

**COURSE OF STUDY
AND
SCHEME OF EXAMINATION
CHOICE BASED CREDIT SYSTEM
(CBCS)**

**M.A. IN SPORTS PSYCHOLOGY
(MASTER OF ARTS IN SPORTS
PSYCHOLOGY)**

(w.e.f. 2022-2023)



**SCHOOL OF STUDIES IN PHYSICAL
EDUCATION
JIWANJI UNIVERSITY, GWALIOR (M.P.)
NAAC ACCREDITED 'A' GRADE UNIVERSITY**

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Jiwaji University, Gwalior
Regulations for
Master of Arts (M.A.) in sports psychology

1. Degree Title	Master of Arts in Sports Psychology
2. Name of faculty	Physical Education
3. Board of studies	Physical Education
4. Name of the school of studies	School of Studies in Physical Education
5. Duration	Minimum: Two Years, maximum: Four Years as per ordinance No. 168 A Applicable to School of Studies.
6. Eligibility	Any individual who possess BPES degree or Bachelor's degree with Psychology/Physical Education as one of the subjects (Minimum 50% Marks) and participation in International/National/State/District/Intercollegiate level OR Graduation (minimum 50% Marks) with Participation at International/National/Inter-University/Khelo India competition.
7. Age Limit	As decided by the Jiwaji University, Gwalior or State Govt. for P.G.
8. Admission Procedure	Admission will be offered on the merit of qualifying exam and Sports participation's bonus marks
9. Seats	25
10. Fee	As decided by Jiwaji University, Gwalior from time to time.
11. Examination	As per ordinance no. 168 (A) applicable to SOS.
12. Curriculum	As decided by the concerned Board of studies from time to time.
13. Eligibility for Degree	A student will be eligible for award of a degree when he/she earns minimum required number of valid and virtual credits specified for the programme within maximum duration of the programme but not before minimum duration of the programme.
14. Attendance requirement	Requirement of attendance will be as per university ordinance governing the examinations (No. 6). In general attendance of at least seventy five percent of lectures and practical's separately will be required in each course to sit in the semester and examination. For special reasons such as prolonged illness deficiency in percentage of attendance not exceeding fifteen percent of the total number of lectures delivered and practical/sessional held in each course may be condoned by the Vice-Chancellor.
15. General instructions and specific provision	For matters not covered in the regulations, general rules of Jiwaji University Gwalior in semester examination shall apply. In other matters Executive Council of Jiwaji University Gwalior shall be competent to take decisions.

SCHOOL OF STUDIES IN PHYSICAL EDUCATION
JIWAJI UNIVERSITY, GWALIOR
Master of Arts (M.A. in Sports Psychology)

General rules and scheme of Examination

1. The examination for the degree of Master of Arts in Sports Psychology will be of four semester (two years) duration:
 - i. M.A. in Sports Psychology Semester I and Semester II
 - ii. M.A. in Sports Psychology Semester III and Semester IV
2. A candidate, who-
Any individual who possess BPES degree or Bachelor's degree with Psychology/Physical Education as one of the subjects (Minimum 50% Marks) and participation in International/National/State/District/Intercollegiate level OR Graduation (minimum 50% Marks) with Participation at International/National/Inter-University/Khelo India competition.
3. The provisions of ordinance 168 A will be applicable for this course.

Examination

1. For the SOS the examination will be conducted according to ordinance 168 A.
2. The medium of instruction shall be Hindi/English and a candidate can take examination either in Hindi or English.



Academic Programme
(With No. of Lectures and Credit per week)
M.A. in Sports Psychology
FIRST SEMESTER

CODE	SUBJECTS	NO. OF CLASSES PER WEEK		NO. OF CREDITS	TYPES OF COURSE
		LECTURES	PRACTICAL'S PROJECT WORK		
PART - A (Theory)					
MA/SP/CC1/101	Developmental Psychology	04	--	04	Core Major
MA/SP/CC1/102	Sports and Exercise Psychology	04	--	04	Core Major
MA/SP/CC1/103	Research methods and applied Psychology	04	--	04	--
PART - B (Practical)					
MA/SP/P/101	Test/Assessment of Psychological Variables	05	--	03	--
PART - C (Project)					
MA/SP/PW/101	Project Work	--	--	05	Skill/Ability Enhancement/ Field Project
Total Credits				20	

MA - Master of Arts
SP- Sports Psychology
CC-Core Course
P-Practical
PW-Project Work

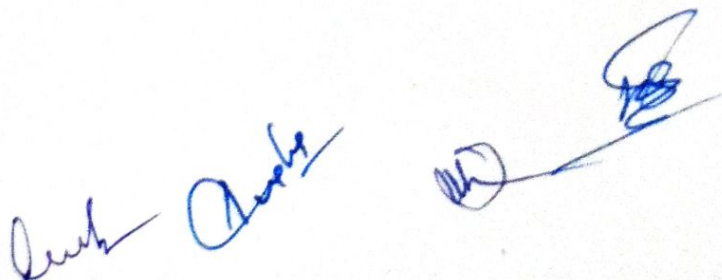
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Academic Programme
(With No. of Lectures and Credit per week)
M.A. in Sports Psychology
SECOND SEMESTER

CODE	SUBJECTS	NO. OF CLASSES PER WEEK		NO. OF CREDITS	TYPES OF COURSE
		LECTURES	PRACTICAL'S PROJECT WORK		
PART - A (Theory)					
MA/SP/CC2/201	Cognitive Psychology in Sports	04	--	04	Core Major
MA/SP/CC2/202	Social Psychology in Sports	04	--	04	Core Major
MA/SP/CC2/203	Intervention strategies and sports behaviour	04	--	04	--
PART - B (Practical)					
MA/SP/P/201	Test/Assessment of Psychological Variables	05	--	03	--
PART - C (Project)					
MA/SP/PW/201	Project Work	--	--	05	Skill/Ability Enhancement/Field Project
Total Credits				20	



