

Sports Psychology

Sports psychology is the scientific study of people and their behaviors in sport and exercise contexts and the practical applications of the knowledge. Sport and exercise psychologists identify principles and guidelines that professionals can use to help adults and children participate in and benefit from sport and exercise activities.

Most people study Sport and Exercise Psychology with two objectives in mind:

(a)To understand how psychological factors affects an individual's psychological performance and

(b)To understand how participation in sport and exercise affects a person's psychological development, health, and well-being.

Sport psychology deals with several distinct subjects such as:

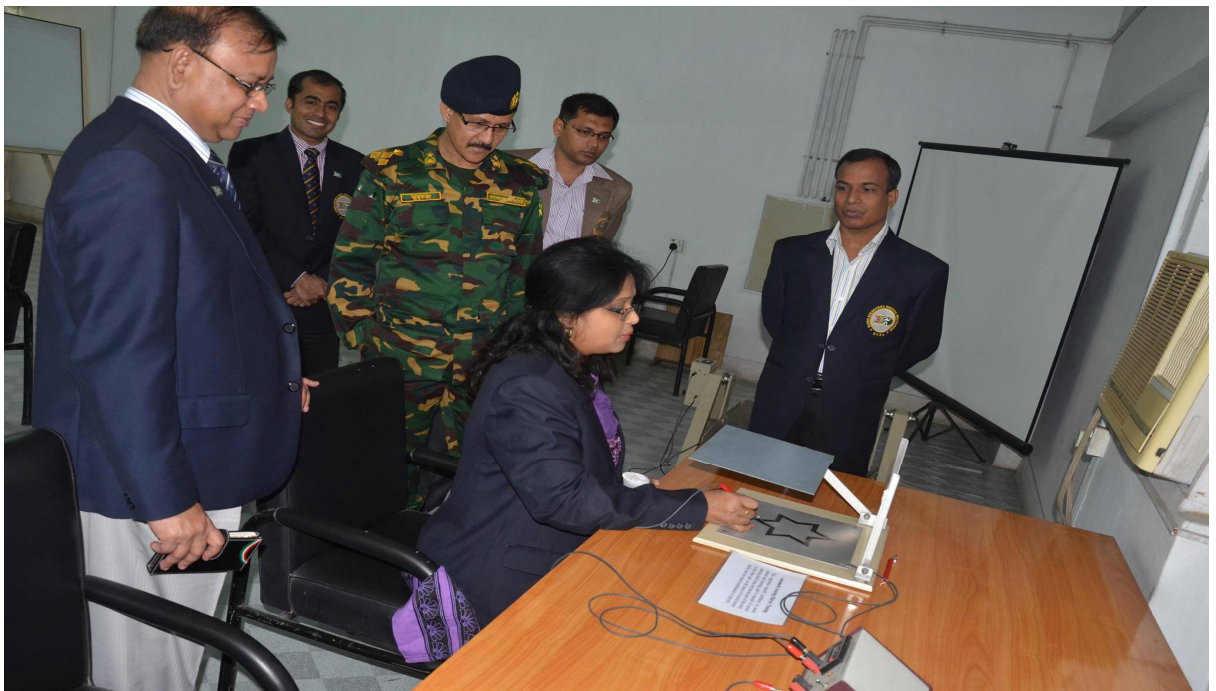
- **Athlete-coach interaction**
- **Aspirations levels and goal setting**
- **Pre event preparation and post event analysis, which have a direct bearing on sports performance**
- **Analyzes the behavior of individuals during training and competition.**
- **Impacts psychological skill training, which helps in goal setting, arousal management, imagery training, improving confidence and enhancing concentration.**

Different activities in Department of Sports Psychology

Achievement Motivation Test with Paper-pencil.



A visit by high officials



Motor Control and Learning Test with Autonomic Scoring Mirror Tracing



Depth Perception Ability Test with Depth Perception Apparatus



Anticipation Ability Test with Basin Anticipation Timer



Instrument and Equipments

Reaction & Movement Timer



This apparatus measures extent of nerve transmission related to cortical arousal in alert situations which originally serves as the index of perceptual motor-skills related to reaction ability of players.

Choice Reaction Timer



This apparatus assesses the complex reaction ability of the players using both visual and auditory sense modalities.

Voice Reaction Timer



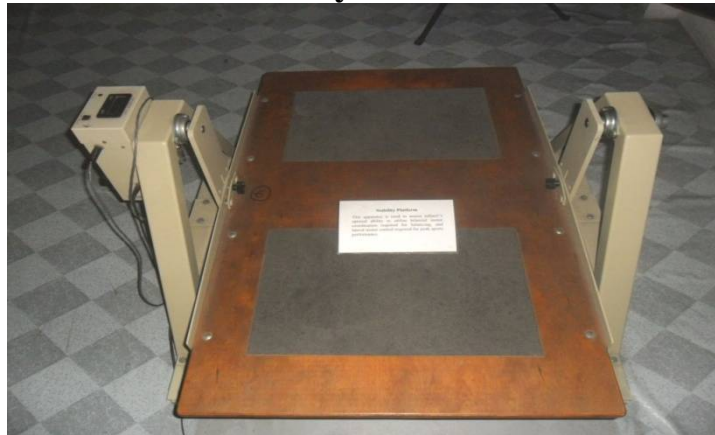
This apparatus assesses the complex reaction ability of the players related to signal detection ability involving task of sharp decisions and selective attention.

