

# Syllabus for

## Post Graduate Diploma in

### Sports Psychology (PGDSP)

SEMESTER: I - II

Session: 2019-20



Directorate of Open & Distance Learning

**Guru Nanak Dev University**

(ESTABLISHED UNDER STATE LEGISLATURE ACT NO. 21 OF 1969)

Accredited by National Assessment and Accreditation Council (NAAC) At 'A++' Grade (Highest Level) As Per Modified Criteria Notified On 27/07/2017 And Conferred 'University with Potential for Excellence' Status and 'Category-I University' As Per University Grants Commission (F. No. 1-8-2017/(CPP-II) Dated 12/02/2018)



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**POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY (SEMESTER SYSTEM) under  
Directorate of Open & Distance Learning, Guru Nanak Dev University, Amritsar**

**Eligibility:**

Graduate with 45% marks in aggregate or equivalent examination

## **SEMESTER-I**

| <b>Paper Code</b>                | <b>Subject</b>                | <b>Marks</b>               |                 |              | <b>Credits</b> |
|----------------------------------|-------------------------------|----------------------------|-----------------|--------------|----------------|
|                                  |                               | <b>Internal Assessment</b> | <b>End Term</b> | <b>Total</b> |                |
| ODPSP - 101T                     | Fundamental sports psychology | 20                         | 80              | 100          | 4              |
| ODPSP - 102T                     | Social psychology in sports   | 20                         | 80              | 100          | 4              |
| ODPSP - 103T                     | Clinical sports psychology    | 20                         | 80              | 100          | 4              |
| ODPSP - 104T                     | Science of sports training    | 20                         | 80              | 100          | 4              |
| <b>Total Marks &amp; Credits</b> |                               | <b>80</b>                  | <b>320</b>      | <b>400</b>   | <b>16</b>      |

## **SEMESTER-II**

| <b>Paper Code</b>                | <b>Subject</b>                          | <b>Marks</b>               |                 |              | <b>Credits</b> |
|----------------------------------|---|----------------------------|-----------------|--------------|----------------|
|                                  |   | <b>Internal Assessment</b> | <b>End Term</b> | <b>Total</b> |                |
| ODPSP - 201T                     | Learning and attention                  | 20                         | 80              | 100          | 4              |
| ODPSP - 202T                     | Motivation in sports                    | 20                         | 80              | 100          | 4              |
| ODPSP - 203T                     | Psychological skill training            | 20                         | 80              | 100          | 4              |
| ODPSP - 204T                     | Cognitive and behavioural interventions | 20                         | 80              | 100          | 4              |
| <b>Total Marks &amp; Credits</b> |   | <b>80</b>                  | <b>320</b>      | <b>400</b>   | <b>16</b>      |

**ODPSP – 101T: Fundamental Sports Psychology****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

Definition and scope of sports psychology  
 Functions of sports psychologist

**Section – B**

The five factor model theory  
 Hollander's theory of personality, personality tests

**Section – C**

Definitions, achievement goal theory in sports and physical activity  
 Goal setting: Principles and Strategies.

**Section – D**

Aggression: definition and types of aggression  
 Frustration: definition, conflict; approach – approach, avoidance – avoidance, and approach – avoidance solution, effect of frustration.

## References

1. Theories of Personality by Jess Feist, Gregory J Feist, Irwin/McGraw–Hill
2. Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers by Lew Hardy, Graham Jones, Daniel Gould, Wiley–Blackwell
3. Assessment in Sport Psychology by Robert M. Nideffer and Marc Simon Sagal, Fitness Information Technology
4. Sport Psychology by Arnold Leunes and Jack Nation, Wadsworth Pub Co
5. Sport Psychology: Concepts and Applications Cox, R.H., McGraw–Hill Humanities.
6. <http://swayam.gov.in>
7. <http://edx.org> formerly <http://mooc.org>
8. <http://epgp.inflibnet.ac.in/>

**ODPSP – 102T: Social Psychology in Sports****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A****Coach athlete relationship**

- 3+1 c's in coach athlete relationship
- Interpersonal communication and conflict

**Section – B****Youth peer relationship**

- Peer relationships in sports
- Practical implications

**Section – C****Coach Leadership**

- Multidimensional model of coach leadership and practical implications
- Initial and expanded mediational model, development and evaluation of coach effectiveness training

**Section – D****Team Cohesion**

- a. Conceptual model of team cohesion, benefits and liabilities of team cohesion
- b. Nature of team building, team building for cohesion in sports

## References

1. Social Psychology in Sport by Sophia Jowett, David Lavallee, Human Kinetics.
2. Group Dynamics by Donelson R. Forsyth, Wadsworth Publishing.
3. Group Dynamics in Exercise and Sports Psychology: Cotemporary Themes by Mark A Eys, Routledge.
4. Group Dynamics in Sport by Albert V. Canon, Heather Hausenblas, Mark A. Eys, Fitness Information Technology.
5. Advances in Sports Psychology by Thelma S Horn, Human Kinetics
6. <http://swayam.gov.in>
7. <http://edx.org> formerly <http://mooc.org>
8. <http://epgp.inflibnet.ac.in/>

**ODPSP – 103T: Clinical Sports Psychology****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

- a. Introduction to clinical sports psychology
- b. Integrative model of athletic performance

**Section – B**

- a. Multilevel classification system for sports psychology
- b. Mcs-simplications for sports psychology

**Section – C**

- a. Assessment strategies
- b. steps in the assessment process

**Section – D**

- a. Traditional performance enhancement interventions
- b. Evidence based practice

