

Department of Sports Psychology

SYLLABUS M.A. (Sports Psychology)

(Under Credit Based Continuous Evaluation Grading System)



Rajiv Gandhi University
Rono Hills :: Doimukh

(Approved by the Ministry of Youth Affairs and Sports Government of India)

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Scheme of Examination

M.A. (Sports Psychology) (Under Credit Based Continuous Evaluation Grading System)

Semester-I

Course No.	C/E/I	Course Title	L	T	P	Total Credits	Marks (Mid Semester + Major Exam)
Core Courses							
SPS 511	C	Physiological Psychology	4	0	0	4	20+80:100
SPS 512	C	Developmental Psychology	4	0	0	4	20+80:100
SPS 513	C	Research and Educational Methodology	4	0	0	4	20+80:100
SPS 514	C	Fundamental Psychology – I	4	0	0	4	20+80:100
SPS 500	P	Psychological Training and Assessment	0	0	20	10	* C.F.
Total			16	0	20	26	

* C.F. (carried forward to 4th semester)

Semester-II

Course No.	C/E/I	Course Title	L	T	P	Total Credits	Marks (Mid Semester + Major Exam)
Core Courses							
SPS-521	C	Positive Psychology	4	0	0	4	20+80:100
SPS-522	C	Fundamental Psychology – II	4	0	0	4	20+80:100
SPS-523	C	Applied Social Psychology In Sports	4	0	0	4	20+80:100
SPS-501	P	Psychological Training and Assessment	0	0	12	6	* C.F.
SPS-502	P	Dissertation	0	0	8	8	* C.F.
Elective Course (3 Credits)							
SPS-524	E	Elective Course	3	0	0	3	20+80:100
Total			15	0	20	29	

* C.F. (carried forward to 4th semester)

*** List of Elective Courses:**
A candidate may opt any of the paper offered by other departments.

Semester-III:

Course No.	C/E/I	Course Title	L	T	P	Total Credits	Marks (Mid Semester + Major Exam)
Core Courses							
SPS-531	C	Exercise Testing for Health and Skill Related Components of Fitness	4	0	0	4	20+80:100
SPS-532	C	Practicum in Dietary Analysis	4	0	0	4	20+80:100
SPS-533	C	Clinical Sports Psychology	4	0	0	4	20+80:100
SPS-503	P	Psychological Training and Assessment	0	0	12	6	* C.F.
SPS-504	P	Dissertation	0	0	8	8	* C.F.
Interdisciplinary Course							
SPS -534	I	Interdisciplinary	4	0	0	4	20+80:100
Total			16	0	20	30	

* C.F. (carried forward to 4th semester)

Semester-IV:

Course No.	C/E/I	Course Title	L	T	P	Total Credits	Marks (Mid Semester + Major Exam)
Core Courses							
SPS-541	C	Sports Psychology	4	0	0	4	20+80:100
SPS-542	C	Principles of Neuropsychology	4	0	0	4	20+80:100
SPS-543	C	Counselling Skills for Sports Psychologists	4	0	0	4	20+80:100
SPS-505	P	Psychological Training and Assessment	0	0	16	8	*600
SPS-506	P	Dissertation	0	0	8	8	*600
Total			12	0	24	28	

*Total marks from I to IV semester

M.A. (Sports Psychology) (Semester-I)
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SPS-511: PHYSIOLOGICAL PSYCHOLOGY

L T P 4 0 0

SECTION

-A

1. Understanding Human Consciousness:

A Physiological Approach, The Nature of Physiological Psychology.

2. Psychopharmacology: Principles of Psychopharmacology, Sites of Drug Action, Neurotransmitters and Neuromodulators.

3. Methods and Strategies of Research: Experimental Ablation, Recording And Stimulating Neural Activity, Neurochemical Methods, Genetic Methods.

SECTION – B

1. Vision:

The Stimulus, Anatomy of the Visual System, Coding Of Visual Information in the Retina, Role of the Striate Cortex, Role of The Visual Association Cortex Audition.

The Body Senses and the Chemical Sense.

2. Control of Movement:

Muscles, Reflexive Control of Movement, Control of Movement by the Brain.

3. Sleep and Biological Rhythms:

A Physiological and Behavioral Description Of Sleep, Disorders of Sleep, Need of Sleep, Physiological Mechanisms of Sleep And Waking, Biological Clocks.

Emotion: Emotions as Response Patterns, Communication of Emotions, Feelings of Emotions.

SECTION – C

1. Ingestive Behavior:

Physiological Regulatory Mechanisms. Drinking, Eating, Some Facts about Metabolism: Brain Mechanisms, Obesity, Anorexia Nervosa/Bulimia Nervosa.

2. Learning and Memory:

The Nature of Learning, Perceptual Learning, Classical Conditioning, Instrumental Conditioning, Relational Learning.

3. Human Communication:

Speech Production and Comprehension: Brain Mechanisms, Disorders of Reading and Writing

SECTION – D

1. Neurological Disorders:

Tumors, Seizure Disorders, Cerebrovascular Accidents, Disorders of Development, Degenerative Disorders, Disorders Caused By Infectious Diseases.

Anxiety Disorders, Autistic Disorder, Attention-Deficit/Hyperactivity Disorder, and Stress Disorders.

