

**MASTER OF ARTS IN SPORTS PSYCHOLOGY
FACULTY OF SPORTS SCIENCES**



**REGULATIONS
&
SYLLABUS**

CHOICE BASED CREDIT SYSTEM

(From academic session 2020 onwards)

**RAJIV GANDHI UNIVERSITY
RONO HILLS DOIMUKH, ARUNACHAL PRADESH**

SYLLABUS DETAILS

Title of the Course: M.A. (Sports Psychology)

Duration of the Course: Two Years (Four Semesters)

Course Objective:

One of the fundamental assumptions of the proposed curriculum is based on possibilities of independent thinking, ability to integrate and synthesize from a trans-disciplinary and multicultural perspective, to evolve a knowledge based system for preparing Sport Psychologist Enthusiast of India who would contribute and participate effectively in the emergent world of Sport, with capacities to remain locally relevant and globally effective.

1. Not only confined to the knowledge base and theoretical foundations of the discipline of Sports Psychology. It will also attend to the pedagogical considerations emanating from experiential learning, research-driven problem solving and mentoring athlete.

2. Socially driven projects, field/laboratory training and simulations utilizing state-of-the-art knowledge systems and technological facilities.

3. Curriculum proposes to have a strong interface between regular as well as innovative teaching pedagogies.

4. Empower the students to inculcate specific job oriented skills, as well as building other behavioral skills and competencies to cater to the needs of athletes and coaches.

5. The Course is designed to have fine blend of virtual and actual class rooms for imparting knowledge by video lectures, small group discussions, tutorials, individual presentations and projects.

6. The curriculum intends to build some basic reflective, computational and communicative competencies in the students. In addition to these it also intends to hone the following competencies: Development of critical thinking, Problem solving, Emotional intelligence, Analytical competence, Independent thinking, Cultural sensitivity, Engaging in discovering self and inner potential to work with Athletes and coaches for performance enhancement

Evaluation and Award of Grades

Weightage of marks: The weightage of marks between continuous Internal Assessment and End Semester Examination shall be 20 and 80 respectively.

Passing Minimum: A student is declared to have passed a given course only when he/she secures a minimum of 50 % marks in the End-Semester Examination and 50 % marks for the internal assessment component.

Eligibility

Bachelor's Degree in Sports Science / Physical Education and Sports / Psychology / BPEd./B.A. (Hons) in Psychology or Bachelor's Degree with Psychology or Psychology as one of the paper thereto in 10+2+3 or 10+2+4 pattern from a recognized university with a minimum of 55% marks in aggregate with 5% relaxation to candidates as GoI Norms.

**PROPOSED SCHEME OF EXAMINATION
SEMESTER I**

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MASP-CC:101	Sports and Exercise Psychology	4	64	20	80	100
MASP-CC:102	Developmental Psychology	4	64	20	80	100
MASP-CC:103	Motor Learning and Motor Skill Acquisition	4	64	20	80	100
MASP-CC:104	Social Psychology in Sports	4	64	20	80	100
Elective (choose any one)						
MASP-EC:105	Exercise and Sports Physiology	4	64	20	80	100
MASP-EC:106	Foundation of Health Fitness and Nutrition	4	64	20	80	100
TOTAL		20	320	150	350	500
PART- B (PRACTICAL)						
MASP-PC: 101	Sports and Exercise Psychology	4	72	50	50	100
MASP-PC: 102	Motor Learning and Motor Skill Acquisition	4	72	50	50	100
TOTAL		8	144	100	100	200
GRAND TOTAL		32	536	300	500	700

- Practical include report writing/assignments/practical work/ field work/ analysis on any topic(s) from the syllabus and can be an analysis on any Sports Groups e. g., Racket Sports, Combative Sport, Ball games etc., that would be decided at the beginning of the semester based on the availability of Faculty and Facility.

SEMESTER II

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MASP-CC:201	Cognitive Psychology in Sports	4	64	20	80	100
MASP-CC:202	Research Methods and Applied Statistics	4	64	20	80	100
MASP-CC:203	Psychometric and Psycho Diagnostics	4	64	20	80	100
MASP-CC:204	Intervention Strategies and Sports Behavior	4	64	20	80	100
Elective (choose any one)						
MASP-EC:205	Sports Biomechanics and Performance Analysis	4	64	30	70	100
MASP-EC:206	Sports Training	4	64	30	70	100
TOTAL		20	320	150	350	500
PART- B (PRACTICAL)						
MASP-PC: 201	Cognitive Psychology in Sports	2	36	25	25	50
MASP-PC: 202	Social Psychology in Sports	2	36	25	25	50
MASP-PC: 203	Psychometric and Psycho Diagnostics	2	36	25	25	50
MASP-PC: 204	Intervention Strategies and Sports Behavior	2	36	25	25	50
TOTAL		8	144	100	100	200
GRAND TOTAL		32	536	300	500	700

Practical include report writing/assignments/practical work/ field work/ analysis on any topic(s) from the syllabus and can be an analysis on any Sports Groups e. g., Racket Sports, Combative Sport, Ball games etc., that would be decided at the beginning of the semester based on the availability of Faculty and Facility.

SEMESTER III

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART- A (THEORY)						
MASP-CC:301	Psychology of Athletes, Coaching and Officiating	4	64	20	80	100
MASP-CC:302	Athletic Counseling and Positive Psychology	4	64	20	80	100
MASP-CC:303	Introduction to Health Psychology	4	64	20	80	100
MASP-CC:304	Dissertation	4	64	50	50	100
Elective (choose any one)						
MASP-EC:305	Sports Injuries and Rehabilitation	4	64	20	80	100
MASP-EC:306	Sports Management	4	64	20	80	100
TOTAL		20	320	170	330	500
PART- B (PRACTICAL)						
MASP-PC:301	Psychology of Athletes, Coaching and Officiating	4	72	50	50	100
MASP-PC:302	Athlete Counseling and Positive Psychology	4	72	50	50	100
TOTAL		8	144	100	100	200
GRAND TOTAL		32	536	300	500	700

Practical include report writing/assignments/practical work/ field work/ analysis on any topic(s) from the syllabus and can be an analysis on any Sports Groups e. g., Racket Sports, Combative Sport, Ball games etc., that would be decided at the beginning of the semester based on the availability of Faculty and Facility.

SEMESTER IV

Course Code	Course Name	Credit	Teaching Hours	Internal Marks	External Marks	Total Marks
PART-A THEORY						
MASP-CC:401	Professional Practices in Sports Psychology	4	64	20	80	100
MASP-CC:402	Psychology of Women and Special Population	4	64	20	80	100
MASP-CC:403	Yoga and Mental Health	4	64	20	80	100
MASP-CC:404	Dissertation	4	64	50	50	100
TOTAL		16	256	140	260	400
PART- B (PRACTICAL)						
MASP-PC:401	Professional Practices in Sports Psychology	4	72	50	50	100
MASP-PC:402	Yoga and Mental Health	4	72	50	50	100
MASP-PC:403	Internship	8	144	100	100	200
TOTAL		8	288	200	200	400
GRAND TOTAL		32	544	340	460	800

- MASP-PC:401- Practical will be report writing/assignment/practical work/case study/ field work/ analysis on any Sports Groups that would be decided at the beginning of the semester based on the availability of Faculty and Facility.
- MASP-PC:402- Practical will be report writing/assignment/practical of various Yogic Practices (Asanas, Pranayam, Kriya etc) It should be performed under expert guidance.
- Internship- All the students would be assigned to various centers under MYAS for their training. The criteria of Internship will be provided separately.
- Submission of the Thesis by the student. The work undertaken should be presented in PPT and VIVA VOCE should be conducted.