## References

1. Sport Psychology Intervention by Shane M Murphy, Human Kinetics
2. Counseling in Sports Medicine by Richard Ray, Dian M. Wiese, Human Kinetics
3. Counseling Athletes: Applying Reversal Theory by John H. Kerr, Routledge
4. Coping with Sports Injuries: Psychological Strategies for Rehabilitation by Jane Crossman, Oxford University Press, USA
5. Clinical sport psychology by Frank L. Gardner, Zella Moore, Zella E. Moore, Human Kinetics
6. <http://swayam.gov.in>
7. <http://edx.org> formerly <http://mooc.org>
8. <http://epgp.inflibnet.ac.in/>

**ODPSP – 104T: Science of Sports Training****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

Fundamentals of sports training  
 Training load and recovery

**Section – B**

Principles of sports training and performance in sports  
 Training components, strength, speed, endurance, flexibility, coordinative abilities, techniques and tactics

**Section – C**

Planning and periodization  
 Long term training process and competition

**Section – D**

Motor development  
 Talent identification and development

## References

1. Science of sports training: how to plan and control training for peak performance by kurz, Thomas, Stadion publishing co.
2. Sport Psychology: Concepts and Applications Cox, R.H., McGraw-Hill Humanities
3. <http://swayam.gov.in>
4. <http://edx.org> formerly <http://mooc.org>
5. <http://epgp.inflibnet.ac.in/>

**ODPSP – 201T: Learning and Attention****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

Learning- definition and theories

The performance of movement skills –memory, reaction time, movement control, motivation and control.

**Section – B**

Information processing

Memory systems- short term memory, long term memory

**Section – C**

Selective attention

Attentional narrowing

**Section – D**

Measuring attentional focus

Attentional control training

## References

1. Sports Psychology: Concepts and Applications Cox, R.H., McGraw-Hill Humanities
2. Attitudes and Attitude Change by William D. Crano, Radmila Prislin, Psychology Press.
3. Attitudes: Their Structure, Function and Consequences by Russell H. Fazio, Richard E. Petty, Psychology Press.
4. Imagery in Sport by Tony Morris, Michael spittle Anthony , P Watt., Human Kinetics.
5. Applying Sport Psychology: four perspectives by Jim Taylor, Gregory Scott Wilson, Human Kinetics.
6. <http://swayam.gov.in>
7. <http://edx.org> formerly <http://mooc.org>
8. <http://epgp.inflibnet.ac.in/>

**ODPSP – 202T: Motivation in Sports****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

- a. Coach and parent motivation in sports
- b. Peer created motivational climate

**Section – B**

- a. Harter's competence motivation theory
- b. Vealey's sports specific model of sport confidence

**Section – C**

- a. Self-efficacy theory
- b. Assessing self confidence

**Section – D**

- a. Strategies to develop self confidence
- b. Psychological momentum in sports

## References

1. *Advances in Motivation in Sport & Exercise* by Glyn Roberts, Human Kinetics
2. *Motivation and Emotion in Sport: Reversal Theory* by John H. Kerr, Psychology Press
3. *Human motivation* by David C. McClelland, Cambridge University Press
4. *Psychology of Motivation* by Denis Waitley, Nova Publishers
5. <http://swayam.gov.in>
6. <http://edx.org> formerly <http://mooc.org>
7. <http://epgp.inflibnet.ac.in/>

**ODPSP – 203T: Psychological Skill Training****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

Introduction and importance of psychological skill training

Three phases of pst, goals and implementation

**Section – B**

Measurement of psychological skills

Sports program, client meeting and education of the sports psychologist

**Section – C**

Ethics in clinical sports psychology

Future research

**Section – D**

Professional development

Supervision in clinical sports psychology

## References

1. Handbook of psychological skill training: clinical techniques and applications by williumt .o' donohue. Allyn and Bacon publishers.
2. Psychological skills training: application to elite sport performance. Ultimate athlete concepts publishers.
3. <http://swayam.gov.in>
4. <http://edx.org> formerly <http://mooc.org>
5. <http://epgp.inflibnet.ac.in/>

**ODPSP – 204T: Cognitive and Behavioural Interventions****Time: 03 Hours****Max. Marks: 100 Marks****Internal Assessment: 20 Marks****End Term: 80 Marks****Instructions for the Paper-Setter/examiner:**

1. Question paper shall consist of **Four sections**.
2. Paper setter shall set **Eight questions** in all by selecting **Two questions** of equal marks from each section. However, a question may have sub-parts (not exceeding four sub-parts) and appropriate allocation of marks should be done for each sub-part.
3. Candidates shall attempt **Five questions** in all, by at least selecting **One question** from each section and the **5<sup>th</sup> question** may be attempted from any of the **Four sections**.
4. The question paper should be strictly according to the instructions mentioned above. In no case a question should be asked outside the syllabus.

**Section – A**

Measurement of coping skill

Nature and strategies of coping

**Section – B**

Relaxation strategies for sport

Arousal energising strategies

**Section – C**

Imagery-definition and measurement

Developing imagery skills

**Section – D**

Defining hypnosis, theory and its application

Self-hypnosis and improving the effectiveness

## References

1. Sport Psychology: Concepts and Applications Cox, R.H., McGraw-Hill Humanities
2. Imagery in Sport by Tony Morris, Michael Spittle Anthony, P Watt., Human Kinetics.
3. Sport Psychology Intervention by Shane M Murphy, Human Kinetics.
4. Clinical sport psychology by Frank L. Gardner, Zella Moore, Zella E. Moore, Human Kinetics
5. <http://swayam.gov.in>
6. <http://edx.org> formerly <http://mooc.org>
7. <http://epgp.inflibnet.ac.in/>