

## DISCIPLINE SPECIFIC ELECTIVE (DSE) COURSES

### Discipline Specific Elective (DSE) Courses for Semester VIII:

**DSE 12: Basics of Sports Psychology**

**DSE 13: Consumer Behaviour**

**DSE 14: Understanding and Dealing with Trauma**

**DSE 15: Psychology of Ageing**

**DSE 16: Intersections of Psychology and Technology**

**DSE 17: Foundations of Neuropsychology**

**DSE 18: Basic Psychotherapeutic Skills**

## DISCIPLINE SPECIFIC ELECTIVE COURSE – 12: BASICS OF SPORTS PSYCHOLOGY

### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

| Course title &<br>Code                                | Credits | Credit distribution of the course |          |                      | Eligibility criteria          | Pre-requisite of the course (if any) |
|-------------------------------------------------------|---------|-----------------------------------|----------|----------------------|-------------------------------|--------------------------------------|
|                                                       |         | Lecture                           | Tutorial | Practical / Practice |                               |                                      |
| <b>DSE-12<br/>Basics of<br/>Sports<br/>Psychology</b> | 4       | 3                                 | 1        | 0                    | Passed Class 12 <sup>th</sup> | Nil                                  |

### Learning Objectives

The Learning Objectives of this course are as follows:

- To introduce basic concepts of Sports Psychology to the students.
- To get acquainted with the major concepts of psychology, emphasizing the application of psychology in sports.
- Understand potential issues with measurement and interventions in sports.

### Learning Outcomes

After completing this course, the student will be able to:

- Develop an understanding of the fundamentals of sports psychology.
- Understand the dynamics of the psychophysiological aspect in relation to performance in sports.
- Develop a vision for talent identification, diagnosis, and intervention in enhancing sports performance and well-being.

## SYLLABUS OF DSE-12

### UNIT 1

(10 Hours)

**Introduction:** Introduction to sports psychology, Need and Scope of Sports Psychology, and Role of Sports Psychologist

### UNIT 2

(15 Hours)

**Psychophysiological Correlates:** Anxiety, Arousal and Stress in relation to peak performance, Attention and concentration in relation to sports performance Motivation in relation to sports performance. personality and performance in sports (POMS by Morgan)

### UNIT 3

(10 Hours)

**Social psychology in Sports:** Individual and Team sports (Team Cohesion: Nature, Correlates, and Development), Team Building: (Factor Affecting group performance, Communication structure, Social facilitation, and inhibition), Impact of the audience on Sport Performance

### UNIT 4

(10 Hours)

**Mental Training in Sports for Athletes:** Need for and mental training in sports (Relaxation Techniques, Psych-up techniques, Concentration Training, Self-confidence, Goal setting, Self-efficacy in sports, Self-talk, Thought stopping and centring).

**Practical component – NIL**

**Tutorial component**

(15 Hours)

#### **Suggestive Tutorial Activities**

- In a group situation, explore various methods for assessing psychological performance in a range of athletic scenarios, as well as ways for enhancing key psychological elements.
- Understanding essential factors such as team dynamics, team development, leadership, and communication: Coach-Athlete, Team Members, and Parent Relationships
- Investigate numerous films, videos, and case studies on athletes and teams, followed by a focus group discussion.
- Appreciate the significance of psychological intervention, Experiential exercises that use relaxation techniques including progressive muscle relaxation, imagery, and autosuggestion.

#### **Essential/recommended readings**

Cox, R. (2006). *Sports Psychology*. McGraw -Hill Education

Carron, A.V., Hausenlas, H.A., & Mark, E. (2005). *Group Dynamics in Sports*. Organtown, WV: Fitness information Technology, INC, US.

Mohan, J. (2010). *Sports Psychology: Emerging Horizons*. New Delhi: Friends Publishers

Weinberg, R.S., & Gould, D. (1995). *Foundation of sports and exercise psychology*. Champaign, IL: Human Kinetics.

### **Suggestive readings**

Perry, J. (2016). *Sports Psychology: A complete introduction*. Kindle Edition

Jarvis, M. (2006). *Sports Psychology: A Students handbook*. Rutledge.

LeUnes, A., & Nation, J.R. (2002). *Sport Psychology: An Introduction* 3rd ed. Belmont CA: Wadsworth Thomson Learning

Tenenbaum, G., & Eklund, R. C. (Eds.). (2007). *Handbook of sport psychology* (3rd ed.). John Wiley & Sons, Inc.

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