DETAILS OF SUBJECT-WISE SYLLABUS SEMESTER I

NAME OF THE PAPER: SPORTS AND EXERCISE PSYCHOLOGY

PAPER CODE: MASP-CC:101

LEARNING OBJECTIVE:

This paper aims at imparting and understanding about sports 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 & Exercise Psychology

- 1.1. Introduction: Meaning, Definition Importance of Sport Psychology for Athletes, Coaches and other related to Sports Setting, Historical Development need and scope of sports psychology
- 1.2. Biological foundation of behaviour: Structure and function of neuron, synapse and neurotransmitters
- 1.3. Nervous System
Central Nervous system: Structure and function of brain and spinal cord
Autonomic Nervous System : Structure and function
Peripheral Nervous System: Structure and function
- 1.4. Muscular and Glandular system: Types and functions
Genetics and Behaviour: Chromosomal anomalies; Nature-nurture controversy (Twin studies and adoption studies)

UNIT 2: Personality and Performance

- 2.1. Personality and Performance (Meaning, Definition and Structure of personality)
- 2.2. Genetic and Environmental Determinants of Personality and measurement.
- 2.3. Personality theories [Psychoanalysis, Humanistic, Trait Theories and models]
Constitutional theories (Sheldon, Trait) and Social Learning (Bandura)
personality and Performance in Sports (Ice Berg Profile by Morgan)

UNIT 3: Motivation and Performance

- 3.1. Motivation & Goal Setting- Meaning, Definition and Structure of Motivation [Need, Drive, Biological basis of motivation Motivation Types
- 3.2. Theories of motivation [Abraham Maslow, Need Achievement by McClelland] Self-Determination model
- 3.4. Techniques for Developing Motivation, Goal Setting –Locke GST
- 3.5. Motivation-Performance Relationship

UNIT 4: Emotion and Performance

- 4.1. Meaning and Definition of Emotion, Biological basis of emotion: The Limbic system, Hormonal regulation of behavior
- 4.2. Meaning, Definition of Anxiety, Types of Anxiety
- 4.3. Meaning, Definition and Nature of Arousal and Stress, Theories [Drive theory, Inverted –U theory & IZOF]
- 4.4. Emotion and Performance Relationship

PRACTICAL

- Measurement of Personality and Personality Profile (Questionnaire – Big Five and EPQ-R)
- Types, Assessment of Sports Anxiety (STAI by Speilberger, Martens , SCAT)
- Measurement of Motivation (Incentive Motivation, SMS-28, Achievement Motivation)
- Goal setting techniques (Task and Ego Orientation)

Suggested Readings

- 1.Ciccarelli , S. K & Meyer, G.E (2008). *Psychology (South Asian Edition)*. New Delhi: Pearson
- 2.Glassman,W.E.(2000).*Approaches to Psychology(3rd Ed.)* Buckingham: Open University Press.
- 3.Passer, M.W., Smith, R.E., Holt, N. and Bremner, A.(2008). *Psychology: The Science of Mind and Behaviour*.McGraw-Hill Education.UK
- 4.Weinberg, R. S., & Gould, D. (1995). *Foundations of sport and exercise psychology* (Vol. 4). Champaign, IL: Human Kinetics.

NAME OF THE PAPER: DEVELOPMENTAL PSYCHOLOGY

PAPER CODE: MASP-CC :102

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 -Nature and nurture; continuity and discontinuity, plasticity in development.
- 1.2. Theoretical Perspectives: Psychodynamic (Freud and Erikson); Behavioural (classical and operant conditioning; social cognitive learning theory).
- 1.3. Cognitive (Piaget, information processing approaches).
- 1.4. Socio-cultural (Kohlberg's Theory of Moral Development, Vygotsky, Ecological model of Bronfenbrenner).

UNIT 2: Development during Infancy and Childhood

- 2.1. Physical changes
- 2.2. Cognitive changes
- 2.3. Emotional changes
- 2.4. 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. Family, Peer, Media & Schooling

4.2. Developmental issues in Indian context: Issues of social relevance (gender, disability and poverty)

4.3. Developmental issues in children and adolescents

4.4. Challenges of adulthood; Aging

Suggested Readings

1. Berk, L. E. (2010). *Child development* (9th Ed.). New Delhi, India: Prentice Hall.
2. Feldman, R. S., & Babu, N. (2011). *Discovering the life-span*. New Delhi, India: Pearson.
3. Hurlock, E. B. (2001) *Developmental Psychology* Tata McGraw-Hill Education
4. Kakar, S. (2012). *The inner world: A psychoanalytic study of childhood and society in India* (4th Ed.). New Delhi, India: Oxford University Press.
5. Mitchell, P., & Ziegler, F. (2007). *Fundamentals of development: The psychology of childhood*. New York: Psychology Press.
6. Papalia, D. E., Olds, S. W., & Feldman, R. D. (2006). *Human development* (9th Ed.). New Delhi, India: Tata McGraw-Hill.
7. Santrock, J. W. (2012). *A topical approach to life-span development*. New Delhi, India: Tata McGraw-Hill.
8. Saraswathi, T. S. (2003). *Cross-Cultural perspectives in human development: Theory, research and applications*. New Delhi, India: Sage Publications.
9. Shaffer, D. R., & Kipp, K. (2007). *Developmental psychology: Childhood and adolescence*. Indian reprint: Thomson Wadsworth.
10. Srivastava, A. K. (1997). *Child development: An Indian perspective*. New Delhi, India: Concept Publishing Company.

NAME OF THE PAPER: MOTOR LEARNING AND MOTOR SKILL ACQUISITION
PAPER CODE: MASP-CC:103

LEARNING OBJECTIVE:

- Understanding the basis of motor learning and skill acquisition
- Understanding the concept of motor learning and its relationship performance

UNIT 1: Motor Learning

1.1. Meaning and Definition of Motor Learning, Activity and Skill.

1.2. Theories of Motor Learning (Adams Closed Loop Theory, Schmidt's Schema Theory)

1.3. Motor Learning and Development relationship

1.4. Role of Physical Activity and Sport during various stages of Development.

UNIT 2: Motor Skill Acquisition

- 2.1. Principles of Motor Skill Acquisition
- 2.2. Differentiation and classification of Motor Skills and Sport Skills
- 2.3. Developmental Considerations in Motor Skill Acquisition
- 2.4. Understanding Movement (Body awareness, Spatial Awareness, Locomotor and non-locomotor activities)

UNIT 3: Developments of Motor Skills across the Life Span

- 3.1. Early motor development in infants
- 3.2. Development of human locomotion: Walking, running
- 3.3. Development of ballistic skills: Throwing, kicking, punting, striking
- 3.4. Development of manipulative skills: Grasping, reaching, catching, anticipation

