



Parvatibai Chowgule College of Arts and Science Autonomous

Accredited by NAAC with Grade 'A' (CGPA Score 3.41 on a 4 Point Scale)

Best affiliated College - Goa University Silver Jubilee Year Award



F.133C/1206

4th October, 2018

All the members of Board of Studies in Psychology

Sub: Minutes of the Meeting of the Board of Studies in Psychology held on 28th September, 2018

Sir/ Madam,

I am forwarding the minutes of the meeting of the Board of Studies in Psychology held on 28th September, 2018 in Conference room of the College. If no exception is taken by any member who was present at the meeting to the correctness of the minutes of the meeting, within 5 days of receipt of the minutes, they shall be deemed to be correct and accepted.

Yours faithfully,

for Mrs. Sobita Kirtani
Chairperson

Encl:

- 1- Minutes of the meeting.
- 2- Revised syllabi.

**Parvatibai Chowgule College of Arts & Science
(Autonomous)
Margao – Goa**

**MINUTES OF MEETING OF THE BOARD OF STUDIES IN PSYCHOLOGY
HELD ON 28TH September 2018 AT 10.00am**

Vide Chowgule College notice (F.133(C)/1106 dated 10th September, 2018) a meeting of this BoS was convened on 28th September, 2018 in the conference room, Parvatibai Chowgule College of Arts & Science, Margao – Goa. Since the number of members present represented the Quorum, the BoS began its proceedings.

Minutes are presented in the format.

Members present:

1. Mrs. Sobita Kirtani - Chairperson
2. Mr. Aresh Naik – Member Secretary
3. Ms. Barbara Da Silva - Member
4. Ms. Aiswarya M. Babu – Member
5. Dr. Golda Vas - Member
6. Dr. Wilbur Gonsalves - Academic Council Nominee
7. Ms. Percy Cardozo - Industry Representative
8. Ms. Mavis Henriques - Alumni

Members Absent with Intimation

1. Dr. Tony Sam George
2. Dr. Ubaldina Noronha - Academic Council Nominee
3. Ms. Shobika Jaju - Member
4. Ms. Rochelle Pereira - Member

Proceedings

The Chairperson welcomed the members of the Board of Studies (BoS). The Chairperson introduced and explained the agenda for the meeting and Board transacted the following business:

Agenda Items:

1. To approve changes in the syllabi of papers in the Undergraduate program in Psychology
2. To approve the syllabi of the following new courses:
 - a. Biological Basis of Behaviour
 - b. Neuroplasticity
3. Any Other Business

PART A: Resolution:

- i. The BoS passed the resolution to approve changes in the syllabus of the following papers at the undergraduate course

Psychopathology I (Theory)	PSY-III.C-5	Core
Psychopathology I (Practical)	PSY-III.C-5	Core

- ii. The BoS passed the resolution to approve changes in the outcomes of the following papers at the undergraduate course

Paper Titles	Code	Nature of course
Basic Course in Psychology	PSY-I.C-1	Core
Emotional Development	PSY-I.C-2	Core
Sports Psychology	PSY-III.E-2	Elective
Interpersonal Relationships	PSY-III.E-3	Elective

- iii. The BoS passed the resolution to approve syllabi of the following new courses at the undergraduate level:

Paper Titles	Code	Nature of course
Biological Basis of Behaviour	PSY-III.E- 4	Elective

- iv. The BoS passed the resolution to not approve the syllabi of the new course titled 'Neuroplasticity'. Instead the current course of 'Neuropsychology' was decided to be expanded into 'Neuropsychology I' and 'Neuropsychology II'. Neuroplasticity to be included as a unit in Neuropsychology II. The course of 'Neuropsychology II' is to be presented to the next BoS for approval.

