

বাংলাদেশ ক্রীড়া শিক্ষা প্রতিষ্ঠান  
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**Post Graduate Diploma in Sport Psychology-2023**

## **SPECIALIZATION AREA**

### **SPORT PSYCHOLOGY**

#### **Syllabus**

#### **Paper I**

#### **UNIT-I**

1. Introduction
  - 1.1 Meaning of Sport Psychology
  - 1.2 Scope of Sport Psychology
  - 1.3 Relationship of Sport Psychology to other sports sciences
  - 1.4 Importance of Sport Psychology in sports
  
2. Cognitive Appraisal and Sports
  - 2.1 Meaning of Cognition
  - 2.2 Characteristics of cognition processes in sports
  - 2.3 Cognitive rigidity and problems in sports
  - 2.4 Cognitive rehearsal techniques for peak performance
  - 2.5 Cognitive restructuring of burnt out athletes
  - 2.6 Cognitive dissonance: State arousal
  - 2.7 Cognitive components of aggression, stress and motivation
  
3. Attention and its Role in Sports
  - 3.1 Concept of attention
  - 3.2 Attentional focus and sports performance
  - 3.3 Arousal-Attention relationship in peak performance
  - 3.4 Attentional skill training in elite sportspersons
  - 3.5 Theories of attention in sports

#### **UNIT-II**

1. Personality and Sports Performance
  - 1.1 Meaning of personality
  - 1.2 Dimensions of personality types and traits in sports
  - 1.3 Psychodynamic theories in sports personology
  - 1.4 Behavioural schools in personality of sports
  - 1.5 Exploratory behaviour in sports
  - 1.6 Sports and sensation seeking
  - 1.7 Causal attribution in sports
  
2. Role of Aggression in Sports
  - 2.1 Concept of aggression
  - 2.2 Biological components of aggression
  - 2.3 Hostility and anger in sports
  - 2.4 Theories of aggression in sports
  - 2.5 Aggression reduction-assertive training

#### **UNIT-III**

1. Emotional Regulation in Sports
  - 1.1 Meaning of emotion
  - 1.2 Types of emotion
  - 1.3 Fear of success phobia
  - 1.4 Catastrophic theory of anxiety
  - 1.5 Eustress and sports

## **SPECIALIZATION AREA**

### **SPORT PSYCHOLOGY**

#### **Syllabus**

#### **Paper II**

#### **UNIT-III**

1. Psycho-physiological Aspects of Sports
  - 1.1 Autonomic reactivity in sports
  - 1.2 Arousal modulation in alertness
  - 1.3 Nature of arousal in peripheral nervous system
  - 1.4 Reticular activation in sports
  
2. Anxiety Arousal-Peak Performance
  - 2.1 Problems of Inverted-U Hypothesis
  - 2.2 Theory of optimal function in sports
  - 2.3 State arousal and trait arousal

#### **UNIT-IV**

1. Goal Setting and Motivation in Sports
  - 1.1 Meaning of motivation
  - 1.2 Concept of goal setting
  - 1.3 Types of motivation
  - 1.4 Importance of goal setting and its guidelines
  - 1.5 Biological basis of motivation
  - 1.6 Endorphins and motivation in sports
  - 1.7 Intrinsic and Extrinsic motivation
  - 1.8 Role of need structure in sports
  - 1.9 Mastery and achievement motivation
  
2. Sports Leadership
  - 2.1 Meaning of leadership
  - 2.2 Need for leadership in sports
  - 2.3 Leadership effectiveness
  - 2.4 Leadership qualities in group and individual sports

#### **UNIT-V**

1. Social Skills in Sports
  - 1.1 Group dynamics in team games
  - 1.2 Factors affecting group cohesion
  - 1.3 Spectator psychology
  - 1.4 Spectator cohesion and group cohesion
  
2. Psychological Aspects of Action Regulation
  - 2.1 Meaning of action regulation
  - 2.2 Importance of action regulation
  - 2.3 Self regulation techniques in sports
  - 2.4 Systematic desensitization, imagery training and autogenic rehearsal
  
3. Biofeedback and Sports Performance
  - 3.1 Biofeedback training in elite sportspersons
  - 3.2 Muscle-relaxation skills and visuo-motor behaviour rehearsal

## **SPECIALIZATION AREA**

### **SPORT PSYCHOLOGY**

#### **Practical Syllabus**

1. Assessment of State Anxiety.
2. Assessment of Personality Trait of anxiety.
3. Sociometry for Leader Selection.
4. Assessing Group Relationship.
5. Assessing Attention
6. Determining Aggressive Behavior in Sport.
7. Testing Achievement Motivation Level.
8. Testing Goal Orientation of Sportspersons.
9. Determining External & Internal Attributions of Winners & Losers.
10. Testing Hand-Eye Coordination.
11. Testing Hand Steadiness.
12. Assessing Anticipation Ability
13. Assessing Depth Perception.
14. Assessing Perceptual Sensitivity.
15. Bio Feed Training.
16. Psychological Skill Training-Field Training for 8 Weeks.

