

SPORTS PSYCHOLOGY**UNIT- I**

Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences, development of sport psychology in India.

Sensory Perceptual Process: Meaning, mechanism and stages, Classification of senses and sensory perceptual process, Factors in perception, Implication of sensory-perceptual process in exercise and sport

UNIT-II

Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, transfer of training, assessment of learning and factors affecting of motor learning.

Growth & Development: Concept of growth & development, physical and motor development, mental, social and emotional characteristics of infancy childhood and Adolescents, facilitating psychological development.

UNIT III

Personality in Sport: Concept and definition, Modern perspective, (trait, humanistic, social cognitive and biological), Dynamics of personality in sport

Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance

Motivation in Sport: Concept, definition, (drive, need and motives, instinct, attitude, achievement motivation,) techniques and types of motivation, Perceived competence.

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.

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.

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 10 marks each. The student is required to attempt any 4 questions from Part-A and any 3 questions from Part-B.

Practical

1. To make a project on sports psychology
2. To make a project on the role of sports psychology in improving the performance in sports
3. Make a project on application of psychology perspective in sports situation
4. Make a project on psychology implications between individual and team games

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.
- Cox RH (2002). Sport Psychology. McGraw Hill. London.
- Dixit S (2006). Khel- Manovigyan. Sports Publications. Delhi
- 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.