



Mahatma Gandhi University

Kottayam

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| Programme | | | | | | |
| Course Name | PSYCHOLOGY OF SPORTS AND EXERCISE | | | | | |
| Type of Course | MDC | | | | | |
| Course Code | MG1MDCPSY101 | | | | | |
| Course Level | 100 | | | | | |
| Course Summary | <p>This course interplay between psychology and sports performance while examining the impact of physical activity on mental health. It provides a comprehensive understanding of the psychological factors influencing athletic prowess, the benefits of sports participation on mental well-being, the scientific basis of psychological techniques in sports, and the correlation between exercise and holistic health.</p> | | | | | |
| Semester | 1 | Credits | | | 3 | Total Hours |
| Course details | Learning Approach | Lecture | Tutorial | Practical | Others | 60 |
| | | 2 | 0 | 1 | 0 | |
| Pre-requisites, if any | | | | | | |

COURSE OUTCOMES (CO)

| CO No. | Expected Course Outcome | Learning Domains * | PO No |
|---|--|--------------------|--------|
| CO 1 | Identify factors that can affect athletic performance, including personality, motivation, emotion, communication, and attentional focus. | U | 4, 10 |
| CO 2 | Develop skills to enhance communication, attentional focus and burnout through sports and exercise | S | 3 4 |
| CO 3 | Analyse the scientific foundation of psychological techniques in sports. | An | 1, 3 |
| CO 4 | Evaluate the connection between Exercise in Physical and mental health. | E | 3, 10 |
| *Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap) | | | |

COURSE CONTENT

Content for Classroom transaction (Units)

| Module | Units | Course description | Hrs. | CO No. |
|--------|---|--|------|-------------|
| 1 | Module 1: Psychology in sports | | 15 | |
| | 1.1 | Psychology in sports, present and future of sport and exercise psychology | 3 | 1 3 |
| | 1.2 | Understanding sports and exercise psychology as a science | 4 | 1 3 |
| | 1.3 | Factors affecting behavior – Biology and environmental factors | 4 | 1 2 |
| | 1.4 | Personality in sports- how different personality traits can influence an athlete's approach to training competition and teamwork | 4 | 1 3 4 |
| | Module 2: Motivation, Achievement, and Emotion in Sports | | 15 | |
| | 2.1 | Define Motivation, Guidelines to build motivation, Pathological Motivation, Sports | 3 | 1 2 |

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|---|-----|--|----|--------|
| 2 | | Building an effective motivation plan. | | |
| | 2.2 | Achievement Behavior, Achievement goal theory in sports activity Goal orientation, Motivational Implication of goal Orientation | 4 | 2 |
| | 2.3 | Define Emotion, Characteristics of emotional experiences, Situational emotion, and non-emotion experiences Emotion performance relationship- Explain individual differences | 4 | 2 |
| | 2.4 | Sports Fandom, Motivations for Fanship, Impact of fanship, Psychology of fan experience Understanding and managing fan behavior | 4 | 2 3 |
| | | Module 3: Practicum | 30 | |
| 3 | 3.1 | What is the attentional focus, types, shifting attentional focus, attentional problems – Choking, overcoming the obstacles to focus-self-talk | 3 | 2 3 |
| | 3.2 | Assessing Attentional Skills- Performance Monitoring Tips to improve concentration, Exercise to improve concentration | 3 | 2 3 |
| 4 | | Teacher Specific Content | | |

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| Teaching and Learning Approach | <p style="text-align: center;">Syllabus</p> <p style="text-align: center;">Classroom Procedure (Mode of transaction)</p> <p>Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning, interactive Instruction: Active co-operative learning, Seminar, Library work and Group discussion, Presentation by individual student/ Group representation</p> |
| Assessment Types | <p style="text-align: center;">MODE OF ASSESSMENT</p> <p style="text-align: center;">A. Continuous Comprehensive Assessment (CCA) 30 marks</p> <p style="text-align: center;">MCQ/Long answer type</p> <p style="text-align: center;">Seminar presentation</p> |

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|--|---|
| | <p>Group discussion</p> <p>Review</p> <p>Interview</p> <p>(Any of the tasks can be assessed by the faculty)</p> |
| | <p>B. Semester End examination (2 Hrs.)</p> <p>Essay type question – 2 out of 4 (15 marks each)</p> <p>Short answer type – any 10 out of thirteen (2 marks each)</p> <p>MCQ – 10 questions (1 mark each)</p> <p>One sentence/ Match the following/Fill in the blanks – 10 questions (1 mark each)</p> <p>Total marks – 70</p> |

References

- Jarvis, M. (2006). Sport Psychology. New York, Routledge.
- Smith, J. (2022). Sports Psychology for Dummies (2nd ed.). Wiley.
- Tenenbaum, G., & Ecklund, R. C. (2007). Handbook of Sport Psychology. New Jersey, John Wiley & Sons
- Weinberg RS and Gould D (2006). Foundations of Sport and Exercise Psychology (4th En). Human Kinetics. USA.

Syllabus