## **SUBSIDIARY AREA**

### **SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

#### **Syllabus**

#### **Paper-I**

#### **UNIT-I**

1. Sports Training
  - 1.1 Definitions of conditioning sports training and coaching
  - 1.2 Aim, tasks and characteristics of sports training
  - 1.3 Principles of sports training
  
2. Training Load
  - 2.1. Definition of training load
  - 2.1. Important features of training load
  - 2.1. Principles of training load
  - 2.4 Adaptation process and conditions of adaptation
  - 2.5 Overload, its causes and symptoms. Tackling of over load.

#### **UNIT-II**

##### Training for Motor Components – 1 (Conditional Abilities)

1. Strength
  - 1.1 Definition and forms of strength
  - 1.2 Factors determining strength
  - 1.3 Principles of strength training
  - 1.4 Methods and means of strength training
  
2. Endurance
  - 2.1 Definition and forms of endurance
  - 2.2 Factors determining endurance
  - 2.3 Methods and means of endurance training
  
3. Speed
  - 3.1 Definition and forms of speed
  - 3.2 Factors determining speed
  - 3.3 Methods and means of speed training
  - 3.4 Speed barrier and how to tackle it.

#### **UNIT-III**

##### Training for Motor Components-II

1. Flexibility
  - 1.1 Definition and forms of flexibility
  - 1.2 Factors determining flexibility
  - 1.3 Methods and means of flexibility training

## SUBSIDIARY AREA

### SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

#### Syllabus

#### Paper-II

#### Unit-III

##### Training for Motor Components-II

- 1 Coordinative Abilities
  - 1.1 Definition of coordinative abilities
  - 1.2 Characteristics of coordinative abilities
  - 1.3 Importance of coordinative abilities
  - 1.4 Different coordinative abilities affecting performance in games and sports
  - 1.5 Training for coordinative abilities.

#### UNIT-IV

- 1 Technique Training
  - 1.1 Definition of skill, style, technique and technical training
  - 1.2 Characteristics of technique
  - 1.3 Phases of skill acquisition
  - 1.4 Methods of technique training
  - 1.5 Causes and correction of faults.
- 2 Tactical Training
  - 2.1 Definition of tactics and strategy
  - 2.2 Basic tactical concepts-Offensive. Defensive and High Performance Tactics
  - 2.3 Methods of tactical training

#### UNIT-V

- 1 Planning and Organization of training
  - 1.1 Definition and important of planning
  - 1.2 Principles of planning
  - 1.3 Systems of planning
- 2 Periodisation
  - 2.1 Definition and types of periodisation
  - 2.2 Content of training for different periods
- 3 Competition Planning and Preparation
  - 3.1 Meaning and importance of competition
  - 3.2 Frequency of competition
  - 3.3 Forms of competition
  - 3.4 Direct preparation for an important competition.

#### Reference Books:

- Dick W. Frank. Sports Training Principles (London: Lepus Books)
- Harre, Dietrich. Principles of Sports Training (Berlin: Sportverlag)
- Matveyew L. P. Fundamentals of Sports Training (Moscow: Progress Publishers)
- Paish Wilfred. The Complete Manual of Sports Science, A and C Black London, 1998
- Singh H. Sports Training: General Theory and Methods (Patiala: NSNIS)
- Tandon D. K, Uppal A. K., Alegaonkar P. M. and Singh Kanwaljeet. Scientific Basis of Physical Education and Sports. Friends Publication (India), Delhi. 2001.
- Uppal A. K. Scientific Principles of Sports Training. Friends Publication (India), Delhi, 2001.

## **SUBSIDIARY AREA**

### **MEASUREMENT AND EVALUATION**

#### **Syllabus**

#### **Paper I**

#### **UNIT-I**

- 1 Introduction:
  - 1.1 Meaning of Evaluation
  - 1.2 Importance of Evaluation
  - 1.3 Principles of Evaluation
  
- 2 Selection and constructions of tests
  - 2.1 Criteria of test selection-Scientific Authenticity (Reliability, Objectivity, Validity and Norms)
  - 2.2 Classification of tests-Standardized and Teacher made tests (Objective and Subjective tests)
  - 2.3 Construction of tests-Knowledge tests (written tests) and Skill tests.

#### **UNIT-II**

- 1 Measurement of Organic Functions. Motor Fitness and General Motor Ability
  - 1.1 Organic Function Tests
    - 1.1.1 Coopers 12 min Run/Walk Test
    - 1.1.2 Tuttle Pulse Ratio Test
    - 1.1.3 Harvard Step Test and its modifications
    - 1.1.4 Hymens Cardio-pulmonary Index (CPI)
  - 1.2 Motor Fitness Tests
    - 1.2.1 Oregon Motor Fitness Test
    - 1.2.2 J.C.R Test
    - 1.2.3 AAHPER Youth Fitness Test
    - 1.2.4 Canadian Fitness Test (CAHPER)
    - 1.2.5 Indian Motor fitness Test
  - 1.3 General Motor Ability Tests
    - 1.3.1 Mc Cloys General Motor Ability Test
    - 1.3.2 Methany Johnson Test