PART B: Important Points/ recommendations of BoS that require consideration / approval of Academic Council:

- i. Approval for changes in the syllabus of the following papers at the undergraduate course

Psychopathology I (Theory)	PSY-III.C-5	Core
Psychopathology I (Practical)	PSY-III.C-5	Core

- ii. Approval for changes in the outcomes of the following papers at the undergraduate course

Paper Titles	Code	Nature of course
Basic Course in Psychology	PSY-I.C-1	Core
Emotional Development	PSY-I.C-2	Core
Sports Psychology	PSY-III.E-2	Elective
Interpersonal Relationships	PSY-III.E-3	Elective

- iii. Approval of syllabi of the following new courses at the undergraduate level:

Paper Titles	Code	Nature of course
Biological Basis of Behaviour	PSY-III.E- 4	Elective

The foregoing minutes of the meeting were read out by the Member Secretary at the meeting itself and they were unanimously approved by all the members present.

1. Mrs. Sobita Kirtani – Chairperson
2. Dr. Wilbur Gonsalves - Academic Council Nominee
3. Ms. Percy Cardozo - Industry Representative
4. Ms. Mavis Henriques - Alumni
5. Mr. Aresh Naik – Member Secretary
6. Ms. Barbara Da Silva
7. Ms. Aiswarya M. Babu
8. Dr. Golda Vas

[Handwritten signatures of members: Wilbur Gonsalves, Percy Cardozo, Mavis Henriques, Aresh Naik, Barbara Da Silva, Aiswarya M. Babu, and Golda Vas]

Date: 28th September, 2018

[Signature of Sobita Kirtani]
Signature of the Chairperson
(Sobita Kirtani)

PART C: The remarks of the Dean of the Faculty:-

- a. The minutes are in order
- b. The minutes may be placed before the Academic Council with remark, if any.
- c. Important points of the minutes which need clear policy decision of the Academic council to be recorded.

Date:

04/10/18

Signature of the Dean:

[Signature of the Dean]

Course Title: Basic Course in Psychology
Course Code: PSY-I.C-1 (Non-experimental)
Marks: 100
Credits: 4

Course Objectives: 1. To build the foundation necessary to study Psychology.
2. To equip with basic knowledge of behavioral aspects.

Course Outcome: After completion of the course students will be able to:

1. Identify the basic elements of human psychology
2. Distinguish various schools of psychology and their work.
3. To apply and analyze the necessary concepts to their own experience.
4. Relate course concepts to current research trends.
5. Describe the functioning of the nervous system and our motives.
6. Recognize the importance of schema's in the way we view others.

Syllabus

Unit I: Introduction and Foundation

Number of Hours: 15

- A. Psychology – past and present
- B. Contemporary perspectives and specialty areas in psychology
- C. What we know about human behavior: Some starting places
- D. Characteristics of the nervous system
- E. Divisions of the nervous system
 - a. Central Nervous System
 - b. Peripheral Nervous System
 - c. Autonomic nervous system
- F. Structures and functions of the brain
- G. Forebrain: Cognition, motivation, emotion and action
- H. Endocrine system and its impact on behaviour

Unit II: Motivation

Number of Hours: 15

- A. Approaches to motivation
- B. Biological motives
 - a. Hunger
 - b. Thirst
 - c. Sex
 - d. Sleep
 - e. Temperature regulation
 - f. Pain avoidance
- C. Psychological motives
 - a. Need for achievement
 - b. Aggression

- c. Need for Competence
- d. Need for power
- e. Need for affiliation
- f. Need for novelty
- D. Application: Anger Management/ How to overcome fear

Unit III: Memory and Forgetting

Number of Hours: 15

- A. Theories of memory
 - a. Information processing
 - b. Stage theory of memory
 - c. Levels of processing
- B. Forgetting
 - a. Theories of Forgetting
- C. Application: How to improve memory

Unit IV: Learning

Number of Hours: 15

- a. Classical Conditioning
 - a. Factors in Classical Conditioning
 - b. Applications of Classical Conditioning
- b. Operant Conditioning
 - a. Edward Thorndike
 - b. B.F. Skinner and Reinforcement
 - c. Types of Reinforcers
 - d. Factors in Operant Conditioning
 - e. Applications of Operant Conditioning
- c. Cognitive Theories of Learning (Ref: Lahey)
 - a. Place Learning
 - b. Latent Learning
 - c. Insight Learning
 - d. Modeling
- d. Application: Factors influencing learning

