

**DEPARTMENT OF PHYSICAL EDUCATION**  
**MUGBERIA GANGADHAR MAHAVIDYALAYA**  
**DISTRIBUTION OF SYLLABUS**  
**SEMESTER - V**

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
DSE1T		Psychology in Physical Education and Sports	4+2	4-0-4	15	60	75
		Practical					

DSE1T		Psychology in Physical Education and Sports	<b>Total Credits 04</b> ( 04×15= 60 Classes )				
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Course Contents			
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Unit-I	Introduction	Credit-1	Taken By
1.1	Meaning and definition Psychology.	3 Classes.	Mr. Jisu Krishna Jana (J.K.J)
1.2	Importance and scope of Psychology.	4 Classes	
1.3	Meaning and definition Sports Psychology.	4 Classes	
1.4	Need for knowledge of Sports Psychology in the field of Physical Education.	4 Classes	

Unit-II	Learning	Credit-1	Taken By
2.1	Meaning and definition of learning.	3 Classes.	Mrs. Anindita Si (A.SI)
2.2	Theories of learning and laws of learning.	4 Classes	
2.3	Learning curve: Meaning and types.	4 Classes	
2.4	Transfer of learning- Meaning, definition type and factors affecting transfer of learning.	4 Classes	

Unit-III	Psychological Factors	Credit-1	Taken By
3.1	Motivation - Meaning, definition, type and importance of motivation in Physical Education and Sports.	3 Classes.	Dr. Biswajit Garai (Dr. B.G.)
3.2	Emotion- Meaning, definition, type and importance of emotion in Physical Education and Sports.	4 Classes	
3.3	Personality- Meaning, definition and types, personality traits.	4 Classes	
3.4	Role of physical activities in the development of personality.	4 Classes	

Unit-IV	Stress and Anxiety	Credit-1	Taken By
4.1	Stress- Meaning, definition and types of Stress.	3 Classes.	A.SI
4.2	Causes of Stress.	4 Classes	J.K.J
4.3	Anxiety- Meaning, definition and types of Anxiety.	4 Classes	B.G.
4.4	Management of Stress and Anxiety through physical activity and sports.	4 Classes	

DSE1P	Practical	Credit-2	Total Credits 02
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Taken By			
1.	Assessment of Personality, Stress and Anxiety.	15 Classes	Mrs. Anindita Si (A.SI), Mr. Jisu Krishna Jana (J.K.J), Dr. Biswajit Garai (Dr. B.G.)
2.	Measurement of Reaction Time, Depth Perception and Mirror Drawing.	15 Classes	