2. Drug Abuse: Common Features of Addiction, Commonly Abused Drugs Heredity and Drug Abuse, Therapy for Drug Abuse

References

1. Neil R. Carlson,. (2013). Physiology of Behavior: 11th Edition, ISBN-13: 9780205239399
- John P. J. Pinel, Pearson (2014), Biopsychology (9th Edition), ISBN: 9780205988273
- Wilson,J. F. (2003). Biological Foundations of Human Behavior. Thompson/Wadsworth:

M.A. (Sports Psychology) (Semester-I)
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**SPS-512: DEVELOPMENTAL
PSYCHOLOGY**

**SECTION
- A**

1. The Study of Human Development
2. The Human Heritage
3. Prenatal Development and Birth
4. Infant Capacities and the Process of Change
5. The achievements of the first year
6. The end of infancy
7. Child-caretaker relations: attachment

**SECTION
- B**

1. Language acquisition in early childhood
2. Social development in early childhood
3. Biological attainments of middle childhood
4. Cognitive attainments of middle childhood
5. Schooling and development in middle childhood
6. Social development in middle childhood
7. Perceptual development in middle childhood

**SECTION
- C**

1. Biological foundations of adolescence
2. Social foundations of adolescence

3. Formal operational thought and morality
4. Cognitive development during adolescence
5. Emotional development during adolescence
6. Psychological problems of adolescence
7. Coping Strategies for adolescents problems

**SECTION
- D**

1. The psychodynamics of the family
2. Parenting and social class
3. Physical changes during adulthood
4. Cognitive changes during adulthood
5. Social development during adulthood
6. Emotional development during adulthood
7. Ageing theories and coping bereavement

References:

1. Cole, M., Cole, S., & Lightfoot, C. The Development of Children, 5th ed., Worth Pub., 2005
2. Lareau, A. Unequal Childhoods, Univ. of California Press, 2003
3. Paley, V. Boys and Girls: Superheroes in the Doll Corner, Univ. of Chicago Press, 1984
4. Rubin, L. Families on the Fault Line, Harper Perennial, 1994

**M.A. (Sports Psychology) (Semester-I)
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SPS-513: RESEARCH & EDUCATIONAL METHODOLOGY

L T P

4 0 0

SECTION – A

1. **Basic concepts**-Importance of research in clinical practice, Problem identification, Ethical issues in research, Literature review, meta-analysis
2. **Types of Research**-Qualitative & Quantitative, Descriptive & Experimental, Longitudinal & Cross-sectional, Survey Research.
3. **Sample Designs**-Types of sampling, Reliability, Validity, Variables, sample size.

SECTION – B

1. **Processing and analysis of data**-Central tendency, Dispersion, Correlation, regression analysis, multiple correlation and regression.
2. **Sampling and testing of hypothesis**-Concept of probability, Standard deviation, confidence intervals, null and alternate hypothesis, level of significance, correlation coefficients, ANOVA, Tukey's HSD.
3. **Non parametric tests**-Fisher Irwin test, Mc Nemar test, Wilcoxon Mali test, Mann Whitney test, Kruskal Walis test, Spearman's rank correlation.

SECTION – C

1. **Define**-Symposia, Seminar, Conference, Journal, Thesis, Book, Key elements of scientific writing.
2. **Presenting Research**-Strategies of paper writing, Design of paper writing, Tactics of paper writing, Reasons for rejection, Where to publish, Poster presentation (Poster space, Standard format), Plagiarism.
3. **Oral Presentations at Conferences/Seminars**-Preparing presentation, Duration of presentation, What to present

SECTION – D

1. **Educational Methodology**-Principles and methods of teaching with respect to sports science students and client: Strategies and planning of teaching, curriculum development, formation of course objective, time management, role of Audio – visual aids, method of knowledge dissemination.

Practicals:

The student will be required to review the literature thoroughly and prepare a research proposal for dissertation in consultation with his/her supervisor by the end of the semester.

References

1. Mohsin S.M.: Research Methods in Behavioral Sciences: Orient Publications.
2. Colton: Statistics in medicine, Little Brown Company, Boston.
3. Mahajan: Methods in Biostatistics, Jay Pee Brothers.
4. Vincent: Statistics in Kinesiology, Human Kinetics.
5. Hicks: Research for Physiotherapists, Churchill Livingstone

M.A. (Sports Psychology) (Semester-I)
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SPS-514:
FUNDAMENTAL
PSYCHOLOGY – I

L T P
4 0 0

SECTION – A

Individual Aspects of Sports Performance in:

1. Personality:

- a. Knowledge of theories of personality
- b. Structure of personality (Hollander)
- c. Trait perspectives (including the characteristics of extroversion/introversion, neuroticism/stability, type A/type B)
- d. Social learning perspective, Interactionist approaches
- e. Limitations of personality profiling in sport
- f. Personality tests

2. Attitudes:

- a. Knowledge of the nature of attitudes, Identify the components of attitudes (cognitive, affective, behavioural)
- b. Identify the links between attitudes and behaviour in sporting situations
- c. Ways of measuring attitudes

SECTION – B

Individual Aspects of Sports Performance in:

1. Motivation:

- a. Sport-Specific Definition, sources, impact and theories of motivation
- b. Identifying and strengthening optimal motivation levels

2. Learning and Performance

- a. Definition and characteristics of motor and perceptual skills
- b. Classification of skills
- c. Learning– definition and theories
- d. The performance of movement skills –memory, reaction time, movement control, motivation and control.

I. Mental Preparation for Sport Performance:

Awareness of the use of the NCF's four Cs: Commitment, Confidence (self), concentration, and Control (emotional)

2. Commitment:

- a. Knowledge of goal setting
- b. importance and relevance to sport (related to anxiety management)
- c. Identify factors affecting the setting of goals (“SMARTER” principle)

3. Confidence:

- a. Defining confidence in sport (Vealey)
- b. Assessing and Developing confidence
- c. Defining and Developing optimistic mind-set
- d. Knowledge of self-efficacy (Bandura) and the influence of performance accomplishments, vicarious experiences, verbal persuasion, and emotional arousal

4. Concentration:

- a. Understanding concentration in sport
- b. Components, Assessment, Strategies of concentration
- c. Knowledge of attentional control
- d. Awareness of cue utilisation (Easterbrook) and its links with arousal
- e. Knowledge of attentional styles

