

SUBJECT: SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

UNIT I - Introduction

Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning, Motor Perception, Factors Affecting Perception-Perceptual Mechanism. Personality: Meaning, Definition, Structure, Measuring Personality Traits. Effects of Personality on Sports Performance.

UNIT II – Motivation, Emotion

Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Meaning, Goal Setting. Anxiety: Meaning and Definition, Nature, Types, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress: Meaning, Definition, Causes of Stress and Sports Performance. Aggression: Meaning, Definition and Types of Aggression, Aggression and Sports Performance. Relaxation: Meaning, Definition and Types of relaxation. Methods of measuring, Motivation, Anxiety, Stress and Aggression.

UNIT III – Psychological Test

Types of Psychological Test: Instrument based tests: Pass-along test, Tachistoscope, Reaction timer, Finger dexterity board, Depth perception box, Kineshiometer board. Questionnaire: Sports Achievement Motivation tests, Sports Anxiety test, Sports aggression tests, stress test.

UNIT IV – Sports Sociology

Meaning and Definition – Sports and Socialization of Individual. Sports as Social Institution, National Integration through Sports. Fans and Spectators: Meaning and definition, Advantages and disadvantages on Sports Performance. Violence in Sports.

UNIT V – Group Cohesion

Group: Definition and Meaning, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics, Competition and cooperation. Current Problems in Sports and Future Directions, Sports Social Crisis Management, Women in Sports: Sports Women in our Society, Gender inequalities in Sports.

Practical's: At least five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)

REFERENCES:

- 1) Authors Guide (2013), National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.
- 2) Authors Guide (2013), National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.
- 3) Jain. (2002), Sports Sociology, Heal Sahety Kendre Publishers.
- 4) Jay Coakley. (2001), Sports in Society –Issues and Controversies in International Education, Mc-Graw 7thEd.
- 5) John D Lauther (2000), Psychology of Coaching. Ner Jersey: Prenticce Hall Inc.
- 6) John D. Lauther (1998), Sports Psychology. Englewood, Prentice Hall Inc.
- 7) Miroslaw Vauks & Bryant Cratty (1999), Psychology and the Superior Athlete. London: The Macmillan Co.
- 8) Richard, J. Crisp. (2000), Essential Social Psychology. Sage Publications.
- 9) Robert N. Singer (2001), Motor Learning and Human Performance. New York: The Macmillan Co.
- 10) Robert N. Singer. (1989), The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
- 11) Thelma Horn. (2002), Advances in Sports Psychology. Human Kinetics.
- 12) Whiting, K, Karman., Hendry L.B & Jones M.G. (1999), Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.
- 13) Marten, Rainer ; Social Psychology and Physical achieving.

PHYSICAL EDUCATION P.HD COURSE WORK SYLLABUS

SUBJECT: YOGIC SCIENCES

Unit I – Introduction

Meaning, Definition, Scope and importance of Yoga, Essentials For Yoga Practices; Age, Diet, Stomach Emptying bowels, bathing, Clothes, Sun Bathing, No Straining, Place, Time, Awareness, Sequence. Contra indication, Counter Pose, Inverted Asana, Breathing, and Relaxation. Basic Systems of Yoga and their importance - Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi. Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga.

Unit II – Asanas , Kriyas, Bandhas and Mudras

Asana: Definition, Classification: Sitting, Standing, Lying, & Inverted ASanas. Benefits of Asanas, Asanas and Loosening Exercises, Surya Namaskara- Description and Benefits. Kriyas : Meaning, Neti, Nauli, Dhauti, Kapalabhati, Trataka, Bhastrika and their Benefits. Bandhas: Jalandhara, , Udyana, Mula and their Importance. Mudras: Definition, Purpose, Benefits of Hastamudras, Asamyuktahasta, Samyuktahasta, Manamudra, Kayamudra, Bandha Mudra, Adharamudra.

Unit III – Pranayama : Definition, Tradition, Types , Importance & Impact of Pranayama on naadis. Chakras: Definition and types, Effects of Pranayama on major chakras.

Unit IV – Meditation: Meaning, Definition and Benefits. Types of Meditation: Passive, active, Saguna and Nirguna Meditation. Meditation and Health, Meditation and stress Management.

Unit V – Yoga and Sports

Effects of Yoga on Physiological Systems: Respiratory, Circulatory, Digestive, Nervous and Excretory Systems. Place of Yoga as Supplementary, Compensatory, Regenerative and Yogic Power. Role of Yoga in Sports: Promotion of Mental Wellbeing, Self-Actualization, Concentration, Suppression of Anxiety and depression. Role of Yoga in Making out a Sports Person.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

- 1) George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.
- 2) Gore, (1990), Anatomy and Physiology of Yogic Practices.
- 3) Lonavata: Kanchan Prashant. Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
- 4) Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
- 5) Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
- 6) Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi.
- 7) Bharata Manishai. Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
- 8) Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
- 9) Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
- 10) Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- 11) Swami Satyananda Sarasvathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
- 12) Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
- 13) Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.
- 14) Tiwari O.P. (1998), Asanas-Why and How. Lonavala: Kaivalyadham.
- 15) Satya Murty.K, *Elements of Yoga*, Vedadri Brahma Gnana Kendra, Pedakakani, Guntur, India, (2015)