

B.A.III- SEMESTER-VI

APC IV- Code No.665410

SPORTS PSYCHOLOGY

No. of Credits-4,

Marks 100 (25 internal, 75 external)

OBJECTIVES

- 1) To trace the development of Sports Psychology as an independent discipline and its multi-dimensional perspectives
- 2) To identify the relation between of personality and situational factors with performance on individual and team events
- 3) To discuss the role of psychological interventions

Module I- Sports Psychology : Introduction

Objectives: After studying the module the learner will be able to:

- define the scope and nature of Sports Psychology and its history

1.1 Introduction and Definition of Sports Psychology (Matt Jarvis)

1.2 History of Sports Psychology (Matt Jarvis)

1.3 Nature and Scope of Sports Psychology (Arnold LeUnes)

1.4 Need of Sports Psychology (Arnold LeUnes)

Module-II : Group dynamics and athletes behavior

Objectives: After studying the module the learner will be able to:

- Outline the various group dynamics and its effects on the athletes' behavior

2.1 Leadership, Group Cohesion and audience effect (Arnold LeUes pg.76-87)

2.2 Aggression (Matt Jarvis- pg.74-79)

2.3 Reduction of Aggression (Matt Jarvis pg.86-90)

2.4 Anxiety (Arnold LeUnes- pg.36-43)

Module-III : Practice and performance variables

Objectives: After studying the module the learner will be able to:

- Explain various practice and performance variables
- 3.1 Stages of Skill development and enhancing expertise (Matt Jarvis pg.163-165, 174-177)
- 3.2 Developing Optimistic Cognitive Control in Sports (Arnold LeUnes- pg.50-53)
(Pg.no.46-49 for Class Discussion-Seligman's Positive Psychology Principles)
- 3.3 Reinforcement and punishment in Sports (Arnold LeUnes-pg.12-23)
- 3.4 Motivation (Intrinsic, Extrinsic (Matt Jarvis- pg.136), Achievement (Matt Jarvis- pg.140-144) and Self Efficacy (Matt Jarvis- pg.147-148)

Module-IV- Personality of Sports Person

Objectives: After studying the module the learner will be able to:

- Explain the developmental and maturational factors regarding sports personality
- 4.1 Personality Traits and Sporting Behavior (Matt Jarvis pg.19-22)
- 4.2 Applying Social learning theory to Sports (Matt Jarvis pg.37-40)
- 4.3 Gender & Sports (Arnold LeUnes- pg.156-167)
- 4.4 Mental Toughness (Arnold LeUnes- pg.57-66)

Internal assessment:

- Group assignment interview with an athlete to understand psychological processes
- Film viewing followed by discussion
- Class test

References:

Jarvis, Matt (2006) Sports Psychology : A Students' Handbook. N.Y.: Routledge

LeUnes, Arnold (2011). Sports Psychology: A Practical Guide. UK : Icon Books Ltd