5. Emotional Control:

- a. Definition of activation and arousal
- b. Awareness of their relationship to personality, ability level and complexity of task
- c. Knowledge of the peak flow experience, the zone of optimum functioning theory (Hanin) and the definition of anxiety
- d. Trait anxiety tests
- e. Knowledge of the nature and influences of anxiety, multidimensional theory (cognitive anxiety and somatic anxiety) and sports competition anxiety
- f. Knowledge of anxiety management to improve performance

SECTION – D

Practical ethics in sport management

1. Fundamentals of ethics and leadership in sports management
2. Youth sports issues
3. Academics for athletes in colleges
4. Ethical decision making in sports
5. Burnout in athletes: Overtraining and Overreaching, Recommended Intervention
6. The psychology of athletic injuries: Personality Factors, Coping Resources

References:

1. Advances in Motivation in Sport & Exercise by Glyn Roberts, Human Kinetics.
2. Motivation and Emotion in Sport: Reversal Theory by John H. Kerr, Psychology Press.
3. Human Motivation by David C. McClelland, Cambridge University Press.
4. Psychology of Motivation by Denis Waitley, Nova Publishers.
5. Personality, Individual Differences and Intelligence by John Maltby, Liz Day, Ann Macaskill, Pearson Education limited
6. Theories of Personality by Jess Feist, Gregory J Feist, Irwin/McGraw–Hill
7. Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers by Lew Hardy, Graham Jones, Daniel Gould, Wiley–Blackwell
8. Assessment in Sport Psychology by Robert M. Nideffer and Marc–Simon Sagal, Fitness Information Technology
9. Sport Psychology by Arnold Leunes and Jack Nation, Wadsworth Pub Co
10. Sport Psychology: Concepts and Applications Cox, R.H., McGraw–Hill Humanities
11. Attitudes and Attitude Change by William D. Crano, RadmilaPrislin, Psychology Press.
12. Attitudes: Their Structure, Function and Consequences by Russell H. Fazio, Richard E.Petty, Psychology Press
13. Imagery in Sport by Tony Morris, Michael Spittle Anthony, P Watt., Human Kinetics.
14. Applying Sport Psychology: Four Perspectives by Jim Taylor, Gregory Scott Wilson, Human Kinetics.
15. Weinberg, R.S., & Gould, D. Foundations of Sport and Exercise Psychology, Human Kinetics.
16. Schmidt and Wrisberg. Motor Learning and Performance: A Problem Based Learning Approach, Human Kinetics.

M.A. (Sports Psychology) (Semester-II)
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SPS-521: POSITIVE PSYCHOLOGY

L T P 4 0 0

SECTION – A

A

1. Major Developments in Positive Psychology
2. Positive Emotions
3. Classifying and Measuring Strengths of Character

SECTION – B

1. Positive Psychology Perspectives on Human Behavior
2. Positive Psychology for Children and Adolescents: Development, Prevention, and Promotion
3. The Positive Youth Development Challenges and Opportunities In ageing Wisdom and Life Longings

SECTION – C

1. Cognitive approaches: creativity, personal control, optimism, self efficacy, determination and courage
2. Emotional approaches: happiness, satisfaction, self esteem, coping with stress, emotional intelligence, emotional creativity.
3. Interpersonal approaches: compassion, empathy and altruism, forgiveness, gratitude and love

SECTION – D

1. Self based approaches: self verification, reality negotiation, humility, distinctiveness
Biological approaches: role of neuropsychology on social behaviour and cognitive process, social support, heart and emotions, toughness.
2. Positive institutions: family, school, workplace, law and policies
Specific coping approaches: meditation, spirituality, sharing, resilience and therapeutic interventions
3. Future of positive psychology

References

1. The Oxford Handbook of Positive Psychology (2 ed.) , Shane J. Lopez and C.R. Snyder, Jul 2009. ISBN: 9780195187243
2. The Wiley Blackwell Handbook of Positive Psychological Interventions, 2014 John Wiley & Sons, Ltd. Acacia C. Parks, Stephen M. Schueller, 2014, John Wiley & Sons, Ltd. ISBN: 9781119950561

M.A. (Sports Psychology) (Semester-II)
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**SPS522: FUNDAMENTAL
PSYCHOLOGY – II**

L T P 4 0 0

SECTION – A

1. Goal Setting:

- a. Understanding Goal Setting and Sport Performance
- b. Principles of goal setting
- c. Designing of goal setting system
- d. Common problems in goal setting
- e. Goal setting interventions

2. Mental Imagery:

- a. Define imagery
- b. Factors affecting the imagery
- c. Uses of imagery
- d. Keys to effective imagery
- e. Developing an imagery training program

3. Group Dynamics of Sport Performance I:

- a. Definition of a group/team
- b. Structure of group
- c. Theories of group development
- d. Creating an effective team climate
- e. Assessing team climate

SECTION – B

1) Leadership:

- a. Understanding the importance of effective leadership
- b. Leadership styles
- c. Identify characteristics of leaders
- d. Great Man theory v Social Learning theory
- e. Knowledge of theories of leadership

2) Competition Effects on Sport Performance

- a. Defining Social Facilitation and Audience Effects
- b. Knowledge of the positive (facilitation) and negative (inhibition) effects of others
- c. Knowledge of the causes and effects of evaluation apprehension (Cottrell)
- d. Awareness of the distraction effect and home field advantage phenomenon
- e. The use of strategies to combat the effects of social inhibition

3) Group Dynamics of Sport Performance II:

- a. Knowledge of Steiner's model of group performance
- b. Awareness of problems associated with productivity of a group/team
- c. Knowledge of factors affecting the formation and development of a cohesive group/team

- d. Cooperation and competition
- e. Social loafing and Ringelmann effect

SECTION – C

1) Aggression:

- a. Definition and types of aggression
- b. Knowledge of the causes of aggressive behaviour
- c. Knowledge of theories of aggression and methods of eliminating tendencies of performers
- d. Strategies to control reactive aggression
- e. Differences between aggressive and assertive behaviour

2) Consequences of Sport Performance:

- a. Attribution theory
- b. Identify reasons for success and failure
- c. Knowledge of Weiner's model
- d. Justify the use of attributional retraining
- e. Awareness of strategies for the promotion of mastery orientation and the avoidance of learned helplessness

3) Psychological Problems of Athletes:

Injury

- a. Understanding the Psychological Factors of Injury
- b. Understanding the psychological factors of rehabilitation
- c. Path to Rehabilitation Failure and to Rehabilitation Success
- d. Assessment of psychosocial factors linked to sport injury
- e. Biopsychosocial experience of injured athletes during rehabilitation.

