

**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>GE:Fundamentals of Sports Psychology</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>Class XII Passed</b>	<b>Nil</b>

**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 & apply key concepts of sports psychology in a real-life setting.
- Hands-on training to students with the help of practical are listed in the course.

**Learning Outcomes**

- Understand potential issues with measurement and interventions in sports.

**Syllabus**

**UNIT-I: Basics of Sports Psychology (15 hours)**

Introduction (Definition and origin ), Need & Scope of Sports Psychology,Origin of Sports Psychology in the Indian setting, Role of Sports Psychologist (importance of sports psychology for athletes, coaches and others related to sports settings)

**UNIT-II: Psychophysiological Correlates (12 Hours)**

Anxiety, Arousal (inverted u hypothesis) and Stress in relation to peak performance, Personality (sports-specific personality traits), Personality and performance in sports (POMS by Morgan),Motivation in relation to sports performance & Goal setting

**UNIT – III : Psychological Problems of Athletes (8 Hours)**

Injury in sports, Understanding the Psychological Factors of Injury and Rehabilitation, Burnout & overtraining

**UNIT – IV: Mental Training in Sports (10 Hours)**

Need for and Importance of Mental Training in Sports for Athletes, Relaxation Techniques ( Progressive Muscle Relaxation, Yoga, meditation, Biofeedback-assisted training), Activation Techniques( Imagery, VMBR, Psych up technique, pep talk, & mindfulness training ), Concentration Training, Self-confidence, Goal Setting, self-efficacy in sports, Self-talk, Thought stopping & centering).

**Tutorial Component- Nil**

## **Practical component (30 Hours)**

### **Suggestive practicals:**

- Any psychological test from the above units on measuring Sports Anxiety, Personality Testing POMS, Attention & Concentration, etc.
- Measuring Participation Motivation Questionnaire, Willi's sports motivation scale, Mental Toughness, etc.
- Hands-on training on any of the above-listed interventions through simulated Exercise / Workshop
- Simulated Exercise/case study of Indian sportsperson /Team.

### **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,IL:Human Kinetics.

### **Suggested readings**

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.

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

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.**