UNIT 4: Motor Learning and Performance

- 4.1. Stages of Motor Learning (Cognitive, Associative, Autonomous)
- 4.2. Plateau effect in Motor Learning
- 4.3. Neuropsychological Approach in Motor Learning
- 4.4. Motor Learning in Sport

PRACTICAL

- Measurement and analysis of motor skills.
- Reaction Time
- Hand eye co-ordination,
- Foot-Eye Coordination,
- Hand-Foot Eye Coordination.
- Exploratory and Discovery Skills

Suggested Readings:

1. Cratty, Braynat. J., (1973) *Movement Behaviour and Motor Learning* ,Philadelphia: Lea and Febiger, Edn.3
2. Magill, Richard A (1993) *Motor Learning Concepts and Application*, 4thed WCB Brown and Benchmark Publishers.
3. Oxendine, J.B. (1968) *Psychology and Motor Learning* ,Englewood cliffs, : New Jersey.
4. Ferguson, J.M., &Trombly, C.A. (1997). *The effect of added-purpose and meaningful occupation on motor learning. American Journal of Occupational Therapy* 51, 508-515.
5. Hummelsheim, H. (1999). *Rationales for improving motor function. Current Opinion in Neurology*, 12, 697-701.

Journals

1. Motor Control

<http://www.humankinetics.com/products/journals/journal.cfm?id=MC>

2. Psychology of Sport and Exercise

<http://www.elsevier.com/inca/publications/store/6/2/0/7/9/2/index.h tt>

Journals

Research Quarterly in Exercise and Sport

http://www.aahperd.org/aahperd/rqes_main.html

NAME OF THE PAPER: SOCIAL PSYCHOLOGY IN SPORTS

PAPER CODE: MASP-CC: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. Attributions about Others (Fritz Heider Attribution Theory , Kelley's Attribution Theory , Weiner's Attribution)
- 1.3. Attitudes and Behavior, Behavioral Influences on Attitudes
- 1.4. Conformity and Compliance, Obedience to Authority

UNIT 2: Dynamics of Group

- 2.1. Group Dynamics (Nature, Functions and types of groups)
- 2.2. Structure of the Group (Role differentiation, Status differentiation, Norms 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
- 3.2. Theories, Situational Leadership, Hersey and Blanchard's Situational Leadership]
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. Dimensions and Theories [Biological and Psychosocial]
- 4.3. Violence in Sport, Management of Aggression
- 4.4. Emotional States and their Effect on Performance

PRACTICAL

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

suggested Readings

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

NAME OF THE PAPER: EXERCISE AND SPORT PHYSIOLOGY

PAPER CODE: MASP-EC:105

LEARNING OBJECTIVE:

- Learning fitness and physiological testing for various groups
- Nutrition and energy systems in the body
- Study of aging, exercise and doping in sports

UNIT 1: Introduction

- 1.1. Meaning, Definition of Physiology and Exercise Physiology
- 1.2. Historical development of Exercise Physiology with special reference to India
- 1.3. Importance & role of Exercise Physiology in the field of Physical Education & Sports
- 1.4. Overview of human anatomy and physiology with reference to exercise and sports

UNIT 2: Psychophysiology of Sport

- 2.1. Foundations: Basic Electricity, Neuroanatomy and Neurophysiology
- 2.2. Electrodermal Activity: Basics and Application to Polygraph Testing
- 2.3. Cardiovascular Psychophysiology
- 2.4. The Electroencephalogram, Basics in Recording EEG, Frequency Domain Analysis

UNIT 3: Physiology of Aging and Exercise

- 3.1. Gerontology: Study of Aging: Concept and significance of studying aging in the field of sports.
- 3.2. Various physical, anatomical, physiological and psychological changes due to aging and its physiological basis.
- 3.3. Role of regular exercise / physical activity on aging process.
 - 3.3.1. Aging and exercise training responses: Trainability of the older sedentary normal individual.
- 3.4. Flexibility, Cardio-vascular endurance and Resistance exercises for the aged.

UNIT 4: Doping & Sports

- 4.1. Definition and Classification
- 4.2. Effect of various dopes (positive / negative)
- 4.3. Dope Tests
- 4.4. Latest Rules and Regulations about doping by WADA

PRACTICAL

- Estimation of Target Heart Rate
- Measurement of blood hemoglobin (Hemometer)
- Estimation of energy cost of exercise Blood pressure measurement (sphygmomanometer, blood pressure, apparatus electronic)
- Measurement of aerobic and anaerobic power
- Measurement of Respiratory rate (Spirometry)
- Maximum strength testing (Dynamometer)
- Electromyography
- Measurement of Height and sitting Height.
- Measurement of Biacromial Diameter (Shoulder Width)
- Measurement of Humerus Bicondylar Diameter (Elbow Width)
- Measurement of Chest Circumference Normal and Maximal)
- Measurement of Body Mass Index.
- Evaluation of Percent Body Fat and Lean Body Mass by the through skin fold (Durnin and Rehman chart)
- Evaluation of Physical Efficiency Index (PEI)
- Evaluation of Flexibility (Sit & Reach test)
- Evaluation of Strength (Grip Strength, Leg Strength and Back Strength)
- Skinfold measurement of body fat

Reference:

1. Edward L Fox, Richard W. Bowers and Merle L. Foss, (1981). *The Physiological Basis of Physical Education and Athletics*. William C Brown Pub., Hardcover.
2. Frank C. Mooren, Klaus Volker, Editors, (2004) *Molecular and Cellular Exercise Physiology*. Human Kinetics, Champaign.
3. Gene M. Adams, (2002) *Exercise Physiology: Laboratory Manual*. McGraw- Hill Higher Education, New York.

4. Jack H. Wilmore, David L. Costill and W. Larry Kenney,(2015) *Physiology of Sport and Exercise*. Fourth Edition, Human Kinetics, Campaign.
5. Robert A. Robergs and Scott O. Roberts, (1999)*Fundamental Principles of Exercise Physiology: For Fitness, Performance, and Health*. McGraw-Hill College, New York.
6. Scott K. Powers, (2011) *Exercise Physiology: Theory and Application to Fitness and Performance*.McGraw-Hill Higher Education, New York.

NAME OF THE PAPER: FOUNDATION OF HEALTH, FITNESS AND NUTRITION
PAPER CODE: MASP-EC:106

LEARNING OBJECTIVE:

- Concepts of health, health education and health problems
- Hygiene community health, and nutrition

UNIT 1: Health Education and Health Problems

- 1.1. Concept, Dimensions, Spectrum, and Determinants of Health, Positive Health
- 1.2. Concept, Aims, Objectives, Scope, and Principle of Health Education,
- 1.3. Methods of Communication in Health Education
- 1.4. Communicable and Non-Communicable Diseases

UNIT 2 Personal and Environmental Hygiene & Community Health

- 2.1. Nutrition and Environmental Sanitation, Medical Care
- 2.2. Population Health
- 2.3. Care of skin, mouth, nails, clothing, bathing etc., Importance of rest, sleep, and exercise
- 2.4. Brief account of housing, water supply, sewage and refuse disposal

UNIT 3: Fitness, Wellness and Lifestyle

- 3.1. Fitness – Types of Fitness and Components of Fitness, Understanding of Wellness
- 3.2. Modern Lifestyle and Hypo kinetic Diseases – Prevention and management Physical Activity and Health Benefits
- 3.3. Principles of Exercise Programme, Means of Fitness development – aerobic and anaerobic exercises, Exercises and Heart rate Zones for various aerobic exercise intensities.
- 3.4. Concept of free weight Vs Machine, Sets and Repetition etc, Concept of designing different fitness regiment

