

MPCC – 302:
Course Title: SPORTS PSYCHOLOGY

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
3	1	4	48	32	80

COURSE OBJECTIVES:

- To impart the concepts of psychology applied in the field of physical education and sports for optimal performance
- To introduce the field of sports psychology as a scientific discipline
- To develop understanding about various concepts of goal setting, motor learning and personality with respect to sports and athlete performance
- To review the motivational strategies applicable in the field of sports
- To analyze the influence of group and team on behavior of athletes influencing team cohesion and social behavior

STUDENT LEARNING OUTCOMES:

- Correlate the psychological concepts with the sports and athlete specific situations
- Integrate the knowledge about personality, motor learning for behavior modification of athletes
- Relate different theories of motor learning with its influence on motor perception and related cognitive abilities of athletes.
- List down the strategies for motivation utilized in the field of sports.
- Analyze the issues related to social behavior based on physiological structure and function

UNIT I: Introduction to Sports Psychology

- Meaning, definition of sports psychology,
- History of sports psychology in India and Abroad
- Interdisciplinary approach of Sports Psychology with other Sports Sciences
- Importance of Sport and Exercise Psychology for Physical Education Teachers, Athletes and Coaches
- Role of sports psychologist

UNIT II: Personality & Motivation

- Personality: Meaning and definition,
- Theories of personality (Psychoanalytic theory, Trait theory)
- Personality difference among sports person and its influence on performance
- Motivation: concept and definition
- Types of Motivation: Intrinsic, Extrinsic.
- Theories of motivation (need theory, Wiener attribution theories), Achievement Motivation in sports:
- Developing motivation and self confidence, goal setting and motivation
- Techniques of Motivation for developing sports performance and exercise adherence.

UNIT III: Emotion & Athletic Performance

- Meaning and Definition
- Anxiety: Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance.
- Stress: Meaning and Definition, Causes. Stress and Sports Performance.
- Aggression: Meaning and Definition, Method of Measurement. Aggression and Sports Performance.
- Relationship of Emotion and Performance.

UNIT IV: Cognitive Process, Motor Development & Group Cohesion

- Meaning of Sensation, Perception, Memory, Information processing, Decision Making.
- Attention Processes and Concentration
- Intelligence and Intellectual Capabilities in Sports.
- Role of Cognitive process for Motor Skills acquisition, Motor control & neuromuscular process of athletes
- Definition of Group and Group Cohesion, Structure of Group & Team Dynamics

LIST OF PRACTICUM

- Assessment of State and Trait Anxiety of athletes
- Assessment of Sport and Exercise Motivation
- Assessment of Personality traits among athletes
- Assessment of Group Cohesion among team and individual sports.
- Assessment of Emotion

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCES:

- Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
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- John D Lauther (2000) Psychology of Coaching. New Jersey: Prentice Hall Inc.
- John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
- Miroslaw Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London: The Macmillan Co.
- Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

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 - Robert N. Singer. (1989) *The Psychology Domain Movement Behaviour*. Philadelphia: Lea and Fibiger.
 - Thelma Horn. (2002). *Advances in Sports Psychology*. Human Kinetic.
 - Whiting, K, Karman Hendry L.B & Jones M.G. (1999) *Personality and Performance in Physical Education and Sports* London: Hendry Kempton Publishers.
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