SECTION – D

1) Eating Disorders:

- a. Defining Eating Disorders
- b. Prevalence Symptoms, Causes of Eating Disorders
- c. Treatment of Eating Disorders
- d. Prevention of Eating Disorders
- e. Assessment tools for eating disorder

2) Substance Abuse:

- a. Commonly Used Substances
- b. detecting substance abuse
- c. Prevention, and Intervention
- d. Treatment for Substance Abuse
- e. Drug Treatment Professionals

3) Career Transitions:

- a. Definitions of Career Transitions
- b. Causes of career transition

- c. Psychological Reactions to Career Transition
- d. Coping Factors Related to Quality of Career Transition
- e. Career Transition Interventions

References:

1. Advances In Motivation In Sport & Exercise by Glyn Roberts, Human Kinetics
2. Motivation and Emotion in Sport: Reversal Theory by John H. Kerr, Psychology Press
3. Human motivation by David C. McClelland, Cambridge University Press
4. Psychology of Motivation by Denis Waitley, Nova Publishers
5. Personality, Individual Differences and Intelligence by John Maltby, Liz Day, Ann Macaskill, Pearson Education limited
6. Theories of Personality by Jess Feist, Gregory J Feist, Irwin/McGraw–Hill
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14. Applying Sport Psychology: four perspectives by Jim Taylor, Gregory Scott Wilson, Human Kinetics.
15. Weinberg, R.S., & Gould, D. Foundations of Sport and Exercise Psychology, Human Kinetics.
16. Schmidt and Wrisberg. Motor Learning and Performance: A Problem Based Learning Approach, Human Kinetics.
17. Sharp B., Acquiring Skill in Sport, Sports Dynamics.
18. Webster S. Sport Psychology: An A Level Guide for Teachers and Students, Jan Roscoe Publications.

M.A. (Sports Psychology) (Semester-II)
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**SPS-523: APPLIED SOCIAL
PSYCHOLOGY IN SPORTS**

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SECTION – A

Relationships in Sport:

- 1) Defining, Importance, Current Concepts of the Coach–Athlete Relationship
- 2) Integrated Research Model
- 3) Communication
- 4) Conflict
- 5) Relational Expertise
- 6) Youth Peer Relationships in Sport
- 7) Guiding Theoretical Frameworks

Coach Leadership and Group Dynamics (Part I)

- 1) Multidimensional Model of Coach Leadership
- 2) Social–Cognitive Approach to Coaching Behaviours
- 3) Initial Mediational Model
- 4) Expanded Mediational Model and Research Implications
- 5) Development and Evaluation of Coach Effectiveness Training

SECTION – B

Coach Leadership and Group Dynamics (Part II)

- 1) Team Cohesion: Nature, Correlates, and Development
- 2) Conceptual Model for Team Cohesion, Relationship of Team Cohesion to Team Success, Correlates of Cohesion
- 3) Benefits and Liabilities of Cohesion
- 4) Team Building
- 5) Impact of an Audience on Sport Performers
- 6) Athletes Respond to an Audience and Positive and Negative Effects of Audiences on Athlete Performance

Motivational Climate:

- 1) Coach–Created Motivational Climate
- 2) Conceptual Issues and Measurement Challenges
- 3) Parent–Created and Peer Created Motivational Climate
- 4) Achievement Goal Theory and Motivational Climate

SECTION – C

Key Social and Cognitive Processes in Sport (Part I)

- 1) Physical Self–Concept and Sport
- 2) Critical Issues in Self–Concept Research
- 3) Self–Description Questionnaires, Physical Self–Description Questionnaire (PSDQ),
Elite Athlete Self–Description Questionnaire
- 4) Causal Ordering of Self–Concept and Performance

Key Social and Cognitive Processes in Sport (Part II)

- 1) Efficacy Beliefs
- 2) Role Efficacy and Collective Efficacy Within Sport Teams
- 3) Coaching Efficacy in Sport
- 4) Approaches to Person Perception

SECTION – D

The Athlete in the Wider Sport Environment

- 1) Defining Social Support, Principles, Influence of Social Support on Athletes
- 2) Lifespan Perspective on the Athletic Career
- 3) Multistage Perspective on Parental Involvement
- 4) Stages of Parental Involvement
- 5) Passion for Sport in Athletes
- 6) Theory and Research on Passion
- 7) Theories of Morality
- 8) Cross–Cultural Issues in Sport Psychology Research
- 9) Goals of Cross–Cultural Research
- 10) Methodological Issues

References:

1. Social Psychology in Sport by Sophia Jowett, David Lavalley, Human Kinetics.
2. Group Dynamics by Donelson R. Forsyth, Wadsworth Publishing.
3. Group Dynamics in Exercise and Sports Psychology: Cotemporary Themes by Mark A Eys, Routledge.
4. Group Dynamics in Sport by Albert V. Canon, Heather Hausenblas, Mark A. Eys, Fitness Information Technology.
5. Advances in Sports Psychology by Thelma S Horn, Human Kinetics.
6. Psychological Dynamics of Sport and Exercise by Dianel. Gill, Lavon Williamsy, Human Kinetics.
7. Anxiety in Sports: An International Perspective. by Dieter Hackfort, Hemisphere Publishing Corporation.