Books for Study:

1. Lahey, B.B. (2012). *Psychology: An Introduction* (11th Ed.). USA: Tata Mc Graw Hill Publishing Company Limited.
2. Smith, E.S., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006). *Atkinson & Hilgards's Introduction to Psychology* (14th Ed.- 4th Reprint). Bangalore: Thomson Business Information India Pvt. Ltd.
3. Santrock, J.W. (2005). *Psychology Essentials* (Second edition) New Delhi, Tata Mc Graw Hill Publishing Company Limited.
4. Baron, R.A. (2001). *Psychology* (first Edition) new Delhi, Pearson Education

Course Title: BIOLOGICAL BASIS OF BEHAVIOUR
Course Code: PSY-III.E- 4 (Non-experimental)
Marks: 100
Credits: 4

Course objectives:

1. To orient students to biological basis of behaviour.
2. To guide students' understanding of functioning of the brain
3. To help students to apply, evaluate and analyse concepts learnt in the course.

Course outcome: At the end of this course students will be able to:

1. Describe how genes influence behaviour and cause individual differences
2. Explain the impact of endocrine system on behaviour
3. Explain functioning of the nervous system and the brain
4. Discuss how perception is linked with sensation
5. Describe the relation between consciousness and electrical activity of the brain

SYLLABUS

UNIT I. Genetic blueprints of behaviour

1. Chromosomes, genes and DNA
2. Genetic studies of behaviour
 - a. Selective breeding
 - b. Twin studies
 - c. Molecular genetics of behaviour
 - d. Environmental influences on gene action
3. Genetics and evolution
4. Genetic testing and genetic counselling

UNIT II. The Biological foundations of behaviour

1. The Nervous system
2. Divisions of the nervous system
 - a. Central Nervous System
 - b. Peripheral Nervous System
3. Structures and Functions of the brain
4. Endocrine system and its impact on behaviour

UNIT III. Sensation and Perception

1. Sensation and perception
 - a. The nature of sensation and perception
 - b. Sensory receptors and the brain
 - c. Thresholds
 - d. Sensory adaptation
2. Visual system
 - a. Visual stimuli and the eye
 - b. Visual processing in the brain

- c. Visual perceptions of dimensions
- 3. Auditory system
 - a. Structure and functions of the ear
 - b. The experience of sound

UNIT IV. Consciousness

- 1. Nature of consciousness
- 2. Levels of awareness
- 3. Consciousness and Electrical activity of the brain
- 4. Sleep and dreaming

References:

- 1. Santrock, J.W. (2006) Psychology Essentials, New Delhi, Tata McGraw Hill Publication, 2nd edition
- 2. Nolen-Hoeksema, , Fredrickson, Loftus and Wagenaar (2009) Atkinson and Hilgard's Psychology an Introduction, Delhi, Cengage Learning
- 3. Lahey, B.B. (2012). *Psychology: An Introduction* (11th Ed.). USA: Tata Mc Graw Hill Publishing Company Limited.

Supplementary reading:

- 1. Baron, R.A. (2012) Psychology, New Delhi, Pearson Education, 5th edition.

Course Title: Emotional Development
Course Code: PSY-I.C-2 (Experimental – Theory)
Marks: 75

Course Objectives: 1. To introduce students to the understanding of emotions of human behaviour.
2. To help understand emotions of self and others.

Outcomes: At the end of this course students will be able to:

- a) Understand nature of emotions
- b) Attain theoretical orientation of emotions
- c) Understand the pattern of emotional development
- d) Appreciate the concept of emotional intelligence.