#### **UNIT-III**

- 1 Tests for Strength
  - 1.1 Rogers Physical Fitness Index
  - 1.2 Kraus Weber Strength Test

## SUBSIDIARY AREA

### MEASUREMENT AND EVALUATION

#### Syllabus

#### Paper-II

- 1 Skill Test
  - 1.1 Procedure of skill test construction
  - 1.2 Method of establishing reliability, objectivity and validity of a skill test
  - 1.3 Preparation of norms

#### UNIT-IV

- 1 Anthropometric Measurements
  - 1.1 Height Measurement
  - 1.2 Width Measurement
  - 1.3 Length Measurement
  - 1.4 Girth Measurement
- 2 Somatotypes  
Sheldon's technique (Ectomorph. Mesomorph and Endomorph)
- 3 Posture tests
  - 3.1 IOWA Posture Test
  - 3.2 Kelley's Foot Test
  - 3.3 Tests for detecting Kyphosis, Scoliosis and Lordosis.

#### UNIT-V

- 1 Introduction
  - 1.1 Meaning and definition of statistics
  - 1.2 Importance of statistics
  - 1.3 Meaning of data and types of data
  - 1.4 Frequency Table-Meaning and construction
- 2 Fundamentals of Statistics
  - 2.1 Measures of Central Tendency-Meaning, Uses and Calculation
  - 2.2 Measures of Variability-Meaning, Uses and Calculation.
  - 2.3 Percentiles and their Calculation
  - 2.4 Correlation - Meaning, Uses and Calculation.

#### Reference Books:

Barrow M. Harold and Mc Ghee Rosemary A. Practical Approach to Measurement in Physical Education (Philadelphia: Lea and Febiger)

Clarke H. David and Clarke Harrison H. Application of Measurement to Physical Education (Englewood Cliffs: Prentice Hall. Inc)

Larson L. A. and Yocom R. C. Measurement and Evaluation in Physical. Health and Recreation Education (St. Louis: C. V. Mosby Co)

Mathew, Donald K. Measurement in Physical Education (London: W. B. Saunders Co.)



## **DIPLOMA IN SPORTS SCIENCE**

### **GENERAL RULES (Examination Ordinance)**

1. The examination for Diploma in Sports Sciences shall consist of two parts:

Part A (Theory)

Part B (Practical)

The duration of the course shall be one academic year.

2. A candidate shall be eligible for appearing at the examination for Diploma in Sports Sciences if:
  - (a) He/She has passed the Bachelor Degree Course form any recognized university of Bangladesh or the other equivalent examinations conducted by any university recognized by Bangladesh.
  - (b) Has gone through the admission criteria and secured admission to the course.
  - (c) Has put in 90% attendance in theory and practical classes separately.
3. There shall be a final examination at the end of the academic year and a candidate shall have to separately pass in Part-A (Theory) and Part-B (Practical).
4. To pass the examination, a candidate must secure 40% marks in each theory paper, sessional and practical examination.
5. The sessional marks in each theory paper and in practical examination shall be added to the total marks secured by the candidate in the final examination.
6. The sessional marks shall be calculated based on the marks secured by the candidate in the term examinations, unit tests and assignments.
7. If a candidate fails in any one part (Theory or Practical) or both, he/she will be required to reappear and pass the examination in full.
8. A candidate must complete the course of study and pass the examination within a total period of three years commencing from his first admission to the course.
9. The division shall be assigned to the successful candidate on the following basis:

Second Division: 45% and above but below 60% of the aggregate marks.  
First Division: 60% and above of the aggregate marks.

Distinction: 80% and above in a paper of Part-A (Theory) or Part-B (Practical)  
Distinction and division obtained by the candidate shall be Mentioned in the Diploma awarded to the candidate.
10. Those candidates who fail in only one theory paper or Part-B (Practical) shall be eligible to appear at the supplementary examination in that paper of Part-A (Theory) or Part-B (Practical) to be held as per the dates announced by the university.

11. For supplementary candidates, the result of the final examination shall be declared on the basis of the marks actually obtained by the candidate in each of the papers he/she has passed in the annual examination plus the marks obtained in the paper in which he/she took the supplementary examination. The supplementary candidate shall be ineligible for division and place on the merit list.
12. The candidate who is declared failed in the annual examination shall appear as an ex-student in all the papers and the sessional marks previously obtained by him shall be carried over.
13. The examination fee as prescribed by the university will be charged.
14. In partial fulfillment for the requirements of the course every candidate shall write a project on an approved topic and submit to the Institute one week prior to the commencement of final examination. The Project will carry 200 marks of which 50 marks will be assigned for viva-voce.

### **SCHEME OF EXAMINATION**

Paper	Nomenclature of paper	Sessional Marks	Min. pass marks	Marks
I	Specialization (Theory)-Two Papers	20	40%	200
II	Specialization (Practical)	20	40%	200
III	Subsidiary Area-I - Two Papers	20	40%	150
IV	Subsidiary Area-II - Two Papers	20	40%	150
V	<u>Project</u>	20	40%	200
		<b>Total</b>	100	900
				<b>Grand Total -1000</b>