M.A. (Sports Psychology) (Semester-II)
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SPS-524: EVIDENCE BASED PRACTICE IN ALLIED HEALTH SCIENCES
(ELECTIVE)

SECTION – A

1. Introduction to evidence– based complementary medicine
2. Evidence–based health care 3
.Evidence–based practices
4. Evidence–based decision making and management

SECTION – B

1. Types of evidence
 - a. Definition of evidence
 - b. Forms of evidence
2. Randomized controlled trials
 - a. Steps of RCT

SECTION – C

1. Case-control studies
 - a. Design
 - b. Sources of Cases
 - c. Data Collection
 - d. Analysis
2. Cohort studies
 - a. Types
 - b. Subject Selection
 - c. Data Selection
 - d. Analysis

SECTION – D

1. Applying the evidence
 - a. Pathways, guidelines and protocols
 - b. Future directions for clinical effectiveness
2. Evaluation of effectiveness and efficiency of the process

References:

1. Martin Dawes, Philip Davies, and Alistair Gray, Evidence-Based Practice: A Primer for Health Care Professionals. Elsevier Publication.
2. Albert R. Roberts and Kenneth R. Yeager, Evidence-Based Practice Manual: Research and Outcome Measures in Health and Human Services, Oxford University Press.
3. Allen Rubin, Practitioner's Guide to Using Research for Evidence-Based Practice. John Willey & Sons Publication.
4. Domhnall MacAuley Thomas M Best, Evidence-based Sports Medicine. BMJ Books.
5. Kathryn Refshauge and Elizabeth Gass, Musculoskeletal Physiotherapy: Its Clinical Science and Evidence-Based Practice. Churchill Livingstone.
6. Allen Rubin, Statistics for Evidence-Based Practice and Evaluation. Cengage learning.
Bernadette Melnyk, Ellen Fineout-Overholt, Evidence-Based Practice in Nursing and Healthcare: A Guide to Best Practice, Lippincott Williams & Wilkins.

M.A. (Sports Psychology) (Semester-II)
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SPS525: WOMEN HEALTH AND EXERCISE (ELECTIVE)

LTP 300

SECTION – A

1. Gender difference in muscle morphology- Women and Physical Fitness: Physiological Differences between Women and Men Related to Athletic Performance and Physical Fitness, Anaerobic Power, Maximal Aerobic Power, Body Composition and Muscular Strength.

SECTION – B

1. Risk Factors, Age, Sex and Hormones, Racial and Ethnic, Heritage Underweight and Physical Activity.

2. Menstruation and Exercise: Exercises and Menstrual Disorders, Possible Causes of Menstrual Disorders among female Athletes, Performance and Competition during Menstruation.

3. Deficiency related to women : , Calcium Nutrition, Iron- Deficiency Anemia, Function of iron in the Body, Causes for iron Deficiency Anemia, Who is at risk of Developing Iron Deficiency, Stages of depletion.

SECTION – C

1. Special Considerations for Women Osteoporosis Risk: Osteoporosis, Type I Osteoporosis, Type II Osteoporosis, Bone health: assessment and treatment of osteopenia and osteoporosis, Developing Peak Bone Mass. Prevention of Osteoporosis.

2. Evaluation and Treatment of Common Musculoskeletal Complaints

SECTION – D

1. Pregnancy, Lactation, and Exercise: Exercise during Pregnancy, Benefits of Exercise on Weight Reduction after Pregnancy. Effects of Cigarette Smoking and Alcohol Consumption

2. Exercise for the childbearing year .Exercise for adolescence and older woman

3. Hypertension issues among Women

References:

1. Nadya Swedan (2001): Women's Sports Medicine and Rehabilitation. An Aspen Publication.
2. Mary Lloyd Ireland & Aurelia Nattiv (2002): The Female Athlete. Saunders Publication.
3. Cardozo L and Staskin D (2006): Textbook of Female Urology and Urogynaecology (2nd edn). London: Isis Medical Media Ltd.
4. Mantle J, Haslam J and Barton S (2004): Physiotherapy in Obstetrics and Gynaecology. (2nd ed.) London: Butterworth-Heinemann.
5. Sapsford R, Markwell S and Bullock-Saxton J (1998): Women's Health: A Textbook for Physiotherapists. London: WB Saunders Company Ltd.
6. Bo, K., Berghmans, L.C.M., Van Kampen, M., Morkved, S. (2007). Evidence-Based Physical Therapy for the Pelvic Floor: Bridging Science and Clinical Practice. London: Churchill Livingstone.

M.A. (Sports Psychology) (Semester-III)
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SPS-531: EXERCISE TESTING FOR HEALTH AND SKILL RELATED
COMPONENTS OF FITNESS

SECTION – A

L T P
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1. Pre-test considerations

Benefits associated with physical activity
Physical activity and fitness terminology
Public health perspective for current recommendations
Benefits & Risk of regular physical activities associated with physical activity

2. Sudden death among young individuals and athletes

Risks associated with exercise testing Pre-participation screening algorithm

3. Pre-exercise test evaluations, Baseline measurements

Calculation of HR MAX and 85% HR max depending on protocol
Additional pre participation assessments
Exercise testing and testing supervision recommendations
Children, elderly, apparently healthy, etc.

