



Semester - III								
Sr. No	Course Category	Course Title	Course Credits			Exam Marks		
			Theory	Practical	Total	IM	EM	Total
1	Major Course DSC-5	Cognitive Psychology	4	0	4	50	50	100
2	Major Course DSC-6	Social Psychology-I	4	0	4	50	50	100
3	Major Course DSC-7	Psychopathology-I	4	0	4	50	50	100
4	Multi/Interdisciplinary Course MDC-3	Sports and Psychology	4	0	4	50	50	100
5	Ability Enhancement Course (AEC)-3	Psychology of Relationships-I	2	0	2	25	25	50
6	Skill Enhancement Course/ Internship SEC-3	Positive Psychology-I	2	0	2	25	25	50
7	Value Added Course VAC/IKS-2	Indian Psychology-II (IKS-2)	2	0	2	25	25	50
<b>Total</b>			22	0	22	50 %	50 %	100 %

Semester - IV								
Sr. No	Course Category	Course Title	Course Credits			Exam Marks		
			Theory	Practical	Total	IM	EM	Total
1	Major Course DSC-8	Psychology of Adjustment	4	0	4	50	50	100
2	Major Course DSC-9	Social Psychology-II	4	0	4	50	50	100
3	Major Course DSC-10	Psychopathology-II	4	0	4	50	50	100
4	Minor Course (Elective) DSE-3	Psychology of Personal Adjustment	4	0	4	50	50	100
5	Ability Enhancement Course (AEC)-4	Psychology of Relationships-II	2	0	2	25	25	50
6	Skill Enhancement Course/ Internship SEC-4	Positive Psychology-II	2	0	2	25	25	50
	Value Added Course VAC-2/IKS	Environmental-II Psychology (VAC-2)	2	0	2	25	25	50
<b>Total</b>			22	0	22	50 %	50 %	100 %



## BA (Hon.) Psychology Semester-III

<b>Course Type</b>	<b>: Multi/Interdisciplinary Course (MDC-3)</b>
<b>Name of the Course</b>	<b>: Sports and Psychology</b>
<b>Course credit</b>	<b>: 04</b>
<b>Teaching Hours</b>	<b>: 60 (Hours)</b>
<b>Total marks</b>	<b>: 100 (50+50)</b>
<b>Teaching Methodology</b>	<b>: Lecture &amp; Demonstration</b>

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ?હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ ?હા
3. Value added Courses Imparting Transferable and Life Skillsના ગુણો ધરાવે છે ?હા
4. Major  Minor  Skill Enhancement Courses   
Ability Enhancement Courses  Value Added Courses  Exit/ Vocational Courses
5. Holistic Education  Multidisciplinary  Interdisciplinary
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસાંગિક જોગવાઈ કરાયેલ છે ?ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે ?ના
8. Swayamપ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે ?ના
9. ઈન્ડીયન નોલેજ સીસ્ટમ( IKS )પર આધારિત વિષય છે ? ના

### Course Outcomes:

This course should help Students:

1. To introduce the students to the field of sports and exercise psychology by providing a broad overview of the major topics in the area.
2. To Describe how psychological factors influence involvement and performance in sport, exercise and physical education settings.
3. To Demonstrate and understanding of practical techniques and strategies useful to coaches, teachers, athletic trainers, exercise leaders and others who work with athletes and individuals involved in exercise programs
4. To recognize the Positive and Aversive Approaches to Influencing sports performance.
5. To identify the role of group cohesion and communication in improving sports performance.
6. To explain the antecedents and consequences of exercise behavior.

### UNIT-1 રમતગમત મનોવિજ્ઞાન – પરિચય - Sports Psychology – Introduction 15 Hours

1. રમતગમત મનોવિજ્ઞાનનો અર્થ -Meaning of Sports Psychology
2. રમતગમતને અસર કરતા ઘટકો - Components affecting on sports
3. રમતગમત મનોવિજ્ઞાનનું ક્ષેત્ર- The field of sports psychology
4. રમતગમત મનોવિજ્ઞાનની ભારતમાં વર્તમાન સ્થિતિ - Current situation of sports psychology in India
5. કારક શિક્ષણ અને પ્રત્યક્ષીકરણ - Operant conditioning and perceptions
6. રમતગમતમાં રમતગમત મનોવૈજ્ઞાનિકની ભૂમિકા- Role of sports psychologists in sports
7. રમતગમતના મનોવૈજ્ઞાનિક સિદ્ધાંત- Psychological theories of sport

### UNIT-2 આનુવંશિકતા, પર્યાવરણ અને રમતગમતમાં લક્ષ્ય નિર્ધારણની પ્રક્રિયા 15 Hours

#### Genetics, Environment and The process of goal setting in sport

1. આનુવંશિકતા- Heredity
2. પર્યાવરણ - Environment



3. આનુવંશિકતા અને પર્યાવરણનું સાપેક્ષ મહત્વ -The relative importance of genetics and the environment
4. રમતગમત પર્યાવરણ -Sports Environment
5. આનુવંશિકતા, પર્યાવરણ અને એથલેટીક્સ પ્રદર્શન-Genetics, Environment, and athletics performance
6. રમતગમતમાં લક્ષ્ય નિર્ધારણ-અર્થ -Goal setting in sports- Meaning
7. માનસિક આરામ અને માનસિક તૈયારીની રણનીતિઓ-Mental relaxation and mental preparation strategies