Academic Programme
(With No. of Lectures and Credit per week)
M.A. in Sports Psychology
THIRD SEMESTER

CODE	SUBJECTS	NO. OF CLASSES PER WEEK		NO. OF CREDITS	TYPES OF COURSE
		LECTURES	PRACTICAL'S PROJECT WORK		
PART - A (Theory)					
MA/SP/CC3/301	Psycho Metric and Psycho Diagnostic	04	--	04	Core Major
MA/SP/CC3/302	Psychology of athletes, Coaching and officiating	04	--	04	Core Major
MA/SP/CC3/303	Thesis	04	--	06	--
PART - B (Practical)					
MA/SP/P/301	Internship	05	--	03	--
PART - C (Project)					
MA/SP/PW/301	Project Work	--	--	03	Skill/Ability Enhancement/ Field Project
Total Credits				20	

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Academic Programme
(With No. of Lectures and Credit per week)
M.A. in Sports Psychology
FOURTH SEMESTER

CODE	SUBJECTS	NO. OF CLASSES PER WEEK		NO. OF CREDITS	TYPES OF COURSE
		LECTURES	PRACTICAL'S PROJECT WORK		
PART - A (Theory)					
MA/SP/CC4/401	Athletic Counselling and positive psychology	04	--	04	Core Major
MA/SP/CC4/402	Professional Practice in sports psychology	04	--	04	Core Major
MA/SP/CC4/403	Thesis	04	--	06	--
PART - B (Practical)					
MA/SP/P/401	Test /Assessment of psychological variables	05	--	03	--
PART - C (Project)					
MA/SP/PW/401	Project Work	--	--	03	Skill/Ability Enhancement/ Field Project
Total Credits				20	

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**Scheme of Examination
M.A. in Sports Psychology**

FIRST SEMESTER

COURSE CODE	COURSE NAME	TOTAL MARKS	EXTERNAL		INTERNAL	
			MAX	MIN	MAX	MIN
PART - A (Theory)						
MA/SP/CC1/101	Developmental Psychology	100	60	21	40	14
MA/SP/CC1/102	Sports and Exercise Psychology	100	60	21	40	14
MA/SP/CC1/103	Research methods and applied Psychology	100	60	21	40	14
PART - B (Practical)						
MA/SP/P/101	Test/Assessment of Psychological Variables	100	100	35	--	--
PART - C (Project)						
MA/SP/PW/101	Project Work	100	60	21	40	14
Grand Total		500	340	119	160	56

SECOND SEMESTER

COURSE CODE	COURSE NAME	TOTAL MARKS	EXTERNAL		INTERNAL	
			MAX	MIN	MAX	MIN
PART - A (Theory)						
MA/SP/CC2/201	Cognitive Psychology in Sports	100	60	21	40	14
MA/SP/CC2/202	Social Psychology in Sports	100	60	21	40	14
MA/SP/CC2/203	Intervention strategies and sports behavior	100	60	21	40	14
PART - B (Practical)						
MA/SP/P/201	Test/Assessment of Psychological Variables	100	100	35	--	--
PART - C (Project)						
MA/SP/PW/201	Project Work	100	60	21	40	14
Grand Total		500	340	119	160	56

**Scheme of Examination
M.A. in Sports Psychology**

THIRD SEMESTER

COURSE CODE	COURSE NAME	TOTAL MARKS	EXTERNAL		INTERNAL	
			MAX	MIN	MAX	MIN
PART - A (Theory)						
MA/SP/CC3/301	Psycho Metric and Psycho Diagnostic	100	60	21	40	14
MA/SP/CC3/302	Psychology of athletes, Coaching and officiating	100	60	21	40	14
MA/SP/CC3/303	Thesis	100	60	21	40	14
PART - B (Practical)						
MA/SP/P/301	Internship	100	--	--	100	35
PART - C (Project)						
MA/SP/PW/301	Project Work	100	60	21	40	14
Grand Total		500	240	84	260	91

FOURTH SEMESTER

COURSE CODE	COURSE NAME	TOTAL MARKS	EXTERNAL		INTERNAL	
			MAX	MIN	MAX	MIN
PART - A (Theory)						
MA/SP/CC4/401	Athletic Counselling and positive psychology	100	60	21	40	14
MA/SP/CC4/402	Professional Practice in sports psychology	100	60	21	40	14
MA/SP/CC4/403	Thesis	100	60	21	40	14
PART - B (Practical)						
MA/SP/P/401	Test /Assessment of psychological variables	100	100	35	--	--
PART - C (Project)						
MA/SP/PW/401	Project Work	100	60	21	40	14
Grand Total		500	340	119	160	56

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DETAILS OF SUBJECT-WISE SYLLABUS

SEMESTER I

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SUBJECT NAME: Developmental Psychology

SUBJECT CODE: M.A./SP/CC1/101

LEARNING OBJECTIVE:

- Understanding stages of development and role of physical activity across its various stages

UNIT 1: Introduction

- 1.1. Issues and theories in Developmental Psychology -
- 1.2. Nature and nurture; continuity and discontinuity, plasticity in development.
- 1.3 Theoretical Perspectives: Psychodynamic (Freud and Erikson); Behavioural (classical and operant conditioning; social cognitive learning theory).
- 1.4. Cognitive (Piaget, information processing approaches).
- 1.5. Socio-cultural (Vygotsky, Ecological model of Bronfenbrenner).

