

APPLIED PSYCHOLOGY
DISCIPLINE SPECIFIC ELECTIVE

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		
DSE:4 Foundations of Sports Psychology	04	03	0	01	Class 12th pass	Nil

Learning Objectives

- To understand the role of psychology in sports.
- To get familiarized with the fundamental concepts of psychology with an emphasis on the application of psychology in sports.
- Through an integrated approach, students gain the insight they need to understand, explain, and apply key concepts of sports psychology in a real-life setting.
- The study of this course will open another branch of psychology where they can work & contribute to society, for instance, working with sports organizations, National, State & District sports federations, Educational Setups, National, State & Youth Teams, Individual sportspersons, etc.
- Hands-on training for students with the help of practicals are listed in the course.

Learning Outcomes

- To develop a foundational understanding of Sports Psychology.

- To understand the application of psychological principles in Sports Psychology.

Syllabus

Unit-1: Basics of Sports Psychology. Introduction (competitive & non-competitive physical activities): Historical Development (history of sports Psychology in India); Need & Scope of Sports Psychology; Relationship of Sports Psychology with other Sports Sciences (Anthropometry, Physiology, Biomechanics & Nutrition); Role of Sports Psychologist (imp of sports psy for athletes, coaches & others related to sports setting). (15 hours)

Unit-2: Psychophysiological Aspects in Relation to Sports Performance. Anxiety, Arousal (inverted u hypothesis, drive theory & IZOF) & Stress in relation to performance & its management; Biofeedback (GSR, EEG & EMG) (Relaxation Techniques (PMR, Autogenic Training, Deep Breathing, Yoga, meditation, & biofeedback-assisted relaxation); Perception & vision in relation to sports (Depth perception, peripheral vision). (15 hours)

Unit-3: Social Psychology in Sports. Individual & Team sports (Team Cohesion: Nature, Correlates, and Development); Team Building: (Factor Affecting group performance: Homogeneity of the group, stability of membership, communication structure, social facilitation, and inhibition); Relationship of Team Cohesion to Team Success (cultural influences on teamwork: Building teams in the Indian Sport Context); Impact of the audience on Sport Performance. (15 hours)

Practicals: (30 hours)

A total of two practicals (from different units) of the following:

1. Any psychological test from the above units: measuring Sports Competitive Anxiety, Mental Toughness Dimensions, Test of Attentional & interpersonal Style etc.
2. Hands-on training on measuring Reaction Time, Anticipation Time, GSR, EMG, etc. assisted with any of the above-listed interventions.
3. FGD/ Simulated Exercise / Workshop /Case study of Indian sportsperson /Team.
4. Any one field based practical from the units above.

Essential/Recommended Readings:

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

Carron, A.V., Hausenlas, H. A. Mark Eys (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 & Exercise psychology*. Champaign, I, Human Kinetics.

Suggested Readings:

Kamlesh, M. L., Mohan J. (1987) The development of sport psychological research in India .
The Sports Psychologist, 1, 257-261.

Perry, J. (2016). *Sports Psychology: A complete Introduction*. Hachette UK.

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

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