

SPORTS PSYCHOLOGY AND SOCIOLOGY

Unit-I

Meaning and definition of Psychology and sports Psychology – Development of sports Psychology in India – Need and importance of sports Psychology in the field Physical Education and sports.

Unit - II

Definition Motor Learning – Physical and Motor considerations- Body Build, Height and Weight, strength, Muscular, endurance, Flexibility, Balance Co-Ordination, Reaction time, Movement time and Reflex time Cognitive – Affective –Psychomotor?

Unit - III

Definition of Perception – Theory of Perception Gestalt Theory, Palror Theory and witkins's Theory emotional effects tension, anxiety and stress – its role in Physical Education and sports.

Unit - IV

Personality traits of sports person – Composition of personality – Aggression – Theories of Aggression – Psycho – regulative procedures Autogenic training, yoga and Music's.

Unit - V

Meaning, Nature and scope of sociology in physical Education and sports – Social factors in sports – Leadership in sports spectators and fans group cohesion Social Integration

Books for Reference

1. Alderman A.B. Psychological Behaviour in sports W.B. Saundar company, Saundar 1974.
2. Puni A.T. Sports psychology chanduga NIS.
3. Alderman Psychology Behavior
4. Cratty B.J. Psychology and Physical activity
5. Singer R.N. Coaching, Athletics and psychology.