

**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/performance 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

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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. VinodPustakMandir.

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.