

Course Title: Sports Psychology
Code Number: HPE-315
Credit Hours: 03 hrs
Pre-Requisites course Requirement/Skills: Nil

Objectives of Course

At the successful completion of this course students will be able:

- 1) The course will provide an overview of the field of sports psychology and exercise, which involves applying psychology topics to exercise, sports, competition and health.
- 2) Topics will cover how sports psychologists work at any level with athletes and teams in motivation, concentration, resilient personalities, attention, decision making based on neurobehavioral, cognitive and other important approaches in sports psychology.
- 3) Topics will include theoretical foundations of behavior, procedures for solving problems, adherence and motivation, etc.
- 4) One major area of study is health psychology as a very important complement to training. Well-being and performance are compatible.

Course Contents

Unit-I Sports Psychology

- 1.1 Definition of Sports Psychology
- 1.2 Branches of Psychology with Special Reference to Exercise and Sports
- 1.3 Applications of Psychology in Sports
- 1.4 Role of Sports Psychology

Unit-II Stress, Anxiety and Arousal Relationship in Sports

- 2.1 Differentiating Among Stress, Anxiety and Arousal
- 2.2 Concept of Stress
- 2.3 Concept of Anxiety
- 2.4 Concept of Arousal
- 2.5 Differentiating among Stress, Anxiety and Arousal
- 2.6 Relationship between anxiety and performance Anxiety reduction Techniques
- 2.7 Relationship between Arousal and Performance

Unit-III Aggression, Motivation and Self Confidence in Sports

- 3.1 Bandura's Theory (Model) Of Self-Efficacy
- 3.2 Developing Self-Confidence through Self Talk
- 3.3 Guide to Promoting Positive Self Thoughts and Smart Talk
- 3.4 Commitment
- 3.5 Types and Theories of Aggression

- 3.6 Motivation and its theories and application in Sports
- 3.7 Understanding the causes of Aggression
- 2.9 Examining Aggression in Sports:
 - 2.9.1 Spectators and aggression
 - 2.9.2 Games Reasoning and aggression
 - 2.9.3 Athletic injuries and aggression
 - 2.9.4 Performance and aggression
 - 2.9.5 Team moral atmosphere and aggression

Unit-IV **Goal Setting, Attention and Concentration in Sports**

- 4.1 Reasons for Goal Setting
- 4.2 Principles for Effective Goal Setting
- 4.3 Attention and Types of Attentional Focus
- 4.4 Attention and Maximizing Performance

Unit-V **Imagery and Sports Performance**

- 5.1 Definitions of Imagery
- 5.2 Benefits of Imagery
- 5.3 Steps for Becoming Proficient in Imagery
- 5.4 Imagery before and during Competition

Unit-VI **Cognitive and Behavioural Interventions of Sports Performance**

- 6.1 Relaxation Strategies in Sports
- 6.2 Coping Strategies
- 6.3 Arousal Energizing Strategies
- 6.4 Hypnosis

Unit-VII **Team Cohesions in Sports**

- 7.1 Introduction and types of cohesion
- 7.2 Measurement of cohesion
- 7.3 Factors effecting cohesion
- 7.4 Interventions to enhance sports cohesion
- 7.5 Introduction of conflicts
- 7.6 Types of conflicts
- 7.7 Strategies of conflict management

Teaching Learning strategies

- a) Inquiry based learning
- b) Cooperative Learning

- c) Multimedia usage
- d) Concrete examples
- e) Think -Pair-Share

Assessment and Examination

#	Elements	Weightage	Details
1	Theory Examination based Assessment	40%	It takes Place at the mid-point of the semester. It is mostly in the form of a test but owing to the nature of the course. The teacher may assess their students based on term paper, research proposal development, field work and report writing etc.
2	Formative Assessment	60%	It is continuous assessment. It includes classroom Participation, attendance, assignments and Presentations, homework, attitude, and behavior, hands on activities, short test, quizzes etc.

Recommended Books

1. Schinke, R. J., & Hackfort, D. (Eds.). (2016). *Psychology in professional sports and the performing arts: challenges and strategies*. Routledge.
2. Nicholls, A. R. (2017). *Psychology in sports coaching: theory and practice*. Routledge.
3. Shaw, J. (2017). *Dream Jobs in Sports Psychology*. The Rosen Publishing Group, Inc.
4. Schinke, R. J., & McGannon, K. R. (Eds.). (2014). *The psychology of sub-culture in sport and physical activity: Critical perspectives*. Routledge.
5. Moran, A. P. (2016). *The psychology of concentration in sport performers: A cognitive analysis*. Psychology Press.