4. Equations used to estimate aerobic power from TM protocols

Cycle ergometer protocols (arm and leg)
Equations used to estimate aerobic power from cycle ergo meter protocols
Calculations used to estimate aerobic power from other variables

SECTION – B

Test protocols used for measuring the health- and skill-related components of fitness

- 1. CV endurance field tests VO₂max testing**
- 2. Muscular strength, endurance and flexibility**
- 3. Body composition**
- 4. Balance, agility, coordination, reaction time and anaerobic power**

SECTION – C

Exercise testing modifications for cardiac patients

- 1. Pre-participation screening and risk stratification**
Risks of cardiac events during exercise testing
- 2. Diagnostic exercise testing**
Functional exercise testing Measurements during exercise testing Exercise testing
Exercise testing protocols, modalities, and testing supervision recommendations
Exercise testing for return to work Indications for stopping a test

Post-exercise period

Cognitive skills required to competently supervise exercise tests
Exercise testing with imaging
Interpretation of clinical exercise test data

SECTION – D

1. Risk stratification for cardiac patients
Recommendations for supervision and monitoring of exercise
Signs and symptoms below which an upper limit for exercise intensity should be set
2. FITT principle and progression of exercise for the cardiac patient
Guidelines for exercise prescription for cardiac patients without an entry exercise stress test, Benefits of resistance training for cardiac patients Risks of cardiac events during cardiac rehabilitation Prevention of exercise-related cardiac events Exercise training for return to work
3. Special cardiac patient populations

References:

1. Heyward, Vivian. Advanced Fitness Assessment and Exercise Prescription, 5th ed., Human Kinetics, 2006.
2. ACSM's Guidelines for Exercise Testing and Prescription, 8th ed., Lippincott Williams and Wilkins, 2009.
3. Ed. Durstine and Moore. ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 2nd ed. Human Kinetics, 2003
4. ACSM's Health-Related Physical Fitness Assessment Manual, 3rded, 2009.

Peer-Reviewed Journals

Strength and Conditioning Journal
Journal of Strength and Conditioning Research
Medicine and Science in Sports and Exercise

Online Resources

www.acsm.org/
www.nscs-lift.org/

M.A. (Sports Psychology) (Semester-III)
(Under Credit Based Continuous Evaluation Grading System)

SPS532:
PRACTICUM IN
DIETARY ANALYSIS

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SECTION – A
Overview of Dietary
Assessment

1. Historical comparisons of RDI and RDA
2. Dietary Guidelines for normal individuals
3. Dietary Guidelines for special needs
4. Formulate interview questions
5. Guidelines for keeping a diary/log

SECTION – B
Dietary Assessment:
the DRI

1. Dietary Reference Intake tables
2. Dietary Reference Intake reports
3. Individual macronutrients, phytonutrients, vitamins and minerals
4. Interpret lab data
5. Write a care plan
6. Document in a medical record
7. Assessment of Nutritional Status
 - Anthropometry
 - Dietary Survey
 - Clinical Examination
 - Biochemical Estimations

SECTION – C
Clinical Nutrition

1. Role of dietician and Nutritionist
2. Basic concept of diet therapy
3. Therapeutic adaptation of normal diet
4. Obesity – causes, prevention and dietary modification
5. Underweight – causes and Dietary modifications
6. Dietary Counseling
7. Special feeding methods (enteral, parenteral) feeding the patients and psychology of feeding.

SECTION – D

Incidence, etiology, pathology, clinical manifestations, psychological reactions complications and dietary management and for the following diseases:

- Fevers (acute & chronic), effects upon metabolism and diet.
- GIT Diseases – peptic ulcer, ulcerative Colitis, Malabsorption Syndrome, Carbohydrate and Fat intolerance, Celiac disease.
- Liver disease –Hepatitis, Cirrhosis
- Diseases of Pancreas and Gall bladder
- Cardiovascular diseases – Hypertension, Hyperlipidemia, Coronary Heart diseases
- Diabetes mellitus (Juvenile and adult onset types)
- Renal diseases – Glomerulonephritis, Nephrotic Syndrome

References:

Textbooks:

1. Shils, M.E. and Young V.R. (vi edition 1988) Modern Nutrition in Health and Disease. Bombay K.M. Varghese Company
2. Antia, F.P. (1989) Clinical Dietetics and Nutrition. Oxford University Press, Bombay, 3rd Edition
3. Passmore, P. and M.A. Eastwood. (1986). Human Nutrition and Dietetics. ELBS, Churchill, Livingstone, 8th Edition
4. Mahan, L.K. & Ecott-Stump, S. (2000) : Krause's Food, Nutrition and Diet Therapy, 10th Edition, W.B. Saunders Pvt. Ltd.
5. Jacqueline Morris, RD, MPH, CDN, Executive Director, Annex Nutrition Services, Elmsford, New York, *Dietitian's Guide to Assessment and Documentation*, Jones and Bartlett Publishers, 2011.

Peer-reviewed journals:

Journal of Nutrition Education and Behavior

Online resources: Nutrition

Analysis Tool 2.0

<http://www.nat.uiuc.edu/>

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1325

Diet History Questionnaire

<http://riskfactor.cancer.gov/DHQ/>

Dietary Assessment Calibration/Validation Register

<http://appliedresearch.cancer.gov/cgi-bin/dacv/index.pl>

Other:

United States Department of Agriculture National Agricultural Library, Food and Nutrition Information Center

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1342

WHO Experts Raise Antiquated Nutrition Standards – Major implications for millions of malnourished children, 2008. http://www.msfaaccess.org/media-room/press-releases/press-release-detail/?tx_ttnews%5Btt_news%5D=1486&cHash=2e040b6c20

World Health Organization, topics on diet and nutrition <http://www.who.int/topics/diet/en/>

Nutrigrade Software, Song, et al

**M.A. (Sports Psychology) (Semester-III)
(Under Credit Based Continuous
Evaluation Grading System)**

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**SPS-533: CLINICAL SPORTS
PSYCHOLOGY**

**SECTION –
A
Theoretical
and
Scientific
Foundations**

- 1) Introduction to Clinical Sport Psychology
- 2) Integrating Clinical and Sport Science

Assessment and Classification:

- 1) The Multilevel Classification System for Sport Psychology (MCS-SP)
- 2) Psychological Assessment in Sport Psychology

