

SYLLABUS FOR B. A. PHYSICAL EDUCATION/ SEMESTER IV/ PAPER I

Program/Class: Certificate	Year: Second	Semester: Fourth
Subject: Physical Education- Theory		
Course Code: E020401T	Course Title: Sports Psychology And Recreational Activities	
Course outcomes: students can be able to understand various aspects of psychology apply to sports person and how to organize sports and recreational activities.		
Credits: 04	Elective	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 4-0-0		
Unit	Topics	No. of Lectures
I	<u>INTRODUCTION:</u> <ul style="list-style-type: none"> • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development. • Psycho-sociological aspects of human behaviour in relation to physical education. 	6
II	<u>LEARNING:</u> <ul style="list-style-type: none"> • Nature of learning, theories of learning. • Law of learning, plateau in learning, transfer of learning • Meaning and definition of personality, characteristics of personality. • Dimensions of personality, personality and sports performance. 	8
III	<u>MOTIVATION :</u> <ul style="list-style-type: none"> • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. • Mental preparation strategies: attention, focus, self-talk, relaxation and imaginary. 	8

IV	<p><u>ANXIETY AND AGGRESSION:</u></p> <ul style="list-style-type: none"> • Aggression and sports, meaning and nature of anxiety, kind of anxiety • Meaning and nature of stress, types of stress • Anxiety, stress arousal and their effects on sports performance. • Concept of incentives and achievements. 	8
V	<p><u>PLAY:</u></p> <ul style="list-style-type: none"> • Meaning of Play • Definition of play • Various Theories of play • Significance of Theories of play in Physical Education and Sports. • Significance of play for a Child. 	8
VI	<p><u>RECREATION:</u></p> <ul style="list-style-type: none"> • Meaning and importance of recreation in physical education • Principles of recreation in physical education <ul style="list-style-type: none"> • Areas, classification and ways of recreation. • Use of leisure time activities and their educational values. 	8
VII	<p><u>TRADITIONAL GAMES OF INDIA:</u></p> <ul style="list-style-type: none"> • Meaning. • Types of Traditional Games- • Gilli- Danda, Kanche, Stapu, Gutte, etc. • Importance/ Benefits of Traditional Games. • How to Design Traditional Games. • Development of Personalities by the help of Traditional Games. 	7
VIII	<p><u>INTRAMURALS:</u></p> <ul style="list-style-type: none"> • Meaning. • Importance. • Conducting Extramural Competitions. 	7

Suggested Readings:

1. Alliance, A. (1999). Physical Best Activity Guide, New Delhi,
2. Capel, S. et al Editors (2006). A Practical Guide to Teaching Physical Education. Routledge Publishers, USA.
3. Dheer, S. and Radhika. (1991). Organisation and Administration of Physical Edu., ND: Friends Pub.
4. Frost, R.B. and Others. (1992).