

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

- Course coordinator: GOPAL GURIA
- Course Outcome
- CO<sub>1</sub>: To learn the basic Knowledge of Psychology And Sports Psychology.
- CO<sub>2</sub>: To learn the History of Learning
- CO<sub>3</sub>: To learn the basic Knowledge of Psychological Factors
- CO<sub>4</sub>: To learn the basic Knowledge of Stress and Anxiety
- CO<sub>5</sub>: To learn the basic Knowledge of physical activities in the development of personality
- CO<sub>6</sub>: 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	<b><u>Unit- I: Introduction</u></b> 1.1. Meaning and definition Psychology. 1.2. Importance and scope of Psychology. .	G.G	09	
FEB	1.3. Meaning and definition Sports Psychology 1.4. Need for knowledge of Sports Psychology in the field of Physical Education. .	G.G	06	
MAR	<b><u>Unit- II: Learning</u></b> 2.1. Meaning and definition of learning 2.2. Theories of learning and Laws of learning 2.3. Learning curve: Meaning and Types. 2.4. Transfer of learning- Meaning, definition type and factors affecting transfer of learning.	G.G	21	
<b>Assessment: Mid-term Test</b>				
APR	<b><u>Unit- III: Psychological Factors</u></b> 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	

MAY	<b><u>Unit- IV: Stress and Anxiety</u></b> 4.1 Stress- Meaning, definition and types of Stress .4.2 Causes of Stress. Effect of Stress on Sports Performance	G.G	19	
JUN	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	14	
	<b>Assessment: End-term Test</b>		Total: 87Hrs	

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).