

M. Phil.
Sub- Sports Psychology
Optional Paper III (B)

1. Personality

- a) Nature of Personality
- b) Theories of personality
- c) Methods techniques of personality assessment.
- d) Sports Personality research
 - (i) Problems with sport personality research
 - (ii) New directions in sport personality research

2. Motivation in Sports

- a) Nature of Motivation
- b) Theories of Motivation
- c) Achievement Motivation
- d) Motivation & it's implications for coaching & teaching.

3. Aggression in sport

- a) Nature of Aggression
- b) Theories of Aggression
- c) Factor's related to the acquisition & exhibition of Aggression sport behavior
- d) Aggression & sport performance

4. Socio-Psychological dimensions in sport

- a) Leadership style
 - (i) How to be a effective leader
 - (ii) Teaching & coaching behavior of a leader
- b) Group dynamics in sport
 - (i) Group Size
 - (ii) Group composition
 - (iii) Sports performance in group
 - (iv) Group dynamics approach to effective coaching
- c) Sport-Socialization
 - (i) Defining socialization and sport socialization
 - (ii) Learning sports-dropping out and retirement

5. Imagery and Mental practice

- a) Definition of the terms
- b) Empirical research on imagery & mental practice
- c) Theatrical explanation of mental practice effects
- d) Current applied issues in imagery & sport
- e) Further research direction

6. Psychological load in competitive sports

- a) Meaning of Psychological load
- b) Performance & Mental load capacity of a sports person

7. Volitional regulation in sports

- a) Meaning of volitional regulated actions.
- b) Characteristics of volitional regulated actions
- c) Factors affecting volitional regulated behavior
- d) Development of volitional qualities

8. Psychology of officiating

- a) Important characteristics of good official
- b) Development of Psychological skills
- c) Psychological preparation for officiating before the competition

9. Practical Sections :

Personality testing, Reaction time, Anxiety Testing and other Ten practical book experimented & tested by Viva-voce & one practical presented before exam. Panel consisting one internal & one external.