At the end of this course students will be able to:

1. Differentiate between moods and emotions.
2. Describe the process of experience of emotions
3. Map emotional patterns of children
4. Analyse case with regard to emotional hazards that occurred in the case
5. Identify different temperamental patterns
6. List out ways in which secure attachment can be formed between parents and children
7. Measure emotional intelligence and analyse the same

Each paper in Experimental subjects shall have forty five lectures of one hour duration i.e. three lectures per week over a period of fifteen weeks of a semester. Each Experimental paper shall have fifteen practicals of two hours duration i.e. one practical per week per Experimental paper over a period of fifteen weeks of a semester.

Syllabus

Unit I. Introduction to emotions

Number of Hours: 12

- I. Introduction
 - a. Meaning and definition
 - b. Different types of emotions
 - c. Expression of emotions
 - d. Biology of emotions
- II. Theories of Emotions
 - a. Cannon-Bard Theory
 - b. James-Lange Theory
 - c. Cognitive Theories

Unit II. Development of Emotions

Number of Hours: 12

- a. Pattern of emotional development
- b. Conditions responsible for emotional development
- c. Characteristics of children's emotions

- d. Common emotional patterns
- e. Emotional dominance
- f. Emotional Balance
- g. Emotional Control
- h. Emotional Catharsis
- i. Hazards in emotional development

Unit III.Temperament and Attachment

Number of Hours:12

- A. Temperament
 - a. Temperamental patterns
 - b. Biological basis of temperament
- B. Attachment
 - a. Patterns of attachment
 - b. How attachment is established
 - c. Influences on attachment
 - d. The role of temperament
 - e. Long-Term effects of attachment

Unit IV. Emotional Intelligence

Number of Hours:09

- I. Domains of emotional intelligence
 - a. Can emotions be intelligent?
 - b. IQ and emotions: Pure types
 - c. Know thyself
- II. Emotional Intelligence at workplace
 - a. Managing with the heart
 - b. Criticism is job one
 - c. The worst way to motivate someone
 - d. The artful critique
 - e. Dealing with diversity
 - f. The roots of prejudice
 - g. Zero tolerance for intolerance
 - h. Organizational savvy and the group IQ

Books for study:

Goleman, D. (1995) *Emotional Intelligence – Why it can matter more than IQ*, New York, Bantam Books.

Hurlock, Elizabeth. (2013). *Child Development*. 6th Ed. New Delhi: Tata McGraw Hill.

Santrock, J.W. (2005). *Psychology Essentials* (Second edition) New Delhi, Tata McGraw Hill Publishing Company Limited.

Smith, E.S., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006). *Atkinson & Hilgards's Introduction to Psychology* (14th Ed.- 4th Reprint). Bangalore: Thomson Business Information India Pvt. Ltd.

Course Title:Emotional Development

Course Code:PSY-I.C-2 (Experimental component)

Name of Faculty: Mrs.KavitaBorker, Associate Professor; HOD

Marks: 25

Credits: 1

Syllabus:

- A. Research in Psychology (Atkinson)
 - a. Practical component
 - i. Case study analysis
 - ii. Survey
- B. Field visit and report writing (based on observation): e.g. 'Comparative analysis of emotions of children raised in orphanages and children raised in homes'.
- C. Experiments
 - a. Motivation
 - a. Strength of motives
 - b. Level of aspiration
 - b. Memory
 - a. Recall and Recognition
 - b. Immediate memory span
 - c. Learning
 - a. Reading v/s recitation
 - b. Part v/s whole
 - d. Experiment on Judgment of emotions
 - e. Emotional Intelligence Test

Books for Study:

1. Dandeker, W.N. (1999). *Fundamentals in Experimental Psychology*. Pune :AnmolPrakashan.
2. Kuppaswamy, B. (1954). *Elementary Experiments in Psychology*. Madras : Geoffrey Cumberlege Oxford University Press.
3. Mohanty, G. (1996). *Experiments in Psychology*. New Delhi :Kalyani Publishers.
4. Parry, J., &Adisheshiah, W. (1997). *Experimental Psychology*. Bombay : Allied Publishers Private Limited.
5. Smith, E.S., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006). *Atkinson & Hilgards's Introduction to Psychology* (14th Ed.- 4th Reprint). Bangalore: Thomson Business Information India Pvt. Ltd.

