

UNIVERSITY OF MADRAS
B.Sc. DEGREE COURSE IN PSYCHOLOGY
SYLLABUS WITH EFFECT FROM 2020-2021

BPY-DSE01

ELECTIVE-I: SPORTS PSYCHOLOGY

Instr.Hrs.: 5
Credits : 5

Year : III
Semester: V

Course Learning Outcome

After completion of the Sports Psychology course, students will be able to:

1. Explain the need, importance and research methods in sports psychology
2. Relate physical activity and Mental Health
3. Describe the nature, measurement of attitude towards sports behavior
4. Classify various abilities and skills
5. Explain the prevalence, etiology and intervention of alcohol and drug use among athletes

UNIT I – Nature and definition of sport psychology- A brief history and development of sport psychology – Research methods used in sports Psychology – Role of sports psychologists – Need and importance of sports psychology.

UNIT II - Physical Activity and Mental Health- Exercise and cognitive functioning – exercise and reduction in anxiety and depression and increases in positive mood. – Exercise and stress reactivity.

UNIT III - Attitudes to sport- The nature of attitudes -Measuring attitudes - The formation of attitudes to sport -Attitudes to competition - Attitudes to sport and sporting behavior

UNIT IV - Skill acquisition and expertise- Definitions - Classifying abilities and skills - Two linked issues: the existence of super ability- and the nature–nurture debate in sport- Stages of skill acquisition -The information-processing approach to skills

UNIT V - Alcohol and Drug Use among Athletes: Prevalence, Etiology, and Interventions - Prevalence of Alcohol among athletes – Recreational drugs – Ergogenic drugs – Pain killers drugs – Stimulants – Prevention and treatment

REFERENCES

1. Matt Jarvis (2006). *Sports Psychology –A student’s Handbook*,Routledge Publication.
2. D.F.Shaw, T.Gorely&R.M.Corban (2005). *Sports and Exercise Psychology*, BIOS Publisher.
3. GershonTenenbaum and Robert C. Eklund .(2007). *Handbook of Sports Psychology* , John Wiley & Sons, Inc.
4. Arnold LeUnes (2011). *Introducing Sports Psychology – A practical Guide*,Icon book Publication.
5. Gangopadhyaya, S.R.(2008). *Sports Psychology*, Publications - New Delhi.

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6. Gurbakhsh S. Sandhu (2002). *Psychology in Sports - A Contemporary Approach*, Friends Publishers, New Delhi.

WEB RESOURCES

1. <https://www.classcentral.com/course/independent-sports-psychology-the-winning-mindset-2373->
2. <https://www.olympic.org/news/new-sports-psychology-course-available-on-ioc-athlete-mooc>
3. <https://www.coursera.org/learn/sports-society>