UNIT 2: Development during Infancy and Childhood

- 1.1 Physical changes
- 1.2 Cognitive changes
- 1.3 Emotional changes
- 1.4 Social changes

UNIT 3: Development during Adolescence and Adulthood

- 3.1 Physical changes
- 3.2 Cognitive changes
- 3.3 Emotional changes
- 3.4 Social changes

Unit 4: Socio-Cultural Context of Human Development

- 4.1 Developmental issues in children and adolescents
- 4.2 Family, Peer, Media & Schooling
- 4.3 Developmental issues in Indian context: Issues of social relevance (gender, disability and poverty)
- 4.4 Challenges of adulthood; Aging

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1. Measurement & Analysis of Motor skills among children
2. Assessment of Stress among children Adolescence and Adulthood.
3. Measurement of Motivation among children, Adolescence and Adulthood.
4. Assessment of Stress and stress management Adolescence and Adulthood.

References:

1. Kakar, S. (2012). *The inner world: A psychoanalytic study of childhood and society in India* (4th Ed.). New Delhi, India: Oxford University Press.
2. Mitchell, P., & Ziegler, F. (2007). *Fundamentals of development: The psychology of childhood*. New York: Psychology Press.
3. Papalia, D. E., Olds, S. W., & Feldman, R. D. (2006). *Human development* (9th Ed.). New Delhi, India: Tata McGraw-Hill.
4. Feldman, R. S., & Babu, N. (2011). *Discovering the life-span*. New Delhi, India:
5. Georgas, J., Berry, J. W., Van de Vijver, F. J., Kagitçibasi, Ç., & Poortinga, Y. H. (Eds.) (2006). *Families across cultures: A 30-nation psychological study*. New York: Cambridge University Press
6. Berk, L. E. (2010). *Child development* (9th Ed.). New Delhi, India: Prentice Hall.
7. Saraswathi, T. S. (2003). *Cross-Cultural perspectives in human development: Theory, research and applications*. New Delhi, India: Sage Publications.
8. Santrock, J. W. (2012). *A topical approach to life-span development*. New Delhi, India: Tata McGraw-Hill.
9. Srivastava, A. K. (1997). *Child development: An Indian perspective*. New Delhi, India: Concept Publishing Company.
10. Shaffer, D. R., & Kipp, K. (2007). *Developmental psychology: Childhood and adolescence*. Indian reprint: Thomson Wadsworth.

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SUBJECT NAME: Sport and Exercise Psychology

SUBJECT CODE: M.A./SP/CC1/102

LEARNING OBJECTIVE:

This paper aims at imparting and understanding about sport psychology and its relation to different sports

- Historical development and scope
- Understanding personality, motivation, emotion and its relationship with performance

UNIT 1: Basics of Sport and Exercise Psychology

- 1.1 Introduction (Meaning, Definition, Historical Development need and scope of Sport and Exercise Psychology)
- 1.2 Methods of Psychology
- 1.3 Importance of Sport Psychology for Athletes, Coaches and in Sport Setting
- 1.4 Relationship of Sport Psychology with other Sport Sciences.

UNIT 2: Personality and Performance

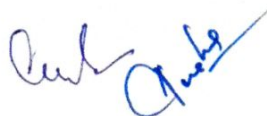
- 2.1 Personality and Performance in Sport
- 2.2 Personality and Performance (Meaning, Definition and Structure of Personality)
- 2.3 Personality theories [Psychoanalysis, Humanistic, Trait Theories and models]
- 2.4 Constitutional theories (Sheldon, Trait) and Social Learning (Bandura)

UNIT 3: Motivation and Performance

- 3.1 Motivation & Goal Setting (Meaning, Definition and Structure of Motivation [Need, Drive, Motive and Motivation Types])
- 3.2 Techniques for Developing Motivation, Goal Setting
- 3.3 Theories of motivation [Abraham Maslow, Need Achievement by McClelland] Self-Determination model
- 3.4 Motivation-Performance Relationship (Weiner's Attribution)

UNIT 4: Emotion and Performance

- 4.1 Meaning, Definition of Anxiety, Types of Anxiety, Sports competitive anxiety
- 4.2 Meaning, Definition and Nature of Arousal and Stress , Theories [Drive theory, Inverted -U theory & IZOF]
- 4.3 Meaning and Definition of Emotion
- 4.4 Emotion Performance Relationship



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1. Measurement of Motivation, Goal setting techniques.
2. Types, Assessment of Sport Anxiety,
3. Assessment of Stress and stress management
4. Measurement of Personality and Personality Profile (Questionnaire - Big Five and EPI/EPQ)

References:

1. Weinberg, R. S., & Gould, D. (1995). *Foundations of sport and exercise psychology* (Vol. 4). Champaign, IL: Human Kinetics.
2. Kamlesh, M.L. (2011). *Psychology of Physical Education and Sport*; New Delhi; Khel Sahitya, Fifth Edition.
3. Feldman.S.R.(2009).*Essentials of understanding psychology (7th Ed.)* New Delhi : Tata McGraw Hill.
4. Ciccarelli, S. K & Meyer, G.E (2008). *Psychology (South Asian Edition)*. New Delhi: Pearson
5. Glassman,W.E.(2000).*Approaches to Psychology(3rd Ed.)* Buckingham: Open University Press.
6. Passer, M.W., Smith, R.E., Holt, N. and Bremner, A.(2008). *Psychology: The Science of Mind and Behaviour*.McGraw-Hill Education.UK

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SUBJECT NAME: Research Methods and Applied Statistics
SUBJECT CODE: M.A./ SP/CC1/103

LEARNING OBJECTIVE:

- Learning research methodology and importance of research in sports psychology
- Formulating a research problem, review of related literature, and drafting the research problem and its ethical considerations
- Understanding need for statistics, nature of data and its representation, concepts of measures of central tendency and dispersion
- Sampling, hypothesis testing, data analysis software in qualitative research
- Probability, concepts of normality and developing norms

RESEARCH METHODS & APPLIED STATISTICS

UNIT I

INTRODUCTION

- 1.1 Nature and Characteristics of Research Process; Scientific & Unscientific methods
- 1.2 Types of Research: Basic & Applied, Quantitative & Qualitative Research
- 1.3 Nature and Type of Data
- 1.4 Measures of Central Tendency & Measures of Dispersion
- 1.5 Concept of Standard Error of Estimates
- 1.6 Graphical Representation of Data
- 1.7 Ethical Issues in Research

UNIT II

DEVELOPING THE PROBLEM AND REVIEW OF RELATED LITERATURE

- 2.1 Identifying the Research Problem
- 2.2 Meaning and Formulation of Research Hypothesis
- 2.3 Delimitations and Limitations, Needs of Significance of the Study.
- 2.4 Need, Purpose, Kinds and Steps of Literature Review
- 2.5 Methods of Data Collection- Participants, Variables & Instruments Selection
- 2.6 Research Design and its types

UNIT III

STATISTICAL ANALYSIS

- 3.1 Parametric & Non-Parametric Correlation; Partial & Multiple Correlation
- 3.2 Chi-Square Test

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- 3.3 Normal Distribution: Properties of Normal Curve, Skewness & Kurtosis, Areas of application
- 3.4 Procedure of Testing of Hypothesis; Region of Acceptance & Rejection; null & alternative Hypotheses: Level of Significance, Type I & Type II errors, one tailed & two tailed hypothesis and Tests.
- 3.5 Developing norms in the form of grading, Percentile Scale, T-Scale, Scales based on difficulty ratings
- 3.6 Student t-distribution, ANOVA & Post- hoc Tests - LSD & Scheffe test
- 3.7 Data Analysis in Qualitative Research

UNIT IV

WRITING A PROPOSAL AND THESIS

- 4.1 Preparation of synopsis, Thesis and Dissertation Format
- 4.2 Writing of abstract and Research Proposal
- 4.3 Presentation of Research Report
- 4.4 Plagiarism: Copyright violations, Tools to identify Plagiarism
- 4.5 Constitution of Institutional review Board

REFERENCES

1. Clark H. David, Clarke Harrison H, *Research Process is Physical Education Recreation and Health* (Prentice Hall Inc. Englewood Cliffs, New Jersey, 1970).
2. Kamlesh, M.L., *Methodology of Research in Physical Education & Sports*, Fourth Edition (Sport Publication, New Delhi, 2015).
3. Best W. John, *Research in Education* (Prentice Hall of India Private Limited, New Delhi, 1981).
4. Silverman David, *Doing Qualitative Research*, (Saye Publication, New Delhi, 2000).
5. Bose N.M., *Research Methodology* (SherNiwas Publication, Jaipur, India, 2005).
6. Gay R.L., Airasian Peter, *Educational Research*, (Merill, Prentice Hall, 1996).
7. Thomas R. Jerry, Nelson. Taek, *Research Method in Physical Activity* (Human Kinetics, 2001).
8. Verma, J.P. and Ghufan, M. (2012). *Statistics for Psychology: A comprehensive Text*. Tata McGraw Hill Education, New Delhi.
9. Verma, J.P. (2011). *Statistical Methods for Sports and Physical Education*. Tata McGraw Hill Education, New Delhi.
10. Verma J.P. (2013). *Data Analysis in Management with SPSS Software* Springer.
11. Arun Arthur & Arwn. N. Elaine, "Statistics for Psychology", Prentice Hall, Upper Saddle river INC, 1999.
12. Fern F. Adward, *Advanced focus group research*, (Saye Publication, New Delhi, 2001).







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SEMESTER II

SUBJECT NAME: Cognitive Psychology in Sports

SUBJECT CODE: M.A./ SP/CC2/201

LEARNING OBJECTIVE:

- Learning cognitive processes, decision making and problem solving
- Understanding attention, concentration and intelligence in relation to sports
- Understanding theories and types of attention and concentration with relation to sports
- Understanding intelligence, theories and its measurements

UNIT 1: Information Processing System

- 1.1 Meaning, definition and structure of Cognitive Processes: [Sensation, Perception, Imagination and Memory]
- 1.2 Decision Making and Thought Process
- 1.3 Information Processing
- 1.4 Problem Solving

UNIT 2: Attentional Process and Concentration

- 2.1 Definition of Attention and Concentration
- 2.2 Types of Attention
- 2.3 Theories of Attention
- 2.4 Role of Attention & Concentration in Sports

UNIT 3: Intelligence and Sport

- 3.1 Meaning and Definition of Intelligence
- 3.2 Measurement of Intelligence
- 3.3 Factors affecting Intelligence, Intellectual capabilities in Sport, Importance of Sport Psychology and Cognitive Processes in Physical Activity and Sports
- 3.4 Theories of Intelligence and Models (Charles Spearman - General Intelligence, Louis. L. Thurstone - Primary Mental Abilities, Howard Gardner - Multiple Intelligences)

UNIT 4: Emotional Intelligence (EI) and Sport

- 4.1 Introduction to Emotional Intelligence (EI)- (What is EI, EQ & IQ) Power of Emotions
- 4.2 Measuring Emotional Intelligence & Behavioural EQ Initial Self-Assessment on EI Elements (Internal) ; 360 degree Assessment Map; EI Behavioural Test (External) in sport
- 4.3 Techniques for developing EI among athletes and Importance of EI in Sport
- 4.4 Building Blocks of Emotional Intelligence: Ability Based Model (Mayer & Salovey) Mixed Model (Daniel Goleman) Personal Competence (Self Awareness, Self-Management & Motivation) Social Competence (Empathy & Social Skills)

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1. Intelligence testing (Jalota, Ravens Progressive Matrices)
2. Emotional Intelligence Test
3. Memory experiments
4. Measurement of attention.