UNIT 4: Health and Nutrition

- 4.1. Classification of Foods, Proximate principles and role of various nutrients
- 4.2. Balanced diet and Balanced diet for Indian School Children
- 4.3. Malnutrition and adulteration of food, National Health Programme in India and international health agencies (WHO, UNICEF, UNDP)
- 4.4. Eating disorders and performance in sports

Suggested Readings

1. Edlin, Golanty and Brown, (2002). *Health and wellness* (Joines and Bartlett (5th& 7th Edition) Publishers, London)
2. Frank H. Walter H., Turners School(1976) *Health Education*, The C.V. Mosby Company, Saint Louis.
3. Frank H. Walter H.,(1976) Turners School *Health Education*, The C.V. Mosby Company, Saint Louis.
4. Ghosh, B.N. (1977) “*Treaties of Hygiene and Public Health*”. New York. Arno Press.
5. Park, J.E. and Park, K.(2002) “*Text-Book of preventive and social medicine*” BanarsidasBhanot Publishers.

Electronic Resources: Journals

3. Journal of Sport Sciences <http://www.tandf.co.uk/journals/titles/02640414.html>

SEMESTER II

NAME OF THE PAPER: COGNITIVE PSYCHOLOGY IN SPORTS

PAPER CODE: MASP-CC: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. Information Processing
- 1.3. Decision Making and Thought Process
- 1.4. Problem Solving

UNIT 2: Attentional Process and Concentration

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

UNIT 3: Intelligence and Sport

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

UNIT 4: Emotional Intelligence (EI) and Sport

- 4.1. Introduction to Emotional Intelligence (EI)- (What is EI, EQ & IQ) Power of Emotions
- 4.2. 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)
- 4.3. Measuring Emotional Intelligence & Behavioural EQ Initial Self-Assessment on EI Elements (Internal) ; 360 degree Assessment Map; EI Behavioural Test (External) in sport
- 4.4. Techniques for developing EI among athletes and Importance of EI in Sport

PRACTICAL

- Memory experiments
- Intelligence testing (Bhatia Battery , Ravens Progressive Matrices)
- Measurement of attention.
- Emotional Intelligence Tests

Suggested Readings

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

NAME OF THE PAPER: RESEARCH METHODS AND APPLIED STATISTICS

PAPER CODE: MASP-CC :202

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 of 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

UNIT 1: Introduction

- 1.1. Nature and Characteristics of Research Process; Scientific & Unscientific
- 1.2. Types of Research: Basic & Applied, Quantitative & Qualitative Research, Nature and Type of Data
- 1.3. Measures of Central Tendency & Measures of Dispersion, Concept of Standard Error of estimates, Graphical Representation of Data
- 1.4. Ethical Issues in Research, Plagiarism: Plagiarism Software and Copyright violations

UNIT 2: Developing the Problem, Review of Related Literature, Writing a Proposal (Dissertation)

- 2.1. Identifying the Research Problem, Meaning and Formulation of Research Hypothesis, Delimitations and Limitations, Needs of Significance of the Study.
- 2.2. Need, Purpose, Kinds and Steps of Literature Review
- 2.3. Methods of Data Collection: Participants, Variables & Instruments Selection, Research Design
- 2.4. Thesis Format, Writing of abstract and Research Proposal.

UNIT 3: Introduction to Statistics, Probability Sampling, Distribution and Estimation

- 3.1. Statistics – Definition, Types. Types of variables – Organizing data; Descriptive Measures: Need, Purpose and Kinds
- 3.2. Basic Definitions and rules for probability, conditional probability independence of events, random variables, Probability distributions: Binomial, Uniform and Normal distributions.
- 3.3. Introduction to sampling distributions, sampling distribution of mean and proportion, sampling techniques.
- 3.4. Estimation: Point and Interval estimates for population parameters of large sample and small samples, determining the sample size.

UNIT 4: Testing of Hypothesis, Parametric and Non Parametric Methods

- 4.1. Hypothesis testing: one sample and two sample tests for means and proportions of large samples (z-test), one sample and two sample tests for means of small samples (t-test), F-test for two sample standard deviations.
- 4.2. ANOVA one and two way – Design of experiments. Introduction to SPSS
- 4.3. Chi-square test for single sample standard deviation. Chi-square tests for independence of attributes and goodness of fit. Sign test for paired data.
- 4.4. Correlation analysis, estimation of regression line. Time series Analysis and Index Numbers

SUGGESTED READINGS:

1. Best W. John,(1981) *Research in Education* .Prentice Hall of India Private Limited, New Delhi.
2. Bose N.M.,(2005) *Research Methodology* . Sher Niwas Publication, Jaipur, India.

3. Gay R.L., Airasian Peter,(1996) *Educational Research*, Merrill, Prentice Hall.
4. Clark H. David, Clarke Harrison H,(1970)*Research Process in Physical Education Recreation and Health* ,Prentice Hall Inc. Englewood Cliffs, New Jersey.
5. Silverman David,(2000)*Doing Qualitative Research*, (Sage Publication, New Delhi.
6. Verma,J.P. and Ghufuran,M.(2012).*Statistics for Psychology: A comprehensive Text*. Tata McGraw Hill Education, New Delhi.
7. Verma, J.P.(2011). *Statistical Methods for Sports and Physical Education*. Tata McGraw Hill Education, New Delhi.
8. Verma J.P.(2013). *Data Analysis in Management with SPSS Software Springer*.
9. Arun Arthur &Arwn.N. Elaine,(1999)“*Statistics for Psychology*”, Prentice Hall, Upper Saddle river INC.

NAME OF THE PAPER: PSYCHOMETRIC AND PSYCHO DIAGNOSTIC

PAPER CODE: MASP-CC:203

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. Measurement Limitations in Sport and Exercise Psychology.
- 2.2. Assessment Limitations in Sport and Exercise Psychology
- 2.3. Use, Misuse and Disuse of Psychometrics.
- 2.4. Professional and Ethical Issues in Sport Psychology (Confidentiality, Record Keeping Ethical & Confidentiality in Computer based service provision)

UNIT 3: 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. Importance of Psychological measurement and evaluation for Athletes (Talent Identification, Profile Preparation, Counseling etc)

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,

PRACTICAL

- Sample Test Construction and preparation of Batteries Personality/Motivation/Social Facilitation
- Qualitative Analysis of Data (Case Studies, Graphical Representation of the Information)

Suggested Readings

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: VidyaPrakashana.
4. Desai, B., & Abhyankar, S. (2007). *Manasashatriyamapan*. Pune, India: NarendraPrakashana.
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. Vealey, Robin.S (2005) *Coaching for the Inner Edge* Morgantown, WV: Fitness Information Technology.
10. 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>

NAME OF THE PAPER: INTERVENTION STRATEGIES AND SPORTS BEHAVIOUR

PAPER CODE: MASP-CC:204

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: Introduction to Intervention strategies:

- 1.1. Introduction, mental skill training in sports, Sports Psychology: A clinician's

perspective,

- 1.2. Action theory approach to applied sports psychology,
- 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 in Sports

