

**SKILL ENHANCEMENT COURSE
SEMESTER VII
EDUCATIONAL PSYCHOLOGY-I**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

BES-S702

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 Psychology.

CO-2. Estimating the stages of Growth and Development.

CO-3. Acquiring the knowledge of Individual Differences.

CO-4. Determining the reasons of Behavioral development.

CO-5. Estimating the knowledge of learning theories.

CO-6. Combining the knowledge of Transfer of training.

Unit I : Introduction

- Meaning of Psychology
- Nature of Psychology
- Sources of psychology
- Definition of Psychology
- Psychology is a Sciences
- Branches of Psychology
- Importance of Psychology in Education with special reference to Physical Education.

Unit II: Growth and Development

- Growth and Development
- Meaning of growth and Maturation
- Development by maturation
- Development by exercise and learning
- Behavioral development with special reference to perceptual, Language intellectual social, emotional and physical

Unit III : Individual differences & Body types

- Individual differences: meaning of the terms individual differences.
- Heredity and environment as cause of individual differences
- Interaction of heredity and environment.
- Body types based on psychological parameters according to jung.

Unit IV: Learning Theories

- Learning Meaning and nature of learning
- Principles of learning - Types of learning
- Theories of learning (Trial and error, conditioned reflex, insight theory, learning by imitation).
- Meaning of transfer of training. Conditions of transfer of training. learning curve.
- How to overcome plateau

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.