References:

1. Smith, E.E. & Kosslyn, S.M. (2011) *Cognitive Psychology: Mind and Brain*, PHI learning.
2. Srinivasan, N. Kar, B.R. and Panday, J. (2010). *Advances in cognitive sciences*. New Delhi : Sage
3. Reigler, G.R and Reigler, B.R. (2008). *Cognitive Psychology*. New Delhi: Pearson Education.
4. Solso, R.L. (2004). *Cognitive psychology*. New Delhi: Pearson Education.
5. Sternberg, R.J. (2007). *Cognitive Psychology*. New Delhi .Cengage learning.

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SUBJECT NAME: Social Psychology in Sports

SUBJECT CODE: M.A./ SP/CC2/202

LEARNING OBJECTIVE:

- Understanding the foundations and methods in social psychology
- Understanding group dynamics, leadership and role of spectators in sporting performances
- Understanding the theoretical foundations of aggression, management and its effect on performance

UNIT 1: Introduction

- 1.1 Foundations of Social Psychology, Methods in Social Psychology
- 1.2 Attitudes and Behavior, Behavioral Influences on Attitudes
- 1.3 Attributions about Others, Social Judgments
- 1.4 Conformity and Compliance, Obedience to Authority

UNIT 2: Dynamics Group

- 2.1 Group Dynamics (Nature, Functions and types of groups)
- 2.2 Structure of the Group (Role differentiation, Status differentiation, Normas formation and group cohesiveness)
- 2.3 Group/Team Cohesion (Factor Affecting group performance: Homogeneity of group, stability of membership, Group size, group status, Communication structure, Social facilitation and inhibition)
- 2.4 Development of Team Cohesion (Genesis, teams and groups, cultural influences on team work: Teams in the Indian context and Building teams in the Indian Sport Context)

UNIT 3: Leadership and Spectators in Sport

- 3.1 Introduction to Leadership in Sport. Theories [Trait Theory, Fielders Contingency Theories, Situational Leadership, Hersey and Blanchard's Situational Leadership]
- 3.2 Types of Leadership
- 3.3 Inter-personnel Communication and Coach-Athlete Relationship
- 3.4 Spectators, Types and their Effect on Sport Performance

UNIT 4: Sport and Aggression

- 4.1 Aggression in Sports – (Meaning, Definition and Types of Aggression)
- 4.2 Violence in Sport, Management of Aggression
- 4.3 Dimensions and Theories [Biological and Psychosocial]
- 4.4 Emotional States and their Effect on Performance

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- Measuring Cohesion
- Measurement of aggression.
- Assessment of Leadership style
- Team Building Games

References:

1. Hogg, M. A., & Vaughan, G. M. (2005). *Social psychology*. Harlow: Pearson Prentice Hall.
2. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social psychology* (12th Ed.). New Delhi, India: Pearson.
3. Myers, D. G. (2008). *Social psychology*. New Delhi, India: Tata McGraw-Hill.
4. Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). *Social psychology* (12th Ed.). New Delhi, India: Pearson.
5. Weinberg, R.S & Gould, Daniel (2015) *Foundations of Sport and Exercise Psychology, 6th Ed.* Human Kinetics Champaign IL
6. Cratty, B.J. (2000) *Psychology of Contemporary sports*, Human Kinetics Publishers, Champaign Illinois.
7. Carron, A.V., Hausenlas, H.A. Mark Eys (2005). *Group Dynamics in Sport*. Morgantown, WV: Fitness Information Technology, INC, US.
8. Cronbach J. Lec (1990) *Essentials of Psychological Testing* (Harper Colins Publishers).
9. Cratty, Braynat. J., (1973) *Movement Behaviour and Motor Learning* (Philadelphia: Lea and Febiger, 1973,), Edn.3
10. Husain, A. (2012). *Social psychology*. New Delhi, India: Pearson.
11. Kamlesh, M.L.(2011) *Psychology in Physical Education and Sport*, 3rd ed. Khel Sahitya, New Delhi.
12. Nideffer, R. M. (1992). *Psyched to Win*. Champaign, IL: Leisure Press
13. Magill, Richard A (1993) *Motor Learning Concepts and Application*, 4th ed WCB Brown and Benchmark Publishers.
14. Mark R. Beauchamp, Mark A. Eys (2008) *Group Dynamics In Exercise and Sport Psychology: Contemporary Themes* Routledge Publisher
15. Richard M. Suinn, (2002) *Psychology in Sports, Methods & Application*, Surjeet Publication, New Delhi-07

Electronic Resources: Journals

1. Research Quarterly in Exercise and Sport
http://www.aahperd.org/aahperd/rqes_main.html
2. Psychology of Sport and Exercise
<http://www.elsevier.com/inca/publications/store/6/2/0/7/9/2/index.htm>
3. Motor Control
<http://www.humankinetics.com/products/journals/journal.cfm?id=MC>
4. Journal of Sport Sciences
<http://www.tandf.co.uk/journals/titles/02640414.html>

Websites

1. www.mindtools.com
2. www.appliedsportpsych.org



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SUBJECT NAME: Intervention Strategies and Sports Behavior

SUBJECT CODE: M.A./SP/CC2/203

LEARNING OBJECTIVE:

- Understanding the foundations and methods of intervention strategies
- Understanding relaxation and activation processes in enhancing sporting performances
- Understanding the theoretical foundations of overtraining and energy, management and its effect on performance

UNIT-I: Intervention strategies:

- 1.1 Introduction Action theory approach to applied sports psychology,
- 1.2 Mental skill training in sports, Sports Psychology: A clinician's perspective,
- 1.3 Eating disorders in sport: from theory to research to intervention.
- 1.4 Psychosocial antecedents of sport injury and intervention for risk reduction.

