

Semester – III
PART – A: THEORY COURSE
BTC-303: SPORTS PSYCHOLOGY AND SOCIOLOGY

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
4	-	4	64	-	64	30	70	100

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the psycho-sociological aspects of human behavior in relation to physical education and sports. It aims to develop understanding about the general characteristics of various stages of growth and development, types and nature of individual differences, nature of learning, theories of learning, laws of learning, personality, orthodoxy, customs, tradition and socialization through physical education.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- describe the role of sports psychology for athletes and in their performance.
- apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children.
- describe the general characteristics of various stages of growth and development.
- describe the personality and its characteristics
- Develop skill proficiency in psychological assessment.
- Develop programs and strategies to enhance athletic participation among school children.
- understand the psycho-sociological aspects of human behavior in relation to physical education and sports
- understand socialization through participation in Physical Education and sports activities
- Understand the culture and its effect on life style of people.

COURSE CONTENTS

Unit -I: Introduction

- Meaning, Importance and scope of Psychology, Educational Psychology and Sports Psychology
- Historical perspectives of psychology and sports psychology
- Methods of psychology, education psychology and sports psychology

Unit-II: Developmental Psychology and Learning Process

- Definition and meaning of Growth and Development
- Stages of growth and development
- Types and nature of individual differences; Factors responsible -Heredity and environment
- Role of Physical Activities and Sports in solving the problems of adolescent.

- Definition and Meaning of Learning
- Nature of learning, theories of learning, Laws of learning,
- Plateau and transfer of training

Unit-III: Learners Personality, Motivation and Emotions.

- Meaning and definition of personality, characteristics of personality,
- Dimensions of personality, Personality and Sports performance
- Meaning of Need, Drive and Motive, Nature of motivation: Theories of motivation: Factors influencing motivation; Motivational techniques and its impact on sports performance.
- Meaning and types of emotions – Positive and Negative.
- Meaning and nature of anxiety, effect of anxiety on sports performance.

Unit-IV: Society and Sports

- Meaning and definition of sociology of sports
- Sports as a social occurrence.
- Socialization through games and sports
- Relationship between family and sports participation
- Cohesiveness and its effect of sports performance
- Group dynamics

List of Practicum

- Personality test (any two)
- Motivation assessment (any two)
- Anxiety assessment (any two)
- Socio-metry scale, Social distance scale
- Group environment questionnaire

TEACHING LEARNING STRATEGIES

- The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

- Laboratory Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

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| • End Semester Exam | Marks: 100 (70+30) |
| • Classroom Test, Project Work, Assignments, Presentations | Marks: 70 |
| ○ Classroom Tests: Best one out of two unit tests | Marks: 30 (10+20) |
| ○ Project Work, Assignments, Presentations | (Marks: 10) |
| | (Marks: 20) |

SUGGESTED READINGS

- Ball, D. W. & Loy, J. W. (1975). *Sport and social order; Contribution to the sociology of sport.* London: Addison Wesley Publishing Co., Inc.
- Blair, J. & Simpson, R. (1962). *Educational psychology*, New York: McMillan Co.
- Cratty, B. J. (1968). *Psychology and physical activity*. Eaglewood Cliffs. Prentice Hall.

- Kamlesh, M. L. (1998). *Psychology in physical education and sport*. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). *Sport and social system*. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). *Sports culture and society*. Philadelphia: Lea & Febiger.
- Mathur, S.S., (1962). *Educational psychology*. Agra. Vinod Pustak Mandir.
- Skinnner, C. E., (1984.). *Education psychology*. New Delhi: Prentice Hall of India.
- William, F. O. & Meyer, F. N. (1979). *A handbook of sociology*. New Delhi: Eurasia Publishing House Pvt Ltd.