

**SKILL ENHANCEMENT COURSE
(SEC-6) (THEORY) (opt any one)
SEMESTER VIII
SPORTS PSYCHOLOGY**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-S801

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

CO-1. State the Meaning and Definition of Sports Psychology.

CO-2. Estimating the Learning curves.

CO-3. Acquiring the knowledge of Individual differences and body types.

CO-4. Determining the factors of motivation in Physical Education & Sports.

CO-5. Estimating the knowledge of Mental Preparation Strategies.

CO-6. Combining the knowledge of Mental Preparation Strategies in relation to Sports performance.

Unit -I: introduction

Meaning, Importance and scope of Sports Psychology

General characteristics of Various Stages of growth and development

Types and nature of individual differences- Body types

Psychological aspects of Human behaviour in relation to physical education and sports

Unit-II: Sports Psychology in respect of learning and Personality

Nature of learning, theories of learning, Laws of learning,

Plateau in Learning; & transfer of training

Meaning and definition of personality, characteristics of personality,

Dimension of personality, Personality and Sports performance

Unit-III: Sports Psychology in respect of Motivation, Aggression and Stress

Nature of motivation: Factors influencing motivation; Motivation and techniques and its impact on sports performance.

Mental Preparation Strategies: Attention focus, Self- talk, Relaxation, Imaginary.

Aggression and Sports, Meaning and nature of anxiety, Kinds of anxiety

Meaning and nature of stress; Types of stress, Anxiety, Stress, Arousal and their effects on sports performance

Unit-IV Culture : Meaning and Importance.

Features of culture,

Importance of culture.

Effects of culture on people life style.

Different methods of studying Observation/ Inspection method, Questionnaire method, Interview method

References:

Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport*. London: Addison Wesley Publishing Co., Inc.

Blair, J. & Simpson, R. (1962). *Educational psychology*, New York:McMillan Co.

Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.

Kamlesh, M.L. (1998). *Psychology in physical education and sport*. New Delhi:Metropolitan

Book Co.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.

Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir.

Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.

William, F. O. & Meyer, F. N. (1979). A handbook of sociology. New Delhi: Eurasia Publishing House Pvt Ltd.