Course Title: Interpersonal Relationships
Course Code: PSY-III.E-3 (Non-experimental)
Marks: 100
Credits: 4

Course Objectives:

- 1) To understand the basic nature governing human relationships.
- 2) To study how interpersonal relationships affect our well-being.

Course Outcome: After completion of the course students will be able to:

1. Apply fundamental concepts of relationship to oneself.
2. Analyze the effects of relationships on health and happiness
3. Implement strategies for a healthy relationship.
4. Propose a relationship guide.
5. Evaluate relationship dissolution.
6. Compare cross-cultural similarities-differences in relationships.

Course Duration: Each paper in Non-Experimental subjects shall have sixty lectures of one hour duration i.e. four lectures per week over a period of fifteen weeks of a semester.

Syllabus

Unit I: Introduction to Interpersonal Relationships

Number of Hours: 14

- A. Affiliation – the basic need
- B. Types of relationships
- C. What is love?
 - a) Rubin's model of liking and loving
 - b) Sternberg's triangle of love
 - c) Lee's six styles of loving
 - d) Types of love and attachment styles
- D. Theories of interpersonal attraction
 - a) Learning theory
 - b) Social exchange theory
 - c) Equity theory
 - d) Sociobiology

Unit II: Formation, maintenance and course of relationships

Number of Hours: 14

- A. Factors determining relationship formation
 - a) Proximity
 - b) Similarity
 - c) Physical attraction
 - d) Reciprocal liking
 - e) Complementarity
 - f) Competence
- B. Maintenance and course of relationships

- a) Kerckhoff and Davis' Filter theory
- b) Murstein: Stimulus-value-role model
- c) Levinger: stage theory model

Unit III: Components and effects of relationships

Number of Hours: 12

A. Components of relationships

- a) Self-disclosure
- b) Rules
- c) Power

B. Health and happiness

- a) Effects on physical health
- b) Effects on mental health
- c) Effects on happiness
- d) Effects of loss of a relationship
- e) Gender differences in benefits of relationships
- f) Reasons why social support affects health and happiness
- g) The negative effects of relationships

Unit IV: The dissolution of relationships

Number of Hours: 10

A. Conflicts in relationships

B. Duck's model of relationship dissolution

C. Rusbult and Zembrodt's model of responses to relationship dissatisfaction

Unit V: Individual, social and cultural variations in Relationships

Number of Hours: 10

A. Homosexual relationships

- a) Similarities and differences

B. Cross-cultural differences in heterosexual relationships

- a) Choosing a partner
- b) Assessing marital happiness
- c) Types of relationships studied.

References:

Mandatory

- 1) Dwyer, D. (2012). Interpersonal Relationships, London, Routledge.

Supplementary

- 1) Baron, R. A., Byrne, D. (2008). Social Psychology. (10th Ed.). New Delhi: Prentice Hall of India Pvt. Ltd.
- 2) Myers, D. G. (2007). Social Psychology. (10th Ed.). New Delhi: Tata McGraw Hill Publishing Company Ltd.
- 3) Taylor, S.E., Peplau, L.A., & Sears, D.A. (2000). Social Psychology. (10th Ed.). New Jersey, U.S.A: Prentice Hall International.

Course Title: Psychopathology I
Course Code: PSY-III.C-5 (Experimental)
Marks: 75
Credits: 03

Course Objectives

- 1) To impart knowledge and understanding of the basic concepts in Abnormal Psychology and the theories about Abnormality
- 2) To know the historical development of the study of abnormal behaviour, criteria and perspectives in abnormal behavior and common classification systems,
- 3) To create awareness about Mental Health problems in society
- 4) To create a foundation for higher education and for a career in Clinical Psychology.