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

UNIT 3: Psychological Aspect of 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 among Athletes

- 4.1. Understanding Energy Management – Arousal affecting Performance, Effects of Under arousal and Over arousal in Performance
- 4.2. Developing Athlete Energy Management Skills
- 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)

PRACTICAL

- Relaxation Procedures
- Biofeedback Training
- Developing Schedule for Athletic management, Preparation of PST Programme

Suggested Readings

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.
4. Athanasios G. Papaioannou (Editor), Dieter Hackfort (Editor) (2014) *Routledge Companion to Sport and Exercise Psychology: Global Perspectives and Fundamental Concepts (International Perspectives on Key Issues in Sport and Exercise Psychology)* ISBN-13: **978-1848721289**

NAME OF THE PAPER: SPORTS BIOMECHANICS AND PERFORMANCE ANALYSIS

PAPER CODE: MASP-EC:205

LEARNING OBJECTIVE:

- Understanding concepts of Linear and Angular Kinematics of Human Movement, Projectile motion and Fluid Mechanics.
- Conceptual basis of Linear and Angular Kinetics of Human Movements and analysis of various sports Skills.

UNIT 1: Introduction to Biomechanics

- 1.1. Meaning and definition of Sports biomechanics.
- 1.2. Importance of biomechanics in the field of Sports and Physical education.
- 1.3. Axis and Plane, Dynamics, Kinetics, Centre of gravity, Line of Gravity, Vector and Scalars
- 1.4. Linear kinematics-Distance, displacement, speed and velocity, acceleration

UNIT 2: Principles of Biomechanics

- 2.1. Meaning and definition of motion, Newton's law of motion, Types of Motion: Linear motion, angular motion, circular motion, uniform motion.
- 2.2. Principles related to law of Inertia, Law of acceleration and law of counter force.
- 2.3. Meaning and definition of Force, Sources of force and force components,
- 2.4. Force applied at an angle –pressure-friction- Buoyancy. Spin, Centripetal and Centrifugal force.

UNIT 3: Biomechanics and Energetic

- 3.1. Meaning of work, power and energy. Kinetic energy and Potential energy,
- 3.2. Leverage- classes of lever and its practical application in sports. Equilibrium.
- 3.3. Factors influencing equilibrium. Guiding principle of Stability, Static and Dynamic stability.
- 3.4. Water resistance, Air resistance, Aerodynamics

UNIT 4: Biomechanical and Performance Analysis

- 4.1. Biomechanical analysis of various fundamental movements of Human body:
Walking, jogging, Running, Pushing, Pulling jumping, Throwing.

- 4.2. Methods of analysis – Qualitative, Quantitative and predictive
- 4.3. Complex movement analysis in sports
- 4.4. Performance Analysis (Software)

PRACTICAL

- Video capturing and analysis using software
- Technical analysis and description in 2D
- Applying the principles of biomechanics to body movements and describing them.

Suggested Readings

1. Hay, J.(1978) *The Biomechanics of Sports Techniques* (2nded.) (Englewood Cliffs: Prentice- hall.
2. Hay, James G. and Reid J. Gavin (1988) *Mechanics and Human motion, second Edition* (Englewood Cliffs, New Jersey: Prentice hall.
3. Nordin, M. & Frankel, V. (1990) *Basic Biomechanics of Musculoskeletal System*, Philadelphia: Lea &Febiger
4. Kreighbaum, Ellen and Barthels (1990) *Biomechanics- A qualitative Approach for Studying Human movements*.3rd Ed., New York: MC millan publishing company, 1990).

NAME OF THE PAPER: SPORT TRAINING

PAPER CODE: MASP-EC:206

LEARNING OBJECTIVE:

- To equip the students on training of sports persons
- To understand the process of periodization and training

UNIT 1: Introduction to Sports Training

- 1.1. Meaning and Definition of Sports Training
- 1.2. Aim and Objective of Sports Training
- 1.3. Principles of Sports Training
- 1.4. System of Sports Training – Basic Performance, Good Performance and High Performance Training

UNIT 2: Training Components

- 2.1. Strength – Mean and Methods of Strength Development
- 2.2. Speed – Mean and Methods of Speed Development
- 2.3. Endurance - Mean and Methods of Endurance Development
- 2.4. Coordination & Flexibility – Mean and Methods of coordination Development
Mean and Methods of Flexibility Development

UNIT 3: Training Process

- 3.1. Training Load- Definition and Types of Training Load
- 3.2. Principles of Intensity and Volume of stimulus
- 3.3. Technical Training – Meaning and Methods of Technique Training

3.4. Tactical Training – Meaning and Methods of Tactical Training

UNIT 4: Training programming and planning

- 4.1. Periodization – Meaning and types of Periodization
- 4.2. Aim and Content of Periods – Preparatory, Competition, Transitional etc.
- 4.3. Planning – Training session
- 4.4. Talent Identification and Development

PRACTICAL

- Preparing Schedule of various training components
- Planning of Training Session for age group

Suggested Readings

1. Dick W. Frank, (2002) *Sports Training Principles* , 4th ed. London: A & C Black Ltd..
2. Harre, D. (1982) *Principles of Sports Training* , Berlin: Sport Veulag.
3. K. Chandra Shekar, (2004) *Sports Training*, KhelSahityaKendra .
4. Matveyev, L.P. (1977) *Fundamentals of Sports Training* ,Moscow :Progress Publishers.
5. Singh, Hardayal.(1991) *Science of Sports Training* ,New Delhi: DVS Publications.
6. Tudor B. Bomp&Mihal C. Carera, (2005) *Periodiation Training for Sports*, Human Kinetics, (IInd Edition).
7. Uppal, A.K.(2001) *Principles of Sports Training* ,Delhi: Friends Publication.
8. YograjThani,(2003) *Sports Training*, Sports Publication.

SEMESTER III

NAME OF THE PAPER: PSYCHOLOGY OF ATHLETES, COACHING & OFFICIATING

PAPER CODE: MASP-CC:301

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

UNIT 2: Coaching Styles

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

UNIT 3: Officials and Officiating

- 3.1. Principles of Officiating and Officiating Style (setting and achieving professional goals, communicating effectively with other officials, coaches, and athletes, developing decision-making skills, and managing conflict effectively)
- 3.2. Psychology of Sport Officials (Psychological qualities of good Officials)
- 3.3. Developing good Qualities in Officials
- 3.4. 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

Suggested Readings

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.
6. **Electronic Resources:** Journals Sport Psych Unpublished <http://www.geocities.com/CollegePark/5686/journal.html>

NAME OF THE PAPER: ATHLETIC COUNSELING AND POSITIVE PSYCHOLOGY
PAPER CODE: MASP-CC:302

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. Meaning and Definition of Guidance and Counseling
- 1.2. Basic skills in counseling
- 1.3. Characteristics of a counselor

1.4. Importance of counseling in sports

UNIT 2: Mental Health and Psychotherapy

- 2.1. Etiology of Mental Health Issues: Psychodynamics, cognitive, humanistic and biological models
- 2.2. Common Mental Health Disorders (Depression, Anxiety, Mood Disorders), Relationship between mental health and sports
- 2.3. Psychotherapies: Client Centred Therapy, Behavior Therapy,
- 2.4. Psychotherapies: Rational Emotive Behavior Therapy, Cognitive Behavior Therapy, Mindfulness Cognitive Behavior Therapy

