



**Programme Outcomes, Programme Specific Outcomes and Course Outcomes
Bachelor of Arts (B.A.)**

Sem. VI Applied Paper-IV-SPORTS PSYCHOLOGY Code APC.IV 665410

After completion of B.A. programme the students are expected to develop the qualities required for future, personal and professional life.

The programme outcomes are

- PO 1: To create awareness about human values
- PO 2: To develop sense of social responsibility
- PO 3: To imbibe the concept of sustainable development
- PO 4: To prepare students to be global citizens
- PO 5: To develop ability to use, analyze and communicate knowledge
- PO 6: To develop ability to analyze critically
- PO 7: To enhance learning and professional preparations
- PO 8: To develop employability skills

Programme Specific Outcomes (PSOs)

- PSo 1.** Attainment of core psychological terms and concepts such as learning, memory, intelligence, personality etc.
- PSo 2.** Understanding life span human development
- PSo 3.** Acquaintance with social psychology processes such as social perception, interpersonal attraction, communication, aggression etc.
- PSo 4.** Understanding cognitive processes such as attention thinking, decision making etc.
- PSo 5.** Knowledge about relationship between stress and physical health
- PSo 6.** Acquaintance with and symptoms, causes and treatment for mental disorders.
- PSo 7.** Understanding factors affecting educational process.
- PSo 8.** Acquaintance with counselling process and techniques
- PSO 9.** Knowledge about psychological factors affecting sports performance

Course Outcomes (COS)

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