Course Outcome: After completion of the course students will be able to:

1. To evaluate the theoretical perspectives of maladaptive behavior
2. To differentiate between DSM-IV-TR and DSM-5 diagnostic categories
3. To apply the DSM 5 to understand case history.
4. To identify and use appropriate treatment intervention for maladaptive behaviours
5. To evaluate misconceptions portrayed in movies/books regarding maladaptive behaviors.

Each paper in Experimental subjects shall have forty-five lectures of one hour duration i.e. three lectures per week over a period of fifteen weeks of a semester.

Syllabus

Unit I: Abnormal Psychology: An overview

Number of Hours: 13
20 Marks

- A. What is abnormal psychology
 - a) Triggers of mental health problems
 - b) The stigma of abnormal behaviour
 - c) Adaptive and maladaptive behaviour
- B. Classification of mental disorders
 - a) Why do we need to classify mental disorders?
 - b) What are the advantages and disadvantages of classification?
 - c) The multiaxial approach
 - d) DSM-IV-TR
 - e) The major diagnostic categories
- C. Assessment: the basic classification
 - a) The interview
 - b) Intelligence tests
 - c) Neuropsychological tests
 - d) Personality, behavioural, cognitive, relational and bodily assessment.

Unit II: Theoretical perspectives of maladaptive behaviour

Number of Hours:10
15 Marks

- A. The biological perspective
- B. The psychodynamic perspective
- C. The behavioural perspective
- D. The cognitive perspective
- E. The community-cultural perspective

Unit III: Somatoform and dissociative disorders

Number of Hours:11
20 Marks

- A. Somatoform Disorders
 - a) Illness anxiety disorder
 - b) Somatic Symptom Disorders
 - c) Conversion Disorders
 - d) Body Dysmorphic Disorders
 - e) Factitious Disorder and Malingering
- B. Dissociative Disorders
 - a) Depersonalization/Derealization Disorder
 - b) Dissociative Amnesia
 - c) Dissociative Identity Disorders
- C. Treatment and Outcome

Unit IV: The therapeutic enterprise: Choices, Techniques, Evaluation

Number of Hours:11
20 Marks

- A. Psychotherapy
- B. Humanistic and existential therapies
- C. Brief psychotherapies
- D. Cognitive-behavioural approaches
- E. Group approaches
- F. Biological therapies
- G. Hospitalization

Books for Study:

- Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing. ... (American Psychiatric Association, 2013).
- Sarason, I. G., & Sarason, B.R. (2013). *Abnormal Psychology: The Problem Of Maladaptive Behavior*. (11thEd.). New Delhi: Indian Reprint by Pearson Education Hall, Taj Press.
- Carson, Robert C., Butcher, James, N, Mineka, Susan and Hooley, Jill, M, (2008). *Abnormal Psychology*, Pearson Education Inc and Dorling Kindersley Publishing Inc., New Delhi, 13th Edition.

Suggested Reading:

- Comer, R.J. (2005). Fundamentals of Abnormal psychology. (4th edi). Worth publishers. 41 Madison Avenue.
- Davison, G.C. & Neale, J.M. (1998). Abnormal Psychology. (7th edi). John Wiley & sons, Inc. New York/Chichester/Weinheim/Brisbane/Singapore/Toronto.
- Koeksema-susan Nolen. (2007). Abnormal Psychology. (3rd Edi) the McGraw-Hill companies, New York

Course Title: Psychopathology I

Course Code: PSY-III.C-5 (Practical Component)

Marks: 25

Credits: 1

No. of Practicals: 06

Duration: 15 Session of 2 hrs

Practical Session: one session per week

Syllabus:

A. Research in Abnormal Psychology (2 hrs each)

- a) Case Study Analysis (Mental Disorder)
- b) Survey (Mental Health)

B. Tests/Assessments (Any four, 2 hrs each)

- a) Personality test
- b) Sentence completion test
- c) Intelligence test
- d) General health questionnaire
- e) Beck's depression inventory
- f) Vineland social maturity scale

References:

- Carson, Robert C., Butcher, James, N, Mineka, Susan and Hooley, Jill, M, (2008). Abnormal Psychology, Pearson Education Inc and Dorling Kindersley Publishing Inc., New Delhi, 13th Edition.
- Salvatore V. DiDato. (2003). The Big Book of Personality Tests: 90 Easy-To-Score Quizzes That Reveal the Real You. Black Dog & Leventhal.
- Sarason, I. G., & Sarason, B.R. (2013). Abnormal Psychology: The Problem of Maladaptive Behavior. (11th Ed.). New Delhi: Indian Reprint by Pearson Education Hall, Taj Press.
- Smith, E.S., Nolen-Hoeksema, S., Fredrickson, B., Loftus, G.R. (2006). Atkinson & Hilgards's Introduction to Psychology (14th Ed.- 4th Reprint). Bangalore: Thomson Business Information India Pvt. Ltd.
- Thomas F. Oltmanns, Michele T. Martin, John M. Neale, Gerald C. Davison. (2012). Case Studies in Abnormal Psychology. 7th Edition. Wiley.

Course Title: Sports Psychology
Course Code: PSY-III.E-2 (Elective)
Marks: 100
Credits: 4

Course Objectives:

- a) To study the relation between sports and psychological characteristics.
- b) To acquire skills and knowledge about Sports Psychology and its application.

Learning Outcomes: At the end of this course, students will be able to:

- 1) Apply the relevance of psychology in sports.
- 2) Identify the importance of attitude formation in sports.
- 3) Analyze the role of aggression in sports.
- 4) Identify the situational and player related variables affecting aggression in sports.
- 5) Apply techniques for reducing aggression in sports.
- 6) Differentiate between intrinsic and extrinsic motivation in sports.
- 7) Analyze the different perspectives of motivation in sports.
- 8) Describe the importance of coaching psychology in sports.

Each paper in Non-Experimental subjects shall have sixty lectures of one hour duration i.e. four lectures per week over a period of fifteen weeks of a semester.

Syllabus

Unit I. Introduction to Sports psychology Number of Hours: 12

1. What is sport psychology?
2. A brief history of sport psychology
3. Who is a sport psychologist?
4. Development of sport psychology
5. Fundamental types of research in sports psychology

Unit II. Attitude to sports

Number of Hours: 12

1. The nature of attitudes
2. Measuring attitudes
3. The formation of attitudes to sport
4. Attitudes to sport and sporting behaviour
5. Changing people's attitudes to sport

Unit III. Aggression in sports

Number of Hours: 12

1. Defining aggression
2. Theories of aggression
3. Situational factors affecting aggression in sport
4. Does sports increase or reduce aggression?
5. The reduction of aggression
6. Player related variables

7. Implications for sports

Unit IV. Motivation and sports

Number of Hours: 12

1. Intrinsic and extrinsic motivation
2. Humanistic perspectives on motivation
3. Achievement-motivation
4. Cognitive approaches to motivation
5. Contemporary research on motives for sports participation
6. Motivation and sport performance

Unit V. Coaching psychology

Number of Hours: 12

1. Planning with the athletes
2. Planning by the coach
3. Making the plans work
4. Group structure and process
5. Contracting between coaches and athletes and athlete-to-athlete
 - a) Developing ground rules for assistance
 - b) Developing ground rules for assisting one another
6. Conflict resolution
7. Goal setting, planning, and evaluation
8. Commitment and goals

Books for study:

1. Jarvis, M. (1999). Sport psychology. Routledge modular psychology series, USA and Canada.
2. Singh, Y. (2005), sports Psychology, Sports publication, Delhi.

Other References:

3. Burton, D., &Raedeke, T. (2008). Coaching philosophy. Sport psychology for coaches. Champaign, IL: Human Kinetics.
4. Burton, D., &Raedeke, T. (2008). Introduction to mental skills training. Sport psychology for coaches. Champaign, IL: Human Kinetics.
5. Burton, D., &Raedeke, T. (2008). Relaxation/Energization. Sport psychology for coaches. Champaign, IL: Human Kinetics.