UNIT 3: Positive Psychology

- 3.1. Meaning and Definition of Positive Psychology, Authentic happiness Theory and Well-being theory
- 3.2. Concept of Mindfulness. Theories: Two-component model, The five-aggregate model
- 3.3. Self-esteem: Cognitive and Affective models, self-serving bias, self and Self-control
- 3.4. Concept of Positive Mental Health: Psychological well-being and its Importance in sports

UNIT 4: Eating Disorder and it's Management

- 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, Obesity in Relation to Eating Disorders: Psychology and Physiology
- 4.3. Psychological and Social Considerations of Eating Disorder : Trauma and abuse, Gender, Culture, Body image disturbances, Dieting
- 4.4. Psychological Management of Eating disorders

Practical

- Happiness Scale
- Self-esteem scale
- Subjective well being
- Role play in Counseling Skills
- Behavioural Therapies for eating disorder
- Cognitive Restructuring

Suggested Readings

1. Bellack, A. S., Hersen, M., & Kazdin, A. E. (Eds.) (2012). International handbook of behavior modification and therapy. New York: Springer Science & Business Media.
2. Corey, G. (2015). Theory and practice of counseling & psychotherapy. New Delhi: Pearson.
3. Cormier, L. S., & Nurius, P. S. (2003). Interviewing and change strategies for helpers (Fifth

- ed.). Pacific Grove, CA: Brooks/Cole.
4. Gladding, S. T. (2012). *Counseling: A comprehensive profession*. New Delhi: Pearson
 5. Joyce, P., & Sills, C. (2014). *Skills in gestalt counseling & psychotherapy*. Los Angeles: Sage.
 6. Lister-Ford, C. (2002). *Skills in transactional analysis counseling & psychotherapy*. Los Angeles: Sage.
 7. Rao, K. (2010). *Psychological Interventions: From Theory to Practice*. In G. Misra (Ed): *Psychology in India*.
 8. Reichenberg, L.W.(2010). *Theories of Counseling and Psychotherapy: Systems, Strategies, and Skills*. 3rd Ed.Indian reprint: Pearson.
 9. Seligman, L. (1990). *Selecting effective treatments*. San Francisco: Jossey—Bass.
 10. Sharf, R. S. (2012). *Theories of Psychotherapy & Counselling: Concepts and Cases* (5th Ed). Brooks/ Cole Cengage Learning
 11. Snyder, C. R., & Lopez, S. J. (2002). *Handbook of positive psychology*. New York: Oxford University.
 12. Tolan, J. (2012). *Skills in person-centred counseling & psychotherapy*. Los Angeles: Sage.
 13. Wills, F. (2008). *Skills in cognitive behaviour counseling & psychotherapy*. Los Angeles: Sage.

NAME OF THE PAPER: INTRODUCTION TO HEALTH PSYCHOLOGY

PAPER CODE: MASP-CC:303

LEARNING OBJECTIVE:

- To understand the integration between biological, psychological and social factors in health and disease (the bio-psycho-social health model).
- To explore the effects of the various psychological factors in health.
- To study the methods to improve health and leading a healthy life.

Course Contents:

Unit 1. Introduction to Health Psychology

- 1.1. Nature of health psychology. Need and Importance.
- 1.2. The mind body relationship
- 1.3. Biopsychosocial Model in Health Psychology
- 1.4. Factors influencing Health Behaviour and Modification

UNIT 2. Stress and coping

- 2.1. Definition, Nature and causes/sources of Stress
- 2.2. Theories of Stress, Psychological appraisal and the experience of stress, Physiology Of Stress
- 2.3. Coping with stress: Types of Coping strategies
- 2.4. Management of Stress

UNIT 3: Health Behaviours and Factors

- 3.1. Meaning of health behaviours. Role of behavioural factors in disease and disorder
- 3.2. Practicing and changing health behaviours, Barriers to modifying poor health

behaviours

3.3. Ethnic and gender differences in health risks and habits.

3.4. Factors predicting health behaviour and beliefs. Attitude change and health behaviours

UNIT 4. Pain Management

4.1. Physiological and Psychological process involved pain experience and behaviour

4.2. Assessment tools of Acute and chronic pain intensity, behaviour and dysfunctions related to pain

4.3. Management of Chronic pain, Placebo effect

4.4. Psychological interventions for Pain management (Cognitive, Behavioural, Biofeedback and Hypnotic Therapies) .

PRACTICALS

- Stress management techniques
- Coping Strategies assessment Practice of Art of Mindfulness

Suggested Themes: .Mindfulness of posture, breathing, bodily sensations, feelings at sense doors, mental factors and states of consciousness.

Mindfulness in daily life – Mindful walking, eating, listening, seeing, teaching, aging, creativity etc.

Suggested Readings

1. Brannon, L., &Feist, J. (2007). *Introduction to health psychology*. New Delhi, India:Thomson, Wadsworth.
2. Dhar, P. L. (2007). *Value inculcation through self-observation*. Igatpuri, India: Vipassana Research Institute.
3. Dhar, P. L. (2015). *Meditation manual based on the Buddha’s SatipatthanaSutta*. Retrieved from www.smashwords.com/books/view/531249
4. Dimatteo, M. R., & Martin, L. R. (2002). *Health psychology*. New Delhi, India: Allyn & Bacon.
5. Goldstein, J. (2016). *Mindfulness*. Colarado, USA: Sounds True.
6. Jennings, P. A. (2015). *Mindfulness for teachers*. New York: Norton and Company.
7. Kaplan, R. M., &Saccuzzo, D. P. (2005). *Psychological testing: principles, applications and issues* (6th ed.). US: Thomson-Wadsworth, Cenage LeadingIndia Pvt Ltd.
8. Langer, E. J. (2014). *Mindfulness*. Boston: Da Capo Press.
9. Ogden, J. (2000). *Health psychology: A textbook*. Philadelphia: Open UniversityPress.
10. Schoeberlein, D. (2009). *Mindful teaching and teaching of mindfulness*. Boston: Wisdom Publications.
11. Taylor, S. E. (2011). *Health psychology*. New Delhi, India: Tata McGraw- Hill.
12. Weinman, J., Johnston, M., & Molloy, G. (2006). *Health psychology*. London: Sage Publications.

NAME OF THE PAPER: DISSERTATION

PAPER CODE: MASP-CC:304

LEARNING OBJECTIVES:

- 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 Department on the recommendation of Department Research Committee (DRC).
 - 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.
 - 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 DRC.

Structure of the Thesis:

- 1. Title Page**
- 2. Certificate**
- 3. Abstract (200-250 words)**
- 4. Acknowledgements**
- 5. Table of Contents**
- 6. List of Figures, Tables, Illustrations,**
 - ❖ Chapter 1: Introduction
 - ❖ Chapter 2: Review of Literature
 - ❖ Chapter 3: Methods
 - ❖ Chapter 4: Results and Discussion
 - ❖ Chapter 5: Summary and Conclusion

NAME OF THE PAPER: SPORTS INJURIES AND REHABILITATION

PAPER CODE: MASP-EC:305

LEARNING OBJECTIVE:

- Understanding injuries and rehabilitation in sports
- Concept of first aid, hydrotherapy, thermotherapy and different electrotherapeutic modalities

UNIT 1: Introduction

- 1.1. Basic concept of abrasion, Contusions, Wounds & Fractures
- 1.2. Common Sports problems like Muscle Cramps, Myositis Ossificans, and Sprains & Strains.
- 1.3. Definition & Concept of Athletic care Rehabilitation
- 1.4. Action plan of Athletic Care Rehabilitation.

