

| Course Code | Course Name       | Credits |
|-------------|-------------------|---------|
| 26PE501     | Sports Psychology | 04      |

### Course Objectives

- Introduce the meaning, scope, and development of sports psychology and its relation to sports sciences.
- Explain cognitive processes influencing sports performance such as attention, confidence, imagery, and concentration.
- Understand the role of motivation, personality, and learning in athletic development.
- Apply psychological principles for competition preparation and performance enhancement.
- Analyse the impact of anxiety, spectators, and group dynamics on sports performance.
- Evaluate concepts of motor learning, transfer of learning, and flow state in sports.

### Learning Outcomes

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

- Understand basic concepts, scope, and importance of sports psychology.
- Apply psychological skills such as focus, confidence, and imagery in sports settings.
- Analyse personality traits, motivation, and cognitive factors affecting performance.
- Evaluate the effects of anxiety and spectators on athletic performance.
- Understand principles of learning and motor learning in skill acquisition.
- Interpret psychological strategies for improving sports performance and flow state.

### Unit 1 - Introduction of Sports Psychology: - Meaning of Sports Psychology - Scope of Sports Psychology -

Development of Sports Psychology - Relationship of Sports Psychology with other Sports Sciences.

Importance of Sports Psychology for Physical Education and Coaches

**Unit 2 - Cognitive Processes in Physical Activities, Meaning of Cognition, Characteristics, Attitude towards activity and sport, Team (group) cohesion, Spectators, Types of spectators- crowd, fans, Facilitation and debilitating effects of spectators on performance, Psychological preparation for competition**

**Unit 3 - Attention, Concentration, Confidence, Imagery and their influence on sports performance. Anxiety: Concept, definition and types of anxiety, Effects of anxiety on, Physical performance.**

### Unit 4 - 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 5 - Learning

Meaning nature and principles of Learning, Types of Learning - Laws of learning, Transfer of learning - Factors affecting learning – Motor Learning: Understanding motor development and motor learning. Factors affecting motor development and motor learning, Flow 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. Book Co.
7. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
8. Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea & Febiger.
9. Skinner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.
10. al education. St. Louis: The C.V. Mosby.