Semester – III Theory Courses BPD-C303 SPORTS PSYCHOLOGY AND SOCIOLOGY

The Course learning outcomes (COs): On completion of the two years B.P.Ed., program, the students will be learning and able to do/perform the following......

CO-1. Identifying the concepts of educational psychology and sociology.

CO-2. Reading the fundamental concepts of sports psychology and sports-sociology.

CO-3. Calculating the effects of various psychological variables on sports performance.

CO-4.Estimating different methods of studying of behaviour of sports person.

CO-5. Judging the various social problems and their effect on sports performance

Unit -I: introduction (10 Hrs.)

Meaning, Importance and scope of Educational and Sports Psychology

General characteristics of Various Stages of growth and development

Types and nature of individual differences; Factors responsible –Heredity and environment Psycho-sociological aspects of Human behaviour in relation to physical education and sports

Unit-II: Sports Psychology

(15 Hrs.)

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

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-III: Relation between Social Science and Physical Education.

(15 Hrs.)

Orthodoxy, customs, Tradition and Physical Education.

Festivals and Physical Education.

Socialization through Physical Education.

Social Group life, Social conglomeration and Social group, Primary group and Remote group.

Unit-IV Culture: Meaning and Importance.

(15 Hrs.)

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 inphysical education and sport*. New Delhi:Metropolitan Book Co.

Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 3 CO 4 CO 5								
CO 5								