UNIT 2: Injury & Tissue Response

- 2.1. Definition & various components of Macro trauma- Pain, Swelling, Redness & Warmth.
- 2.2. Definition & components of Micro trauma.
- 2.3. Steps of Micro Healing
- 2.4. Explanation of Overuse problems and their management.

UNIT 3: First Aid, Hydrotherapy & Thermotherapy

- 3.1. Definition and Meaning of First Aid, Hydrotherapy & Thermotherapy
- 3.2. Detailed Explanation of PRICE
- 3.3. Brief Explanation of Hydrotherapy – Contrast Bath Cold & Hot Packs and Whirlpool
- 3.4. Brief Description of Thermotherapy - Infrared

UNIT 4: Electrotherapeutic Modalities

- 4.1. Concept and Brief Explanation of Shortwave Diathermy. Long wave Diathermy & Microwave Diathermy and Ultraviolet Rays
- 4.2. Concept & Use of Electrical Muscle Stimulation
- 4.3. Ultrasound and their combined Utility
- 4.4. Brief Description of TENS, Diapulse & LASER therapies

Practical:

- Shin Splint
- Tennis Elbow
- Sprains & Strains
- Isotonic, Isometric & other Rehabilitative exercises
- Practical of Actinotherapy and other therapeutic modalities available at the health centre
- Clayton electrotherapy explained

Suggested Readings

1. Carolyn Kisner & Lynn Allen Colby, (2004) *Therapeutic Exercise: Foundation & Techniques*, New Delhi .
2. Dr. P.K. Pandey, (2003) *Sports Medicine Curious Queries* KhelSahitya Kendra New Delhi.
3. Freddie H. Fu, David A. Stone,(2001) *Sports Injuries: Mechanism, Prevention, Treatment*, Lippincott Williams & Wilkins.
4. Jayant Joshi, PrakashKotwal; B.I. Churchill Livingstone (2008) *Essential of orthopedics & Applied Physiotherapy*, New Delhi.
5. Peggy A. Houglum(2001)*Therapeutic Exercise of Athletic Injuries*, , Athletic Training Education Series.
6. Stevan Roy and Richard Irvin (2001) *Sports Medicine: Prevention, Evaluation, Management & Rehabilitation*; New Jersey .

NAME OF THE PAPER: SPORTS MANAGEMENT

PAPER CODE: MASP-EC:306

LEARNING OBJECTIVE:

- Understanding the process of organizing Sports Events
- Identify importance of scale in planning and managing Sports Events
- Conceive, plan, execute and evaluate a Sports Event
- Learning the management of commercials in Sports Events

UNIT 1: Meaning, Features & Strategic Planning

- 1.1. Introduction to Sports Event Management
- 1.2. Planning Process – Features & Limitations of Planning
- 1.3. Steps of Implementation of Strategy
- 1.4. Growth, Challenges, & Future of Sports Events in India

UNIT 2: Functions of Sports Management

- 2.1. Organizing Functions of Sports Management.
- 2.2. Directing Functions of Sports Management
- 2.3. Defining & Developing Objectives for Sports Events
- 2.4. Designing & Executing Sports Marketing Plan

UNIT 3: Sports Budgeting & Sponsorship

- 3.1. Stages of Budgeting Process
- 3.2. Identifying Revenue Streams
- 3.3. Event Operation Cost
- 3.4. Sponsorship

UNIT 4: Sports Event Review and Evaluation

- 4.1. Reviewing the games – Post games Review
- 4.2. Post-event promotions and media coverage
- 4.3. Following-up with Sponsors; Post-event Debriefing
- 4.4. Evaluating objectives and outcome of Sport Event

PRACTICAL

- Event Preparation & Execution on paper
- Creating procurement checklist for the Sports event
- Organizing a Sports Match internally, every fortnight
- Interning to organize in-house Sports Events

Suggested Readings

1. Bucher, C.H.(1983) *Administration of Physical Education and Athletic Programmes*, The C.V. Mosby Company, London.
2. Zeigler, E.M. and Dewie, G.W. (1983) *Management Competency Development in Sports and Physical Education*, Lea and Febiger, Philadelphia.
3. Allen, L.A.(1958) *Management and Organization*,Mc-Graw Hill Book Company, Inc., London.
4. Huges, W.L. et. al. (1962) *Administrative of Physical Education*,The Ronald Press, Company, New York.
5. Venderzwaq, H.J.(1935) *Sports Management in Schools and Colleges*, McMillan Publishing Company, New York.
6. Larry Horine,(1991) *Administration of Physical Education and Sports*, Wm.C. Brown Publishers (IInd Edition).
7. Rober L. Mathis & John H. Jackson (2000)*Human Resource Management* (NinthEdition) South Western College Publishing.
8. JackquelynCuneed& M. Joy Sidwell,(1994) *Sports Management Field Experiences*, Fitnson Information Technology,Inc.

SEMESTER IV

NAME OF THE PAPER: PROFESSIONAL PRACTICES IN SPORTS PSYCHOLOGY

PAPER CODE: MASP-CC:401

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
- 2.4. Interpersonal Relationship of Coach and Athletes

UNIT 3: Mental Training and Sport

- 3.1. Need and Importance Mental Training in Sport for Athletes
- 3.2. Relaxation Techniques (PMR, Autogenic Training, Deep Breathing, Guide Imagery)
- 3.3. Activation Techniques (Imagery, VMBR, HYPNOTHERAPY)
- 3.4. Concentration Training, Self-confidence and self-efficacy 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: basics of counseling skills, CCT, Gestalt, Assertive Training, Cognitive Interventions

PRACTICAL

- Intervention strategies for individual sport athletes
- Intervention strategies for team sport athletes

Suggested Readings

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

Electronic Resources: Generic Journals

1. Anxiety, Stress and Coping
<http://www.tandf.co.uk/journals/titles/10615806.html>
2. Journal of Personality and Social Psychology
<http://www.apa.org/journals/psp.html>
3. Memory & Cognition <http://www.psychonomic.org/MC/>

**NAME OF THE PAPER: PSYCHOLOGY OF WOMEN AND SPECIAL POPULATION
PAPER CODE: MASP-CC:402**

LEARNING OBJECTIVE:

- Understanding Gender Role in sports.
- Understanding issues of female athletes
- Understanding different categories of Athletic population

UNIT 1: Gender Role

- 1.1. Meaning and Definition of Gender
- 1.2. Sex Differences and their importance
- 1.3. Socialization Process in Girls and Boys.
- 1.4. Gender-Inequity and Gender Expectation in Sport.