Basin Anticipation Timer



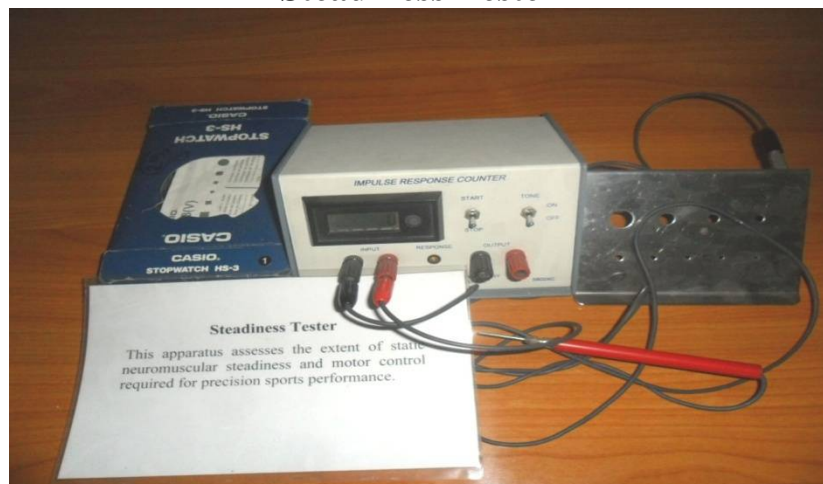
This apparatus measures the visual anticipation ability of the player in static condition. This is an index perceptual motor skill required in anticipation of time – lapse before the onset of stimulus and the perceptual – motor conditioning (eye-hand coordination) required for appropriate reaction.

Stability Platform



This apparatus is used to assess subject's optimal ability to utilize bilateral motor coordination required for balancing , and lateral motor control required for peak sports performance.

Steadiness Tester



This apparatus assesses the extent of static neuromuscular steadiness and motor control required for precision sports performance.

Vision Tester



This apparatus is used to identify all sorts of perceptual problem related to vision, for instance- visual acuity, accommodation, problem in colour perception, convergence and stereo depth perception.

Critical Flicker Fusion



This apparatus measures the level of cortical activation through perceptual discrimination using two-flash (flicker and fusion) thresholds in visual sense modality of the players. This cortical activation serves as an index of optimal level of cognitive activity.

Depth Perception Apparatus



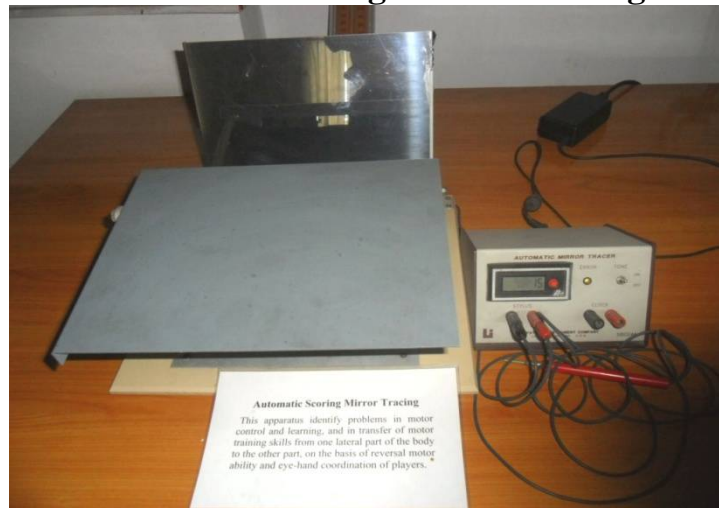
Depth perception is a measure of perceptual discrimination. This Instrument assesses the ability of a player to judge the distance of objects from each other and from the observer.

Photoelectric Rotary Pursuit



This is an apparatus aimed at measurement of motor learning ability on basis of extent of bilateral eye-hand coordination (using both sides of the body) in players, which is termed as the bilateral visuomotor coordination of the players.

Automatic Scoring Mirror Tracing



This apparatus identify problem in motor control and learning, and in transfer of motor training skills from one lateral parts of the body to the other part, on the basis of reversal motor ability and eye-hand coordination of players.

Audition Tester



This instrument effectively and precisely evaluates auditory ability of sports performance, and identifies all sorts of perceptual problem related to audition in sports field.

Two Arm Coordination



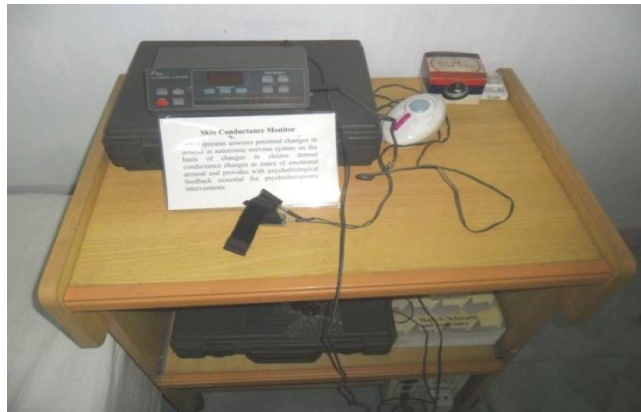
This apparatus primarily measures the level of eye-hand coordination and motor learning ability of the upper part of the body of the players related perceptual motor skill.

Grove Steadiness Tester



This apparatus measures movement related neuromuscular steadiness and motor control ability.

Skin Conductance Monitor



This apparatus assesses potential changes in arousal i autonomic nervous system on the basis of change in electro dermal conductance changes as index of emotional arousal and provides with psychobiological feedback essential for psychotherapeutic intervention.

Electromyography Biofeedback Monitor



This apparatus assesses the changes in evoke potential of the muscles as index of arousal modulation in the peripheral nervous system (PNS) . In the field of sports, this instrument is used for the purpose of regulation of muscle tension, employing by feedback training.