

## **MPD-C402 SPORTS PSYCHOLOGY**

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

**CO-1.** Reciting the concepts of psychology and sports psychology.

**CO-2.** Identifying the fundamental concepts of goal setting.

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

**CO-4.** Categorizing different methods of studying of behaviour of sports person.

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

### **UNIT I - Introduction**

Meaning, Definition, Need and Importance of Psychology

Meaning, Definition, Need and Importance of Sports Psychology.

Present Status of Sports Psychology in India.

Motor Perception – Factors Affecting Perception – Perceptual Mechanism.

Personality: Meaning, Definition, Structure – Measuring Personality Traits.

Effects of Personality on Sports Performance.

### **UNIT II - Motivation**

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic.

Achievement Motivation: Meaning, Measuring of Achievement Motivation.

Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.

Stress: Meaning and Definition, Causes. Stress and Sports Performance.

Aggression: Meaning and Definition, Method of Measurement.

Aggression and Sports Performance.

Self-Concept: Meaning and Definition, Method of Measurement.

### **UNIT III – Goal Setting**

Meaning and Definition, Process of Goal Setting in Physical Education and Sports.

Meaning and Definition, types and methods of psychological relaxation.

Psychological Tests: Types of Psychological Test: Instrument based tests: Reaction timer – Finger dexterity board – Depth perception box. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

### **UNIT IV – Sports Sociology & Group Cohesion**

Meaning and Definition of Sports Sociology.

National Integration through Sports.

Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance.

Leadership: Meaning, Definition, types. Leadership and Sports Performance.

Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics.

Current Problems in Sports and Future Directions – Women in Sports: Sports Women in our Society, Participation pattern among Women, Gender inequalities in Sports.

### **References:**

Jain. (2002), Sports Sociology, Kheal SahetyKendre Publishers.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education, Mc-Craw Seventh Edn.

John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.