UNIT 2: Female Athletes and Sport

- 2.1. Female Athletes Triad: Problems caused by extreme exercise
- 2.2. Problems by high performance female athletes (Societal, Dietary, Menstrual, Emotional, Osteoporosis)
- 2.3. Psycho physiological Issues

UNIT 3: Female Athletes and Role Play

- 3.1. Role Conflict and Female Athletes
- 3.2. Gender Role Expectations
- 3.3. Gender Stereotypes (Past and Present),
- 3.4. Expectation from Family, Friends and others

UNIT 4: Sport and Special Populations

- 4.1. Minority & High risk Athletes
- 4.2. Elite Athlete
- 4.3. Physically Challenged and Injured Athletes
- 4.4. Psychological Perspective on Athletes with Physical Disabilities

PRACTICAL

- Case study of women athletes and physically challenged athletes
- Remedies/Counseling Techniques

Suggested Readings

1. Nideffer, Robert M. (1987) *Athlete's Guide to Mental Training*, 2nd ed. Human Kinetics Publishers, Inc Champaign IL.
2. Papaioannou, A.G and Hackfort, Dieter (2014) *Routledge Companion to Sport and Exercise Psychology*. Routledge , Taylor & Francis Group, London and New york.
3. Vealey ,Robin.S (2005) *Coaching for the Inner Edge* Morgantown, WV: Fitness Information Technology.
4. Williams, Jean M.(2014) Vikki Krane *Applied Sport Psychology, Personal Growth in Peak Performance, 7th Ed.* WM.C.Brown Publishers.
5. Weinberg, R.S & Gould, Daniel (2015) *Foundations of Sport and Exercise Psychology, 6th Ed.* Human Kinetics Publishers, Inc Champaign IL.

NAME OF THE PAPER: YOGA AND MENTAL HEALTH

PAPER CODE: MASP-CC:403

LEARNING OBJECTIVE:

- Introducing Psycho Physiology and understanding Metaphysical base of Yoga.
- Understanding Indian and Western concept of Personality and therapeutic applications of Yoga.

UNIT 1: Introduction to Psycho Physiology of Yoga

- 1.1. Introduction to Yoga and Mental Health (Psychological and Transcendental perspective. Meaning and characteristics of Mental Health.
- 1.2. Psycho – Physiology of Traditional Yoga.
- 1.3. Concept of Normality
- 1.4. Importance of Normality and Psychological Model

UNIT 2: Metaphysical Base of Yoga

- 2.1. Attitude formations through Yama and Niyam. Individual adjustment in the context of Yoga
- 2.2. Conflict : Concept, Types and the Yogic approach
- 2.3. Frustration : Concept and the Remedial measures in Yoga
- 2.4. Developing resilience and Coping with stress

UNIT 3: Concept of Personality

- 3.1. Indian and western concept of personality
- 3.2. Indian approach to personality of PanchaKosa
- 3.3. Psychological approach of Freud.
- 3.4. Attitude change through Yoga , Mental Relaxation through Prayer

UNIT 4: Therapeutic Applications of Yoga

- 4.1. Yoga Psychology : Relevance to Stress, Anxiety, and Emotional Disorders
- 4.2. Yogic life style for Stress, Anxiety and Depression
- 4.3. Yoga Meditation : Metaphysical and Therapeutic Perspective
- 4.4. Concept of Health and Positive Health in Relation to Yogic way, Prayer : a cross cultural approach to Mental Health and beyond

PRACTICAL

- Asana, Pranayama , Meditation , Kriya

Suggested Readings

1. Babu, R. K. (2011). *Asana sutras*. Vizianagaram, India: Home of Yoga Publications.
2. Desikachar, T. K. V. (2003). *Reflections on Yoga Sutras of Patanjali*. Krishnamacharya Yoga Mandiaram.
3. Iyengar, B. K. S. (1976). *Light on yoga*. London: UNWIN Paperbacks.
4. NiranjananandaSarswathi, Swami. (1994): *Prana, pranayama, pranavidya*. Munger, India: Bihar School of Yoga.
5. Rama, R. R. (2006). *Journey to the real Self*. Vijinigiri, India: Yoga Consciousness Trust.

6. Satyananda S, Swami. (2002). *Asana, pranayama, mudra, bandha*. Munger, India: Yoga Publications Trust.

NAME OF THE PAPER: DISSERTATION

PAPER CODE: MASP-CC:404

INTERNSHIP

Internship is an important component of sport psychology training that provides students with the opportunity to gain applied practical experience in the field of sport psychology. It allows a student to employ what is learned in class in a supervised environment, which is critical in order to further develop professional skills and assure quality practice. Each student admitted to the M.A. Sports Psychology course shall undergo 8 Credits (144 hours) compulsory internship programme at institutes under Ministry of Youth Affairs and Sports (MYAS). The internship programme shall be of 200 marks, out of which 100 marks shall be internal and 100 marks shall be external.

LEARNING OBJECTIVES OF INTERNSHIP:

The Masters internship would examine the implementation of curriculum based knowledge acquired by the Post Graduate Students which includes the following learning objectives:

- Theories about psychological requirement and relevance for the sports and exercise participants.
- The social context within which sport psychology is applied.
- Methods and ways to carry out studies in the sports psychology with which the student shall be able to reflect upon the way these methods are applied for Sport Psychology as a profession.
- To acquire knowledge of the challenges faced by sports psychologists and the ways to address them.
- Managerial and organizational skills relevant for sports psychology.
- Assessment of sportspersons and applying intervention strategies.
- Applying counselling skills on different level of sportspersons.

ASSESSMENT CRITERIA FOR INTERNSHIP SUPERVISOR:

Sr. No.	Please evaluate this student intern on the following items:	Max. Marks
1.	Arrived to work on-time	10
2.	Behaved in a professional manner	10
3.	Effectively performed Assignments	10
4.	Communication skills	10
5.	Ability to work with others and adapt to a variety of Tasks	10
6.	Decision-making, setting Priorities	10
7.	Reliability and dependability	10
8.	Willingness to ask for help and guidance	10
9.	Demonstrated critical thinking and problem solving skills	10
10.	Meeting deadlines	10
Total		100

ASSESSMENT CRITERIA FOR EXTERNAL EXAMINER:

Sr. No.	Component	Max. Marks
1.	Internship Report	30
2.	Viva-Voce	70
Total		100

Project work PART- A

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 Sport, 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-II (B) for External Examiner

Sr. No.	Component	Total Marks
1.	Basic information about the sports chosen	5
2.	Basic skills of the chosen sports	5
3.	Knowledge of psychological skills required for the chosen sports	10
4.	Project File	5
Total		25

Evaluation of Project work-II (B) for Internal Examiner

Sr. No.	Component	Total Marks
1.	Assignment/Practical work/Case study/Field work	10
2.	Attendance	10
3.	Project File	5
Total		25

PART- B

This will be Sports Specific. It may include report writing/assignment/practical work/case study/ field work/ analysis on any Sports Groups e. g Racket Sports, Combative Sport, 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-II (B) for External Examiner

Sr. No.	Component	Total Marks
1.	Basic information about the sports chosen	5
2.	Basic skills of the chosen sports	5
3.	Knowledge of psychological skills required for the chosen sports	10
4.	Project File	5
Total		25

Evaluation of Project work-II (B) for Internal Examiner

Sr. No.	Component	Total Marks
1.	Assignment/Practical work/Case study/Field work	10
2.	Attendance	10
3.	Project File	5
Total		25