SECTION – B

Abnormality in behaviour

- a) Neurodevelopmental Disorders
- b) Schizophrenia Spectrum and Other Psychotic Disorders
- c) Depressive and Bipolar Disorders Anxiety, Obsessive-Compulsive disorder
- d) Trauma and Stressor-Related Disorders
- e) Dissociative and Somatic Symptom Disorders
- f) Eating Disorders and obesity
- g) Neurocognitive Disorders Personality Disorders
- h) Impulse-Control and Conduct Disorders
- i) Substance-Related and Addictive Disorders

SECTION – C

Interventions in Clinical Sport Psychology:

- 1) Evaluating the Efficacy of Traditional Performance Enhancement Interventions
- 2) Mindfulness-Acceptance-Commitment (MAC) for Performance Development
- 3) Performance Dysfunction
- 4) Performance Impairment-I

- 5) Performance Impairment-II
- 6) Performance Termination
- 7) Case Formulation in Clinical Sport Psychology

SECTION – D

Special Considerations:

- 1) Ethics in Clinical Sport Psychology
- 2) Professional Development and Supervision in Clinical Sport Psychology
- 3) Future Directions

References:

1. Sport Psychology Intervention by Shane M Murphy, Human Kinetics
2. Counseling in Sports Medicine by Richard Ray, Dian M. Wiese, Human Kinetics
3. Counseling Athletes: Applying Reversal Theory by John H.Kerr, Routledge
4. Coping with Sports Injuries: Psychological Strategies for Rehabilitation by Jane Crossman, Oxford University Press, USA
5. Doing Sport Psychology by Mark B.Anderson, Human Kinetics
6. Clinical sport psychology by Frank L. Gardner, Zella Moore, Zella E. Moore, Human Kinetics
7. Abnormal Psychology: DSM-5 Update, 12th Edition Wiley International Edition, Ann M. Kring, Sheri L. Johnson, Gerald C. Davison, John M. Neale. ISBN: 978 -1- 118-96433-0
8. Clinical Perspectives on Psychological Disorders (2014). Halgin, Richard & Whitbourne, Susan. 7th Edition, McGraw-Hill Publishers. ISBN 9781-259-13338-1

Semester-IV

M.A. (Sports Psychology) (Semester-IV) (Under Credit Based Continuous Evaluation Grading System)

SPS-541: SPORTS PSYCHOLOGY

SECTION – A

1. History and current status of Sports Psychology.
2. Personality Assessment and sports personality.
 - a. Theories of personality
 - b. Personality assessment
3. Attention and perception in sports.
 - a. Attention
 - b. Perception
4. Concentration training in sports.
 - a. Basic principles of concentration
 - b. Concentration training
 - c. Concentration awareness exercises
5. Motivational orientation in sports.
 - a. Athlete's needs of motivation
 - b. Motivational inhibitors
 - c. Motivational techniques

SECTION – B

1. Pre-competitive anxiety.
 - a. Source of PCA
 - b. Effect of PCA on performance
2. Relaxation Training
 - a. Definition
 - b. Types of relaxation trainings
 - i) Progressive muscle relaxation
 - ii) Breathing exercises
 - iii) Yognidra
 - iv) Transcendental meditation
3. Aggression in sports.
 - a. Theories of aggression
 - b. Management of aggression
4. Role of Psychology in Dealing with injuries.
5. Eating disorders.
 - a. Etiology of eating disorders
 - b. Types of eating disorders
 - c. Complications of eating disorders
6. Goal setting

SECTION – C

1. Psychological aspect of doping
2. Psychological preparation of elite athletes a. Concept of psychological preparation
3. Biofeedback training
4. Mental imagery
5. Stress management
 - a. Principles of Stress Management
 - b. Stress Management techniques

SECTION – D

1. Group Behaviour and leadership
 - a. Nature of group behaviour and group.
 - b. Types of group.
 - c. Educational implication of group behaviour.
 - d. Meaning of leadership, types of leadership quality of leadership, training and functioning of leadership.
2. Emotion:
 - a. Meaning of emotion.
 - b. Characteristics of emotion.
 - c. Meaning of controlling and training of emotions and its importance.
 - d. Contribution of sports to emotional health.
 - e. Meaning of sentiment, its type, importance and formation.

Practicals:

1. Students will undergo practical training Designated Sports Science Laboratory decided by the University

References:

1. Morgan and King: Introduction to Psychology - Tata McGraw Hill.
2. Suinn: Psychology in Sports: Methods and applications, Surjeet Publications.
3. Grafiti: Psychology in contemporary sports, Prentice Hall.
4. Basmajian: Biofeedback
5. Sanjiv P. Sahni: Handbook of Sports Psychology – A comprehensive manual of Mental Training

M.A. (Sports Psychology) (Semester-IV)
(Under Credit Based Continuous Evaluation Grading System)

SPS-542: PRINCIPLES OF NEUROPSYCHOLOGY

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SECTION – A

1. Neuropsychology – Basic Concepts, Elements. Neuropsychological syndromes, functional systems, double dissociation of function, disconnection syndrome, brain plasticity, cerebral dominance, hemispherectomy, cerebral commissurotomy.

SECTION – B

2. Disruption of Higher Cerebral Functions- Common neurological and cerebrovascular disorders. Aphasia, agnosia, apraxia, amnesia. Cognitive and brain changes associated with normal aging. Neuropsychological defects associated with stroke, brain tumours, head injuries, cortical and subcortical dementias.

SECTION – C

1. Functional Aspects of Frontal Lobe: Basic Anatomy, Frontal lobe syndrome, strategy application disorder, prospective remembering, confabulation, utilization behaviour, lesion studies and cognitive change, laterality and frontal lobe, frontal adynamia, frontal lobe and personality.

2. Functional aspects of temporal lobe- Basic Anatomy, Auditory perception, Visual perception, Olfactory function, Behavioural changes with temporal lobe epilepsy, hallucination and illusions, electrical stimulation, lesion and cognitive change.

