

SEMESTER-V

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-5-(4)- SPORTS PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-5-(4)-SPORTS PSYCHOLOGY	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about psychology and sports psychology, growth and development, the concept of learning, personality, motivation, and psychological factors affecting sports performance.

Learning Outcomes:

1. The learners will be able to understand the concepts and practices of sports psychology and its significance for sports performance.
2. The learners will be able to manage various psychological factors like stress, aggression, etc.
3. The learners will be able to analyze the personality

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit – 1: Psychology and Sports Psychology (11 hours)

- 1.1 Meaning, Definition, and Dimensions of Psychology.
- 1.2 Meaning, Definition, and Importance of Sports Psychology, Scope of Sports Psychology
- 1.3 Concepts of Sports Psychology Intervention

Unit – 2: Growth and Development (12 hours)

- 2.1 Meaning and Definition of Growth and Development, Difference between Growth and Development
- 2.2 Principles and Factors Affecting Growth and Development
- 2.3 Stages of Growth and Development -Infancy, Childhood, Adolescence, Adulthood

Unit – 3: Learning and Motivation (12 hours)

- 3.1 Definition and Types of Learning
- 3.2 Theories of Learning (Trial and Error, Conditioned Response, and Learning by Insight)
- 3.3 Laws of Learning (Law of readiness, Exercise, Effect), Transfer of Training, Learning Curve and its application in the field of Sports.
- 3.4 Concept and Role of Motivation in Sports

Unit –4: Personality

(10 hours)

- 4.1 Meaning and Types of Personality, Factors Affecting Personality
- 4.2. Dimensions and Characteristics of Personality
- 4.3. Role of Physical Activity in the Development of Personality
- 4.4 Psychological Factors Affecting Sports Performance — Stress, Anxiety, Aggression, Self-Esteem, Setting, Mental Imagery.

PART-B: PRACTICALS:

(30 hours)

1. Rosenberg Self-Esteem scale
2. Sports Competitive Anxiety Test (SCAT)
3. Demonstrate the technique of Progressive Muscle Relaxation for stress management.
4. Practical Application of Visualization/Mental Imagery in Games/ Sports.

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Arora S., Agarwal M., “**Sports Psychology**”, Khel Sahitya Kendra ISBN: 978-81-947808-8-5, (2020)
2. Cohen RJ and Swerdlik ME (2002). **Psychological Testing and Assessment: An Introduction to Tests and Measurement**. McGraw Hill. New York. U.S.A.
3. Cox RH (2002). **Sport Psychology**. McGraw Hill. London.
4. Liukkonen JED (2007). **Psychology for Physical Educators**. Human Kinetics. U.S.A. Martin GL (2003). **Sports Psychology**, Sports Science. Press. USA.
5. Sahni SP (2005). **Psychology and Its Application in Sports**. D.V.S. Delhi. Shaw D and Other (2005). **Sport & Exercise Psychology**. Bios. U.K.
6. Verma V (1999). **Sport Psychology & All Round Development**. Sports Pub. New Delhi.
7. Wann DL (1997). **Sport Psychology**. Prentice Hall. New Jersey.
8. Saini, N. (2020). **“Yoga & Stress Management”**, Friends Publications. New Delhi.
9. Saini, N., Suri M., (2020). **“Sports Psycho-Physiology”**, Friends Publications. New Delhi.
10. Luthra, A., Sharma, P., and Padyal, A. (2019), **Yoga and Stress Management**. Pinnacle Learning, New Delhi. ISBN: 978-93-83848-57-7
11. Sethi, P.K (2016) **"Yoga for stress Release"** Shree Publication, Darya Ganj, New Delhi. ISSN 978-81-8329-776-9.
12. Shaw D. (2020) **“Physical Education Practical Manual for Class XI”** Prachi Publication, ISBN: 978-8193-7698-0-5.
13. Shaw D. (2020) **“Physical Education for Class XII”** Prachi Publication, ISBN: 978-81-7730-848-8.
14. Shaw D. (2020) **“Physical Education for Class XI”** Prachi Publication, ISBN: 978-81-7730-847-1.
15. Shaw D. (2020) **“Physical Education Practical Manual for Class XII”** Prachi Publication, ISBN: 978-81-937698-1-2.
16. Shaw D. (2020) **“Parable Global English Hindi Dictionary of Physical Education & Sports Sciences”** Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.