UNIT 2: Intervention strategies:

- 2.1 Psyching up strategies
- 2.2 Cognitive Strategies: Imagery, Thought Stopping and Centering, Self-Talk,
- 2.3 Biofeedback
- 2.4 Relaxation Procedures – Progressive Relaxation – Autogenic Training, Transcendental Meditation

UNIT 3: Overtraining:

- 3.1 Performance focus, Psychological Well-being,
- 3.2 Educating Coaches and Athletes about Overtraining,
- 3.3 Physical Health, Increasing Coach-Athlete Communication,
- 3.4 Developing Athlete Resources.

UNIT 4: Energy Management:

- 4.1 Developing Athlete Energy Management Skills
- 4.2 Understanding Energy Management – Arousal affecting Performance, Effects of Under arousal and Over arousal in Performance
- 4.3 Phases in energy management – Education Phase, Acquisition Phase and Implementation Phase
- 4.4 Athletes choking under pressure, preparatory routines in self-paced events (Beginner to skilled athletes)

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- Relaxation Procedures
- Biofeedback Training
- Developing Schedule for Athletic management for PST

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References:

1. Gurbakhsh S. Sandhu (2002) – *Psychology in Sports – A Contemporary Approach*, Friends publications, New Delhi.
2. Murphy, S.M. (1995) *Sport Psychology Interventions*, Human Kinetics, Auckland.
3. Weinberg, R.S, Gould D (2003) – *Foundation of Sport & exercise Psychology*, 3rd Edition, Human Kinetics, South Australia.

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SEMESTER III

SUBJECT NAME: Psychometric and Psycho Diagnostic

SUBJECT CODE: M.A./ SP/CC3/301

LEARNING OBJECTIVE:

- Measurement, evaluation and ethics in sport psychology
- Criterion measures and test construction in sport psychology

UNIT 1: Measurement and Evaluation in Sport Psychology

- 1.1 Meaning and Definition of Psychometrics and Psycho-diagnosis
- 1.2 Use of Sport Psychology measurement Tools, Administration, Scoring, Interpretation, Reporting and Providing Feedback
- 1.3 Norm and Criteria based measurement
- 1.4 Data-base Development.

UNIT 2: Ethics in Psychological Measurement and Evaluation

- 2.1 Assessment Limitations in Sport and Exercise Psychology
- 2.2 Measurement Limitations in Sport and Exercise Psychology.
- 2.3 Importance of Psychological measurement and evaluation for Athletes (Talent Identification, Profile Preparation, Counseling etc)
- 2.4 Use, Misuse and Disuse of Psychometrics.

UNIT 3: Criteria in Quantitative and Qualitative Psychological Measurement

- 3.1 Criteria for Testing : Completeness, Unambiguity, Consistency, Traceability, Practicability, Testability.(reliability , validity and objectivity)
- 3.2 Criteria for Qualitative Testing
- 3.3 Designing Qualitative Research (site selection, sampling, and data collection
- 3.4 Professional and Ethical Issues in Sport Psychology (Confidentiality, Record Keeping Ethical & Confidentiality in Computer based service provision)

UNIT 4: Test Construction in Sport Psychology

- 4.1 Different stages of Psycho-Diagnostics
- 4.2 Methods of Behavioural Assessment
- 4.3 Construction of a Psychological Test / Batteries (Personality , Motivation , Emotion, Health and Wellbeing)
- 4.4 Statistical Application for Qualitative Data

PRACTICAL

- Sample Test Construction and preparation of Batteries
Personality/Motivation/Social Facilitation

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Qualitative Analysis of Data (Case Studies, Graphical Representation of the Information)

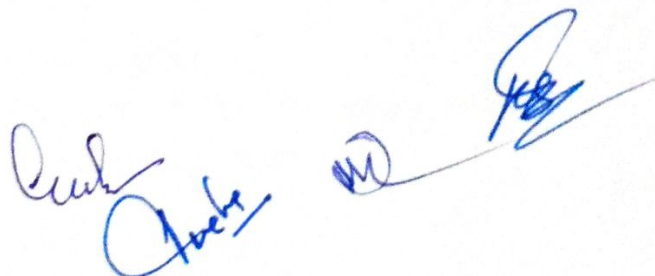
References:

1. Aiken, L. R., & Groth-Marnet, G. (2009). *Psychological testing and assessment* (12th Ed.). New Delhi: Pearson Education.
2. Anastasi, A., & Urbina, S. (2003). *Psychological testing* (7th Ed.). New Delhi, India: Prentice – Hall of India Pvt. Ltd.
3. Barve, B. N., & Narake, H. J. (2008). *Manomapan*. Nagpur, India: Vidya Prakashana.
4. Desai, B., & Abhyankar, S. (2007). *Manasashatriya mapan*. Pune, India: Narendra Prakashana.
5. Gregory, R. J. (2014). *Psychological testing: History, principals and applications*. (6th Ed.). Boston: Pearson Education.
6. Husain, A. (2012). *Psychological testing*. New Delhi, India: Pearson Education.
7. Kaplan, R. M., & Saccuzzo, D. P. (2012). *Psychological testing: Principles, applications and issues* (8th Ed.). New Delhi, India: Cengage.
8. Tenenbaum, Gershon (2001) *The Practice of Sport Psychology* Fitness Information Technology, INC, US
9. Tenenbaum, Gershon and Marcy Driscoll (2005) *Methods Of Research In Sport Sciences: Quantitative And Qualitative Approaches* Meyer & Meyer Fachverlag Und Buchhandel Gmbh
10. Vealey, Robin.S (2005) *Coaching for the Inner Edge* Morgantown, WV: Fitness Information Technology
11. Weinberg, R.S & Gould, Daniel (2015) *Foundations of Sport and Exercise Psychology, 6th Ed.* Human Kinetics Publishers, Inc Champaign IL.

