

Lesson Plan for Course: B.A General (PEDG) Code: PEDGDSE03A Credit: 6

- Course coordinator: GOPAL GURIA
- Course Outcome
- CO₁: To learn the basic Knowledge of Psychology And Sports Psychology.
- CO₂: To learn the History of Learning
- CO₃: To learn the basic Knowledge of Psychological Factors
- CO₄: To learn the basic Knowledge of Stress and Anxiety
- CO₅: To learn the basic Knowledge of physical activities in the development of personality
- CO₆: To learn the basic Knowledge of Management of Stress and Anxiety through physical activity and sports.

Course planner

Sl	Course Topic	Teacher	Class-hour	Remarks*
JAN	<u>Unit- I: Introduction</u> 1.1. Meaning and definition Psychology. 1.2. Importance and scope of Psychology. 1.3. Meaning and definition Sports Psychology.	G.G	14	
FEB	1.4. Need for knowledge of Sports Psychology in the field of Physical Education. <u>Unit- II: Learning</u> 2.1. Meaning and definition of learning.	G.G	08	
MAR	2.2. Theories of learning and Laws of learning	G.G	06	
Assessment: Mid-term Test				
APR	2.3. Learning curve: Meaning and Types. 2.4. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.	G.G	16	
MAY	<u>Unit- III: Psychological Factors</u> 3.1 Motivation- Meaning, definition, type and importance of Motivation in Physical Education and Sports. 3.2 Emotion- Meaning, definition, type and importance of Emotion in Physical Education and Sports 3.3 Personality- Meaning, definition and type Personality traits. 3.4 Role of physical activities in the development of personality.	G.G	18	

JUN	<u>Unit- IV: Stress and Anxiety</u> 4.1 Stress- Meaning, definition and types of Stress. 4.2 Causes of Stress. Effect of Stress on Sports Performance 4.3 Anxiety- Meaning, definition and types of Anxiety. . Effect of Anxiety on Sports Performance 4.4 Management of Stress and Anxiety through physical activity and sports.	G.G	21	
	Assessment: End-term Test		Total: 83Hrs	

Resources :

- The nature of the class-topic (viz. Theoretical, Practical, and Tutorial).
- Methodology of teaching (whether using ICT, engaging students in group discussion, quiz etc. etc.)
 - Different modes of assessment. (Please check UGC evaluation reforms).
- evaluation reforms).