

Course Code	Course Name	Credits
26PE010	Introduction Sports Psychology	04

Course Objectives

- Introduce the concept, nature, and evolution of sports psychology and sports sociology.
- Explain psychological factors influencing sports performance and participation.
- Understand psychological preparation techniques and mental skills training in sports.
- Analyze personality traits, motivation, and their impact on athletic performance.
- Examine social factors such as leadership, aggression, and gender equality in sports.
- Evaluate the relationship between society and sports in shaping behavior and values.

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Understand basic concepts of sports psychology and sociology.
- Apply psychological skills such as motivation, confidence, and stress management in sports.
- Analyze personality, motivation, and behavioral factors affecting performance.
- Evaluate psychological preparation techniques for sports competition.
- Interpret the role of leadership, aggression, and social factors in sports participation.

Unit 1-Introduction of Sports Psychology - Meaning and nature of Sports Psychology - Historical Evolution of Sports Psychology - Relevance of Sports Psychology in Physical Education and coaching - Psychological factors affecting sports performances

Unit 2- Psychological preparation for sports competition – Stages of psychological preparation:- pre - competition phase, competition phase, post- competition phase, psychological skills training for sports
Importance of sports Psychological skill training - Optimal performance, psychology, confidence boost, Stress management, Enhance focus, Resilience, emotional control, coping with pressure, visualization and mental rehearsal.

Unit 3-Personality and Sports: Meaning and nature of Personality - Theories of personality in sports - Dimensions of personality and development of personality

Motivation Types of motivation and condition of developing achievement motivation

Unit 4- Sports Sociology : Nature of Sports Sociology - Importance of Sports Sociology in Physical Education - Socialization and value education through Physical Education – Relationship between sports and society, Impact of society on sports and vice versa

Unit5- Leadership in Sports – Meaning of leadership in sports, Quality of leaders in sports Aggression in sports, Gender equality in sports, women in sports

Reference Books:

1. Alison and Robinson. (2018), Excelling in Sport Psychology: Planning, Preparing, and Executing Applied Work, Sean Fitzpatrick
2. Taylor, Jim, (2018), Assessment in Applied Sport Psychology, Human kinetics
3. Coumbe-Lilley , (2018), Complex Cases in Sport Psychology, Routledge
4. Ball, D. W. & Loy, J. W. (1975).Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
5. Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan
6. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
7. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981).Sports culture and society. Philadelphia: Lea & Febiger.
8. Skinner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.