

**SKILL ENHANCEMENT COURSE  
SEMESTER VIII  
EDUCATIONAL PSYCHOLOGY-II**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-S802**

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.....

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

**CO-2.** Estimating the motivation level.

**CO-3.** Acquiring the knowledge of Emotions.

**CO-4.** Determining the reasons of development of Personality.

**CO-5.** Estimating the knowledge of Mechanism of the process of remembering.

**Unit I:**

**- Motivation**

Meaning of motivation. concept of need, drive, motive, incentive and achievement

Types of Motivation

Role of motivation on teaching physical activities

**Unit II:**

**- Emotion**

Meaning and nature of emotion.

Types of emotion.

Emotional experiences (anxiety and fear) and their effect on learning of physical activities.

**Unit III**

**- Personality**

Meaning and nature of personality.

Physiological and social factors in personality.

Development of personality

**Unit III**

**- Memory**

Definition of memory

Types of Memory.

Mechanism of the process of remembering, memory training.

Meaning of forgetting, Reasons of forgetting, curves of forgetting

Importance of memory in learning physical activities.

References : - Boaz, G.D General psychology , Madras: Boaz institute of Psychological Service,1957

- Skinner, C. E. Educational Psychology ,New Delhi : Prentice Hall of India Pvt. Ltd.

- Lindren, H. E. Educational Psychology in classroom ,New York :John Wiley & Sons Inc. 1963.

- Kamlesh ,M.L. Psychology of Physical Education and Sports , New Delhi Metropolitan Bros.

- Snum, Richar M. Psychology in Sports ,Surjeet Publication ,1982

- Silva ,J.M. and Weinberg R.S Psychology of foundations of Sports , Illinois , Human Kinetics Publishers Inc.