to attend and/or present a research based paper at this National Conference.

Abstracts not exceeding 250 words and typed in single space in A4 size sheet, 1" margins, with Times New Roman Font, Size 12, should be emailed to gchssportspsychology@gmail.com on or before **10th March, 2016** for review. The last date for registration is 15th March, 2016.

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