Electronic Resources: Journals

- The Sport Psychologist
- <http://www.humankinetics.com/products/journals/index.cfm>
- Non peer reviewed journals

Athletic Insight <http://www.athleticinsight.com>



SUBJECT NAME: Psychology of Athletes, Coaching & Officiating

SUBJECT CODE: M.A./SP/CC3/302

LEARNING OBJECTIVE:

- Understanding athletes, coaching approaches and styles
- Psyche of sport officials, psychological preparation of athletes, coaches and officials
-

UNIT 1: Athletes and Coaching

- 1.1 Levels of athletes
- 1.2 Levels of coaches and officials
- 1.3 Types of athletes and coaching approach
- 1.4 Types of coaches and officials

UNIT 2: Coaching Styles

- 2.1 Philosophy of Coaching
- 2.2 Coaching as an Inter-personnel relationship
- 2.3 The coaching process and the role of a Coach.
- 2.4 Coaching in its social context.

UNIT 3: Officials and Officiating

- 3.1 Psychology of Sport Officials (Psychological qualities of good Officials)
- 3.2 Developing good Qualities in Officials
- 3.3 Psychological preparation for Officiating (Pre, During, Post Competition).

UNIT 4: Psychological Preparation

- 4.1 Psychological preparation of athletes (short term and long term)
- 4.2 Psychological preparation of coaches and officials.
- 4.3 Psychological skill training and Personnel development skills (communication skills, time management, conflict resolution).
- 4.4 Psyching up and psyching down strategies for athletes, coaches and officials.

PRACTICAL

- Assessment of Types of Athletes
- Strategies for relaxation and activation
- Schedule of psychological Preparation for coaches and officials
- Designing and implementing PST programme

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References:

Books

1. Berger, B.G., Pargman, D., & Weinberg, R.S. (2006) *Foundations of Exercise Psychology, 2nd Ed.* Morgantown, WV: Fitness Information Technology.
2. Gill, Diana L (2008) *Psychological Dynamics of Sport & Exercise, 3rd ed.* Human Kinetics Publishers, Inc Champaign IL.
3. Horn, Thelma (2008) *Advances in Sport Psychology* Human Kinetics Publishers, Inc Champaign IL.
4. Martens, Rainer (2014) *Coaching Guide to Sport Psychology, 10th Ed.* Human Kinetics Publishers, Inc Champaign IL.
5. Murphy, Shane M (2005) *Sport Psychology Interventions* Human Kinetics Publishers, Inc Champaign IL.

Electronic Resources: Journals Sport Psych Unpublished

<http://www.geocities.com/CollegePark/5686/journal.html>

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SUBJECT NAME: Thesis

SUBJECT CODE: M.A/SP/CC3/303

LEARNING OBJECTIVE:

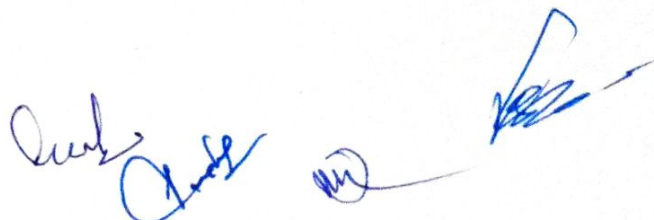
- To enable the students to develop skills and competencies for conducting rigorous, theoretically correct and practically relevant research in Sports Psychology

LEARNING OUTCOME:

- By completing the Master's thesis, students will demonstrate their academic ability, i.e. their ability to think critically, write according to academic standards and conduct independent research that is critical, methodical and systematic.
- A student admitted to M.A. Sports Psychology shall submit a thesis at the end of IV Semester and must submit his/her synopsis and get it approved by the Head of the department on the recommendation of Department Research Committee (DRC) or equivalent committee.
- The beginning of the process of Thesis will start in the beginning of III Semester in form of preparation and submission of synopsis, facing and getting final approval from the DRC or equivalent committee.
- The thesis must be submitted not less than one week before the beginning of the IV semester end examination.
- The candidate has to face the Viva-Voce examination conducted by the DRC or equivalent committee.

STRUCTURE OF THE THESIS:

- **Title page**
- **Certificate**
- **Abstract (200-250 words)**
- **Acknowledgement**
- **Table of contents**
- **List of figures, tables, illustrations**
 - Chapter- I : Introduction
 - Chapter-II: Review of Literature
 - Chapter-III: Methods
 - Chapter-IV: Result & Discussion
 - Chapter-V: Summary & Conclusions
- **References**



SUBJECT NAME: Internship Project

SUBJECT CODE: M.A/SP/P/301

LEARNING OBJECTIVE:

The Masters project examines the learning objectives of the sport psychology

- The graduate will possess knowledge of:
- Theories about psychological requirement and relevance for the sports, and exercise participant
- The social context within which sport psychology is applied
- Methods and ways to carry out studies in the sports psychology and the student is able to reflect upon the way these are applied within Curriculum for Sport Psychology as a profession
- The sports industry and the latter's surroundings, especially the commercial
- Sports industry and the latter's challenges in this
- Managerial and organizational skills relevant for sports psychology