SECTION – D

1. Functional aspect of parietal lobe- Basic anatomy, sensory and perceptual disturbances, disorders of intersensory association, and spatial orientation, constructional apraxia, spatial alexia and acalculia, unilateral spatial neglect, disorders of body schema, , the Gerstmann syndrome, parietal lobe and STM

2. Functional aspect of occipital lobe Occipital lobe: cerebral blindness, hysterical blindness, visual agnosia, visual hallucination, electrical stimulation

Reference:

1. Darby, D., & Walsh, K. (2005). Walsh's Neuropsychology. A Clinical Approach, Fifth edition. UK: Elsevier.
2. Kolb, B., & Wishaw, I. Q. (2003). Fundamentals of Human Neuropsychology, Fifth edition.
3. Schneider, A. M., & Tarshis, B. (1986). Introduction to Physiological Psychology, Third edition. New York: Random House
4. Zillmer, E. A., & Spiers, M. V. (2001). Principles of Neuropsychology. USA: Wadsworth.

M.A. (Sports Psychology) (Semester-IV)
(Under Credit Based Continuous Evaluation Grading System)
SPS-543: COUNSELING SKILLS FOR SPORTS PSYCHOLOGISTS

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SECTION – A

1. Introduction to the Counseling

a. Definition, Role and Importance

2. Counseling Process

a. Strategies, Ways, Role of Clients and Counselor and Physical Settings

SECTION – B

1. Injury and Sport – The Problem: Conceptual and Practical Approaches

a. Sports Injuries: An Overview of Psychological Perspectives

b. Pain in Sport: A Biopsychological Perspective

c. Ethical and Legal Issues for Sport Professional

d. Psychological and Emotional Response to Athletic Injury

2. Psychological Perspectives on Athletic Injury

a. Assessing and Monitoring Injuries and Psychological Characteristics in Intercollegiate Athletes: A Counseling/Prediction Model.

b. The Paradox of Injuries: Unexpected Positive Consequences

c. Personality Correlates of Psychological Processes During Injury Rehabilitation

d. The Malingering Athlete: Psychological Considerations

3. Practical Aspects

a. Psychosocial Dimensions of Sport Injury

b. Psychosocial Intervention Strategies in Sports Medicine

c. Effective Interaction Skills for Sports Medicine Professionals

d. Assessing Athletes Through Individual Interview

e. Effective Group Health Education Counseling

f. Using Family Systems Theory to Counsel the Injured Athlete

g. Referral of Injured Athletes for Counseling and Psychotherapy

h. Documentation in Counseling

i. Ethical Perspectives in Counseling

SECTION – C

1. Specific Counselling Issues in Athletic Health Care

a. Counselling for Substance Abuse Problems

b. Recognizing and Assisting Athletes with Eating Disorders

c. Counselling Athletes With Nutritional Concerns

d. Counselling Athletes With Catastrophic Injury and Illness

2. Counselling Athletes with Permanent Disabilities

a. Providing Psychological Assistance to Injured and Disabled College Student-Athletes

b. Suicide in Sport

SECTION – D

1. Counselling for the Management of Stress and Anxiety

- a. A Conceptual Framework of Stress
- b. Injury as A Source of Stress
- c. Stress as A Precursor to Injury
- d. Multidimensional Anxiety Theory
- e. Multidimensional Anxiety and Athletic Injury
- f. The Interrelationship Among Stress, Anxiety, and Injury
- g. Effectiveness of Stress and Anxiety Management Interventions
- h. Stress Management
- i. Anxiety Management

2. Counselling for Improved Rehabilitation Adherence

- a. Challenges that Injured Athletes Face
- b. The Nature of Program Adherence
- c. Counselling Strategies to Promote Rehabilitation Adherence
- d. The Outlook-Pessimistic or Optimistic?

References:

1. Medical and Psychological Aspects of Sport and Exercise by David L. Mostofsky, Leonard D. Zaichkowsky, Fitness Information Technology.
2. Counselling in Sports Medicine by Richard Ray, Diane Wiese, Human Kinetics.
3. Psychological Bases of Sport Injuries by David Pargman, Fitness Information Technology.
4. The Elements of Counselling by Scott T. Meier, Brooks Cole.

PRACTICAL LIST OF SPORTS PSYCHOLOGY

Semester-I

1. Memory Test-Tachistoscope test
2. Transfer of learning
3. Biofeedback-To assess the stress on body and then providing relaxation
4. Visual Assessment (Gazes behavior)-Eye Tracking
5. Saccade-Eye Tracking
6. Reaction Time-VTS
7. Movement Control-VTS
8. Hand Eye Coordination-Assessing on VTS
9. Big Five Inventory-VTS
10. Perceived Stress Scale-To assess the level of perceived stress

Semester-II

1. Group Environment Questionnaire (GEQ)-To assess team cohesion
2. Leadership Scale for Sports-To assess the coach leadership style
3. Aggression Scale-To assess aggressive behaviour
4. Basin Anticipation Test-To assess and train the judgement of the players
5. Time/movement Attention-VTS
6. Depth Perception Test
7. Optical Flicker Fusion
8. Coach Assessment
9. Team Assessment
10. Parent Assessment

Semester-III

1. Cognitron-VTS
2. Senso Motor Coordination-VTS
3. Perception and Attention Function battery-VTS
4. Mental Health Screening-Assessment through observation, interviewing and questionnaires
5. Psychosomatic Symptoms Scale
6. Precompetitive Anxiety Test
7. State and Trait Anxiety Scale
8. Eating Attitudes Test
9. Alcohol use disorder Identification test
10. Concentration Exercises

Semester-IV

1. Direct Observation Assessment

2. Mental Skill Training-Mindfulness, acceptance and commitment (MAC approach)

3. Visuo Motor behavioral Rehearsal
4. Achievement motivation scale
5. Interviewing Techniques
6. Projective Techniques to Measure Personality
7. Psychological Counseling Techniques
8. Conflict Handling Assessment
9. Self Talk use Questionnaire
10. Determination Test-VTS