

**MOTHER TERESA WOMEN'S UNIVERSITY KODAIKANAL - 624101**

**DOCTOR OF PHILOSOPHY (Ph.D.)**

**DEPARTMENT OF PHYSICAL EDUCATION**

**COURSE WORK EXAMINATION SYLLABUS**

<b>SL NO</b>	<b>NAME OF THE PAPER</b>
<b>1</b>	<b>RESEARCH METHODOLOGY</b>
<b>II</b>	<b>PSYCHOLOGY AND PHYSIOLOGY OF PHYSICAL EDUCATION ( COMMON PAPER }</b>
<b>III</b>	<b>(AREA PAPER}</b>
<b>1</b>	<b>SPORTS AND GAMES OF PHYSICAL EDUCATION</b>
<b>2</b>	<b>HEALTH EDUCATION AND SPORTS NUTRITION</b>
<b>3</b>	<b>SPORTS MEDICINE AND INJURIES</b>
<b>4</b>	<b>TEST AND MEASUREMENT IN PHYSICAL EDUCATION</b>
<b>5</b>	<b>YOGA PRACTICE AND PHYSICAL FITNESS</b>
<b>6.</b>	<b>SPORTS BIOMECHANISAM IN PHYSICAL EDUCATION</b>
<b>7.</b>	<b>THEORY AND METHODS OFSPORTS TRAINING</b>

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**PAPER II**

**COMMON PAPER - Psychology And Physiology Of Physical Education**

**Objectives:**

- 1. Understanding how psychology factors affecting sports performance**
- 2. To study about anatomy and physiology to be fit**
- 3. To study how exercise changes the function and structure of the body**

**UNIT I**

**Introduction** -Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning– Motor Perception – Factors Affecting Perception – Perceptual Mechanism. Personality: Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance.

**UNIT II**

**Motivation** -Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. Achievement Motivation: Measuring of Achievement Motivation. Anxiety: , Nature, Causes, Method of Measuring Anxiety. Competitive Anxiety and Sports Performance. Stress , Causes. Stress and Sports Performance. Aggression, Method of Measurement. Aggression and Sports Performance. Self-Concept: Meaning and Definition, Method of Measurement. Questionnaire: Sports Achievement Motivation Sports Competition Anxiety.

**UNIT III**

**Skeletal Muscles and Exercise** Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system. Sports performance in hot climate, Cool Climate, high altitude.

**UNIT IV**

**Cardiovascular System and Exercise** Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system.

**UNIT V**

**Respiratory System and Exercise** Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs –Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system.

**REFERENCES:**

1. Hall Inc. John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.
2. Mirosław Vauks & Bryant Cratty (1999). Psychology and the Superior Athlete. London:
3. Macmillan Co. Richard, J. Crisp. (2000). Essential Social Psychology. Publications
4. Authors Guide (2013)
- 4 National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi:
- 5 Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.