**UNIT-3 વ્યક્તિત્વ- Personality 15 Hours**

1. વ્યક્તિત્વનો અર્થ અને વિશિષ્ટ હકીકત -The meaning and specific fact of personality
2. વ્યક્તિત્વના નિર્ધારક / વ્યક્તિત્વ ઘડતર - Determinants of Personality/ Personality Formation
3. વ્યક્તિત્વના આયામ અને મૂલ્યાંકન- Dimensions and assessment of personality
4. વ્યક્તિત્વ વિકાસમાં રમતગમતનું મહત્વ- Importance of sports in personality development
5. વ્યક્તિત્વને અસર કરતા ઘટકો -Components affecting personality
6. વ્યક્તિગત ભીન્નાતાઓ- Personal individual differences
7. ખેલાડી (રમતવીર)નું વ્યક્તિત્વ- Personality of the player (athlete)

**UNIT-4 પ્રેરણા- Motivation 15 Hours**

1. પ્રેરણાનો અર્થ અને મહત્વ - The meaning and importance of motivation
2. પ્રેરણાના પ્રકારો - Types of motivation
3. પ્રેરણાના સિદ્ધાંત - Theories of Motivation
4. રમતગમતમાં પ્રેરણાને અસર કરતા ઘટકો -Factors affecting motivation in sport
5. રમતગમત અને આક્રમકતા - Sports and aggression
6. રમતગમત અને ચિંતા - Sports and anxiety
7. તનાવનો અર્થ, સ્વરૂપ અને તનાવના પ્રકાર - The meaning of stress, Nature and type of stress
8. તનાવ અને ચિંતાની રમતગમત પ્રદર્શન પર અસર- Impact of stress and anxiety on sports performance

**References:**

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3. <https://www.classcentral.com/course/independent-sports-psychology-the-winningmindset-2373-2>
4. <https://www.coursera.org/learn/sports-society>
5. <https://www.olympic.org/news/new-sports-psychology-course-available-on-ioc-athletemooc>
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11. Williams, J.M.(2001): Applied Sports Psychology(fourth Edition),Mayfield Publishing Company, London.



## BA (Hon.) Psychology Semester-III

Course Type	: Value Added Course (VEC/IKS-2)
Name of the Course	: Indian Psychology-II (IKS-2)
Course credit	: 02
Teaching Hours	: 30 (Hours)
Total marks	: 50 (25+25)
Teaching Methodology	: Lecture & Demonstration

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ?હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ ?હા
3. Value added Courses Imparting Transferable and Life Skillsના ગુણો ધરાવે છે ?હા
4. Major  Minor  Skill Enhancement Courses   
Ability Enhancement Courses  Value Added Courses  Exit/ Vocational Courses
5. Holistic Education  Multidisciplinary  Interdisciplinary
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસાંગિક જોગવાઈ કરાયેલ છે ?ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે ?ના
8. Swayamપ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે ?ના
9. ઈન્ડીયન નોવેજ સીસ્ટમ( IKS )પર આધારિત વિષય છે ? હા

### Course Outcomes:

After completion of the Indian Psychology course, students will be able to:

1. Outline the fundamental concept of Indian Psychology in comparison with Western Psychology concepts.
2. Examine various concepts of Indian Psychology on Personality and states of consciousness through Upanishads, Nyaya, Advaita Vedantametc.
3. Illustrate the ideas of Yoga and apply the knowledge for self-development.
4. Analyzing various religious school of thought in explaining the concept of Mind.
5. Apply the concept of Indian psychology in various fields like counselling, education, organizational behavior etc.

### UNIT - I. Psychology of Buddhism, Jainism and Sufi:

10 Hours

Buddhism: factors of personality, levels of consciousness, functioning of mind.

Jainism: nature of consciousness – cognition, sense organs, non-verbal comprehension, verbal comprehension, extra sensory perception, affection, conation, mental activity.

Sufi: Historical background and aim, basic concepts: spirit, views of the self and soul, sufism and the integration of man, Metaphysical concepts: attributes of God, freedom of will, beliefs and action, reason and revelation

### UNIT - II Theory & Application of Yoga Psychology

10 Hours

Meaning and aims of Yoga, Patanjali's yoga sutra, Astanga yoga - stages of yoga, nadis and cakras, asanas, concept of Prana. Pranayama. Psychophysiological effects of asanas and pranayama Yoga therapy and Kundalini yoga.

Yoga and stress. Yoga for treating different systemic disorder (eg. Digestive, circulatory etc.). Yoga for personality development and wellbeing

### UNIT - III Applying Indian Psychology

10 Hours

Counselling and therapy – vipassana and mindfulness, Hathayaoga based therapies: The Gita as guide. Education – Gandhi's NaiTalim, Satyagraha- psychospiritual tool for conflict resolution: Tagore's system of education; Sri Aurobindo's integral education. Organizational behavior and community work – Gita-based approaches to Organizational behaviour. Life and Education – The



Thirukkural approach.

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