ASSESSMENT

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SEMESTER-IV

SUBJECT NAME: Athletic Counseling and Positive Psychology
SUBJECT CODE: M.A./ SP/CC4/401

LEARNING OBJECTIVE:

- Understanding basics of counseling and its use in sports
- Understanding mental health issues in relation to sports

UNIT 1: Basics of counseling Skills:

- 1.1 Importance of counseling in sports
- 1.2 Basic skills in counseling
- 1.3 Characteristics of a counselor
- 1.4 Behavior modification techniques

UNIT 2: Mental Health and Psychotherapy

- 2.1 Etiology of Mental Health Issues: Psychodynamics, cognitive, humanistic and biological models
- 2.2 Psychotherapies: CCT, REBT, TA, BT, Reality Therapy, Gestalt
- 2.3 Relationship between mental health and sports

UNIT 3: Positive Psychology

- 3.1 Concept of Positive Mental Health: Psychological well-being and its Importance in sports
- 3.2 Positive Effect: Optimism, Hope and Happiness
- 3.3 Organization of self-knowledge, culture, self and Self-control, self-esteem and self-serving bias
- 3.4 Mindfulness

UNIT 4: Eating Disorder

- 4.1 Overview of Eating Disorders: Rising incidents of eating disorders, Research and future directions, Multicultural considerations
- 4.2 Anorexia, Bulimia, Binge-eating Disorder and Their Variations: Psychology and Physiology
- 4.3 Obesity in Relation to Eating Disorders: Psychology and Physiology
- 4.4 Psychological and Social Considerations of Eating Disorder : Trauma and abuse, Gender, Culture, Body image disturbances, Dieting

Practical

- Happiness Scale

- Lot-R
- Self-esteem scale
- Subjective well being
- Role play in Counseling Skills
- Behavioural Therapies for eating disorder

References:

1. Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
2. Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice*. (7th Ed.) New Delhi: Cengage
3. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): Psychology in India.
4. Learning.
5. Reichenberg ,L.W.(2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed.Indian reprint: Pearson.
6. Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ ColeCengage Learning
7. Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
8. Boinwell,I. (2012). *Positive Psychology In A Nutshell: The Science Of Happiness* (3rd Ed.) London: McGraw Hill.
9. Volume 3: *Clinical and Health Psychology*. New Delhi. ICSSR/ Pearson
10. Rao, S.N. & Sahajpal, P. (2013) *Counselling and Guidance*. New Delhi: Tata McGraw Hill. Seligman,L.&

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SUBJECT NAME: Professional Practices in Sports Psychology

SUBJECT CODE: M.A./ SP/CC4/402

LEARNING OBJECTIVE:

- Understanding various problems and issues among Athletes and their Psychological Rehabilitation
- Understanding Coach-Athlete relationship, Coaching Dynamics and Developing Life skills in Athletes
- Learning mental training and psychological skill training in sports

UNIT 1: Problem Athletes and Recovering strategies:

- 1.1 Problems and issues working with individual and team sports
- 1.2 Athletes Burn out and Drop-out Problems and issues
- 1.3 Psychological rehabilitation of Injured Athletes
- 1.4 Drug Abuse and Rehabilitation

UNIT 2: Coach and Coaching Dynamics

- 2.1 Coach-Athlete-Psychologist relationship {Quality and Maintenance}
- 2.2 Career Transition in Athletes and retirement issues
- 2.3 Developing Life skills in Athletes

UNIT 3: Mental training and sports

- 3.1 Need & Importance mental training in sports for athletes
- 3.2 Relaxation techniques {PMR, Autogenic training, Deep Breathing, Guide Imagery }
- 3.3 Activation technique {Imagery, VMBR, HYPNOTHERAPY}
- 3.4 Concentration training, self confidence & self efficiency in sports

UNIT 4: Psychological and Counseling Skills

- 4.1 Meaning and definition psychological skill training {PST methods: (Goal setting, self talk, Mental Imagery and mental rehearsal and relaxation)}
- 4.2 Monitoring PST in Performance Routine
- 4.3 Behavior modification: basis of counseling skills, CCT, Gestalt, Assertive training Cognitive intervention

Practical

- Intervention strategies for individual sports athletes
- Intervention strategies for team sports athletes



References:

1. Gill, Diana L (2008) Psychological Dynamics of sport & Exercise, 3rd Edition. Human Kinetics Publishers, Inc Champaign IL.
2. Horn, Thelma (2008) Advances in Sports Psychology Human Kinetics Publishers, Inc Champaign IL.
3. Martens, Rainer (2014) Coaching Guide to Sports Psychology, 10th Ed. Human Kinetics Publishers, Inc Champaign IL.
4. Murphy, Shane M (2005) Sports Psychology Intervention Human Kinetics Publishers, Inc Champaign IL.

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Project Work

This will be Subject specific. It may include report writing/assignment/practical work/case study/field work/analysis on any sports groups. E.g. Racket sports, Combative sports Ball Games etc that would be decided at the beginning of the semester based on the availability of faculty and facility.

Evaluation of Project Work for External Examiner

Sr. No.	Component	Total marks
1.	Basic information about the sports chosen	15
2.	Basic skills of the chosen sports	15
3.	Knowledge of psychological skills required for the chosen sports	15
4.	Project file	15
Total Marks		60

Evaluation of Project Work for Internal Examiner

Sr. No.	Component	Total marks
1.	Report writing/assignment/practical work/case study/field work/analysis on any sports groups	20
2.	Attendance	10
3.	Project file	10
Total Marks		40

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