

Semester IV
Theory Course
IMTC 403-SPORTS PSYCHOLOGY AND STRESS MANAGEMENT

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

18.1 UNIT I

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

18.2 UNIT II

Motivation: Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Measuring of Achievement Motivation. 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. Self Concept: Meaning and Definition, Method of Measurement. Goal Setting: Meaning and Definition, Process of Goal Setting in Physical Education and Sports. Relaxation: Meaning and Definition, types and methods of psychological relaxation. Psychological Tests: Types of Psychological Test: Instrument based tests: Pass-along test – Tachistoscope – Reaction timer – Finger dexterity board – Depth perception box – Kinesthesiometer board. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety.

18.3 Unit – III

Meaning and Definition of Stress. Types: Eutress, Distress, Anticipatory Anxiety, Intense Anxiety and Depression. Meaning of Management – Stress Management. Concept of Stress according to Yoga: Patanjali aphorism (PYS II - 3) AvidyaAsmita. Bhagavad – Gita (Gita II 62-63) DhayatoVisayamPunsah ... Yoga Vasistha and Upanishad.

18.4 Unit – IV

Physiology of Stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex and Neurohumours. Mechanism of Stress related diseases: Psychic, Psychosomatic, Somatic and Organic phase. Role of Meditation & Pranayama on stress – physiological aspect of Meditation. Constant stress & strain, anxiety, conflicts resulting in fatigue among Executive. Contribution of Yoga to solve the stress related problems of Executive. Meaning and definition of Health – various dimensions of health (Physical, Mental, Social and Spiritual) – Yoga and health – Yoga as therapy. Physical fitness. Stress control exercise – Sitting meditation, Walking meditation, Progressive muscular relaxation, Gentle stretches and Massage.

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

Marks: 100

-) End Semester Exam **Marks: 70**
 - o Theory paper **Marks:50**
 - o Practicum **Marks: 20**
-) Classroom Test, Project Work, Assignments, Presentations **Marks: 30**
 - o ClassroomTests: Best one out of two unit tests **Marks: 10**
 - o Project Work, Assignments, Presentations **Marks: 20**

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