

## **M.P.E. - 102 – Sports Psychology**

### **Unit –I: INTRODUCTION OF SPORTS PSYCHOLOGY**

- MEANING AND DEFINITION OF SPORTS PSYCHOLOGY
- SCOPE AND DEVELOPMENT OF SPORTS PSYCHOLOGY
- THE NEED AND IMPORTANCE OF PSYCHOLOGY

### **Unit –II: ACTION REGULATION AND PERSONALITY**

- ACTION REGULATION
- IMPORTANCE OF ACTION REGULATION
- PSYCHOLOGICAL CHARACTERISTICS OF SPORTS PSYCHOLOGY
- STRUCTURE OF ACTION
- ACTION REGULATION IN DIFFERENT GAMES AND SPORTS
- PERSONALITY
- PERSONALITY DIFFERENCES AMONG VARIOUS SPORTS GROUP

### **Unit –III: MOTIVATION**

- MOTIVE NEED, DRIVE ATTITUDE
- TYPES OF MOTIVATION
- TECHNIQUES
- REWARD AND PUNISHMENT
- KNOWLEDGE OF PROGRESS
- SUCCESS AND FAILURE WILL TO LEARN, PRAISE AND BLAME

### **Unit –IV: EMOTIONS AND SOCIAL FACILITATION**

- TYPES OF EMOTION
- INFLUENCE OF EMOTION ON PERFORMANCE
- CONFLICTS, FRUSTRATION, ANXIETY, FEAR
- SOCIAL FACILITATION, PRESENCE OF OTHERS
- AUDIENCE EFFECT, COACTION EFFECT

### **Unit –V: PSYCHOLOGICAL ASPECTS OF COMPETITION**

- DETERMINANTS OF COMPETITIVE BEHAVIOR
- PSYCHOLOGICAL CHARACTERISTICS OF – COMPETITION
- COMPETITION AND POST COMPETITION
- PSYCHO – REGULATIVE TECHNIQUES FOR ACTIVATION AND RELAXATION
- PSYCHOLOGICAL CARE OF INJURED ATHLETES

### **REFERENCES**

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- KAMLESH M.L. “ PSYCHOLOGY OF PHYSICAL EDUCATION AND SPORTS “ (NEW DELHI: METROPOLITAN BOOK CO.PVT. LTD.1983)
- KANE J.E.” PSYCHOLOGICAL ASPECT OF PHYSICAL EDUCATION AND SPORTS “ (LONDON , BOSTON : ROUTLEDGE AND KEGAN PALU 1972)
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