

Certificate Number: **AC-4867-37620880**

This is to certify that the management of Alison awarded Nawrin Shaji the certificate of completion in Sports and Exercise Psychology under the category Health on 27th February 2024.

Validation: You can check authenticity of this certificate by visiting the following link:  
<https://alison.com/certification/check/2y10AerRfjLVvVGLcjgwYs5meZwllGFqpCbeUTeh85CkkmPdGYhuZjq>

Name: **Nawrin Shaji**

Email: **naurinshaji123@gmail.com**

Country: **India**



## Certificate Details



Sports and Exercise Psychology

[Score: 88]

## Course Details

Sports psychologists investigate how participating in sports can improve health and well-being. This course explores the theories and practices behind sports and exercise psychology, including the fundamental concepts and theories. After introducing you to sports psychology the course will teach you about mental toughness, what it is, how to measure it and improve. You will learn about using Imagery to help you train and get a clear picture.

What motivates you? What motivates others? The course will discuss motivation and its various aspects in detail. Along with setting your goals in sports, and the importance of doing so. Next, you will learn how concentration is highly important for athletes including what can affect it both positively and negatively. You will learn about controlling and confronting arousal, stress, and anxiety in sports so they will not impact your performance.

Did you know psychology and mental health have an impact on the healing of psychical injuries? You will learn about this and more in the course including how exercise can improve one's mental health.

*Maewe Richardson*

Director of Certification



## Modules Studied

Introduction to Sports Psychology

Psychological Wellbeing for Sports

Course assessment

*Maewé Richardson*  

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Director of Certification

