

SEMESTER V
Paper-12: SPORTS PSYCHOLOGY

Max. Marks =150

(42 Hours)

- UNIT- I**
Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences, development of sport psychology in India. **(Book 1, Ch-1, Book-2, Ch-2 & 3)**
Methods of Sports psychology **(Book 2, Ch-4)** **8 Hours**
- UNIT-II**
Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, assessment of learning and factors affecting of motor learning. **(Book 2, Ch-8 & 9)** **8 Hours**
- UNIT III**
Personality in Sport: Concept and definition, Dynamics of personality in sport
Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance
Motivation in Sport: Techniques and types of motivation, Perceived competence achievement motivation.
(Book 2, Ch-11 & 15, Book-1, Ch-8) **8 Hours**
- UNIT-IV**
Psychological Preparation and Competition: Phenomenon of competitive sport, long term Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.), short term psychological preparation (upcoming competition) Mind to muscle and muscle to mind relaxation techniques. **(Book 1, Ch-10 & 12)** **9 Hours**
- UNIT-V**
Social Psychology in sport: social psychological aspects of Sport:
Socio-Culture Factors Affecting Performance: ethics and sport, values and sports, Team (group) cohesion. Spectators and Performance.
(Book 1, Ch-12, Ch- 13, 14 & 15) **9 Hours**

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

Practical (28 Hours)

1. Assessment of personality.
2. Assessment of Anxiety.
3. Motivation.
4. Psycho regulative technique.
5. Group cohesion.

Essential Reading

Book1 : Cox RH (2002). Sport Psychology. McGraw Hill. London.

Book2 : Kamlesh ML.(2012) Psychology in Physical Education & Sports.

SUGGESTED READINGS

- Cohen RJ and Swerdlik ME (2002). .Psychological testing and Assessment: An Introduction to Tests and Measurement. McGraw Hill. New York. U.S.A.
- Kamlesh ML (1998). Psychology in Physical Education and Sport. Metropolitan Book Co. New Delhi
- Liukkonen JED (2007). Psychology for Physical Educators. Human Kinetics. U.S.A.
- Mortin GL (2003). Sports Psychology, Sports Science. Press.USA.
- Sahni SP (2005). Psychology and Its Application in Sports. D.V.S. Delhi.
- Shaw D and Other (2005). Sport & Exercise Psychology. Bios. U.K.
- Singh MK (2008). Comprehensive Badminton Psychological Preparation. Friends Publication. Delhi.
- Verma V (1999). Sport Psychology & All Round Development. Sport Pub. New Delhi.
- Wann DL (1997). Sport Psychology. Prentice Hall. New Jersey.
- Weinberg RS and Gould D (2003). Foundations of Sport and Exercise Psychology. Human Kinetics. USA.

Theory 100 Marks (75 + 25 Internal Assessment).

Practicals = 50 Marks