

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-8: Psychology of Sports	4	3	0	1	Class 12th Pass	Nil

Learning Objectives

- Understanding the major issues related to psychophysiological aspects of sports performance.
- Demonstrating an ability to identify and evaluate psychological problems of sportspersons.
- Developing an understanding of career transitions, exercise, and competitions for seniors.

Learning Outcomes

- To develop a strong base of knowledge in the ever-expanding field of mental training in sports.
- To gain insight into the psychological problems of athletes pertaining to various sports and ways of dealing with those.
- Understand potential issues with measurement and interventions in sports.
- Hands-on training for students with the help of practicals listed in the course.

Syllabus

Unit-1: Psychophysiological aspects in relation to sports performance. Personality: sports-specific personality traits, personality & performance in sports (POMS by Morgan); Aggression in sports, relationship b/w aggression & sports performance; Motivation, Goal orientation (moral functioning -sportsperson ship) & Goal setting (motivation & sports performance); Activation Techniques: Imagery, VMBR, Psych up technique (pep talk, music & mindfulness training, Self-confidence, self-efficacy in sports) (15 hours)

Unit – 2: Psychological problems of athletes. Injury in sports (Understanding the Psychological Factors of Injury and Rehabilitation) , Path to Rehabilitation Failure and to Rehabilitation Success; Eating Disorders (Defining, Causes, Prevention & Treatment of Eating Disorders); Substance Abuse: (Commonly Used Substances: Recognition, Prevention, and Treatment for Substance Abuse); Burnout & overtraining (Prevention & Treatment) (15 hours)

Unit – 3: Career transitions, exercise & competition for seniors. Career Transitions: Definitions and Causes of Career Transitions; Psychological Reactions to Career Transition, Coping Factors Related to Quality of Career Transition, Career Transition Interventions; Fitness issues for seniors; Competitive Sports in the Elderly (15 hours)

Practicals: (30 Hours)

- A total of two practicals (from different units) of the following:
- Any psychological test from the above units: measuring Aggression (Aggression Questionnaire Buss & Perry), POMS, Participation Motivation Questionnaire, Willi's sports motivation scale, Vealey's (TSCI) ,SSCI , COI etc.
- Hands-on training on any of the above-listed interventions through simulated Exercise / Workshop.
- Any one field-based practical from the units above.

Essential/Recommended Readings:

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

Orlick, T. (2008) *In Pursuit of Excellence: How to win in sport & life through mental training* (4th ed). Champaign I, Human Kinetics

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

Weinberg, R.S., & Gould, D. (1995). *Foundation of sports & Exercise psychology* Champaign I, Human Kinetics.

Suggested Readings:

Robert A. R. & Roberts, S.O. (1999). *Fundamental Principles of Exercise Physiology for fitness, Performance & health*. McGraw hill College , New York

Mohan, J., & Sehgal, M. (2005). *Readings in Sports Psychology*. New Delhi: Friends

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

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