

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI**

1	Name of Syllabus	<b>C. C. IN SPORTS PSYCHOLOGY (404134)</b>																																															
2	Max.Nos of Student	25 Students																																															
3	Duration	6 Month																																															
4	Type	Part Time																																															
5	Nos Of Days / Week	6 Days																																															
6	Nos Of Hours /Days	4 Hrs																																															
7	Space Required	Play ground + Class Room = 200 Sq feet																																															
8	Entry Qualification	S.S.C. + Any course in Sport Group of MSBVE																																															
9	Objective Of Syllabus/ introduction	To provide systematic training about Sports psychology																																															
10	Employment Opportunity	Can run training institute or can work in supervisory/ teaching activities of the sport																																															
11	Teacher's Qualification	Diploma / Certificate holder in concern Subject.																																															
12	Training System	<b>Training System Per Week</b> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																																				
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13	Exam. System	<table><tr><td>Sr. No.</td><td>PAPER CODE</td><td>NAME OF SUBJECT</td><td>TH/PR</td><td>HOURS</td><td>MAX. MARKS</td><td>MIN. MARKS</td></tr><tr><td>1</td><td>40413411</td><td>HISTORY AND DEVELOPMENT OF SPORTS PSYCHOLOGY</td><td>TH - I</td><td>3 HRS</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40413412</td><td>SPORTS PSYCHOLOGY</td><td>TH - II</td><td>3 HRS</td><td>100</td><td>35</td></tr><tr><td>3</td><td>40413421</td><td>HISTORY AND DEVELOPMENT OF SPORTS PSYCHOLOGY</td><td>PR - I</td><td>3 HRS</td><td>100</td><td>50</td></tr><tr><td>4</td><td>40413422</td><td>SPORTS PSYCHOLOGY</td><td>PR - II</td><td>3 HRS</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td>TOTAL</td><td></td><td></td><td>400</td><td>170</td></tr></table>						Sr. No.	PAPER CODE	NAME OF SUBJECT	TH/PR	HOURS	MAX. MARKS	MIN. MARKS	1	40413411	HISTORY AND DEVELOPMENT OF SPORTS PSYCHOLOGY	TH - I	3 HRS	100	35	2	40413412	SPORTS PSYCHOLOGY	TH - II	3 HRS	100	35	3	40413421	HISTORY AND DEVELOPMENT OF SPORTS PSYCHOLOGY	PR - I	3 HRS	100	50	4	40413422	SPORTS PSYCHOLOGY	PR - II	3 HRS	100	50			TOTAL			400	170
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# **HISTORY AND DEVELOPMENT OF SPORTS PSYCHOLOGY**

## **THEORY – I AND PRACTICAL - I**

1. The History and Development of Sport Psychology
2. Psychology of Play:
  - 2.1 Traditional theories of Play
  - 2.2 Twentieth century theories of Play.
  - 2.3 The Psycho-analytic position on Play. The behaviouristic position on Play, the Cognitive position on play.
3. Psychology of Motor Learning :  
Meaning of the term, perceptual Motor Learning, Retention of Motor Skill, Transfer of skill, Measurement of Learning and Learning curve.  
Attention and its role in Learning Motor Skill.
4. Psychology of Running :  
Running through your mind, Running addiction, the Anxiety of Runner.
5. Children in Sports:  
Early Psychological Experiences, Motivation of children in Sports, Emotions of children in sports, child and coach, children and competitive Sport.
6. Women in Sport:  
Issues and controversies.
7. Physical Activities and the Psychological development of the Handicapped.
8. Moral Growth in Sport.

## **SPORTS PSYCHOLOGY**

## **THEORY – II AND PRACTICAL - II**

1. Personality of Sportsman and Coach  
Nature of Personality, The role of Heredity in Personality, Personality Traits and Sportspersons, Assessment of Personality Traits, The Coach and his personality .
2. Problems of Sportspersons and how to solve them.
3. Motivation in Sports  
Nature of Motivation, Theories of Motivation, Achievement Motivation, Motivation and Participation in Physical Activity, Drop Outs in Sports.
4. Aggression in Sports  
Theories of Aggression, Causes of Aggression, Aggression and its influence on performance
5. Socio-Psychological Dimensions of Sport:  
Sport performance in groups, Team cohesion, sociometry in sports, Leadership in Sport, Sport Audience and its affect on performance
6. Psychology of Competition:  
Psychological characteristics of Pre, during and post competition (Anxiety, Fear, Frustration), Mental Training, Psychological Preparation for competition.
7. Psychological load in Competitive Sports:  
Meaning of Psychological load, performance and mental load capacity of sportspersons.
8. Volitional Regulation in Sports  
Characteristics of Volitionally Regulated Actions. Factors affecting volitional regulation, Development of Volitional qualities.

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