

**Revision Notes**  
**Chapter 9**  
**PSYCHOLOGY AND SPORTS**

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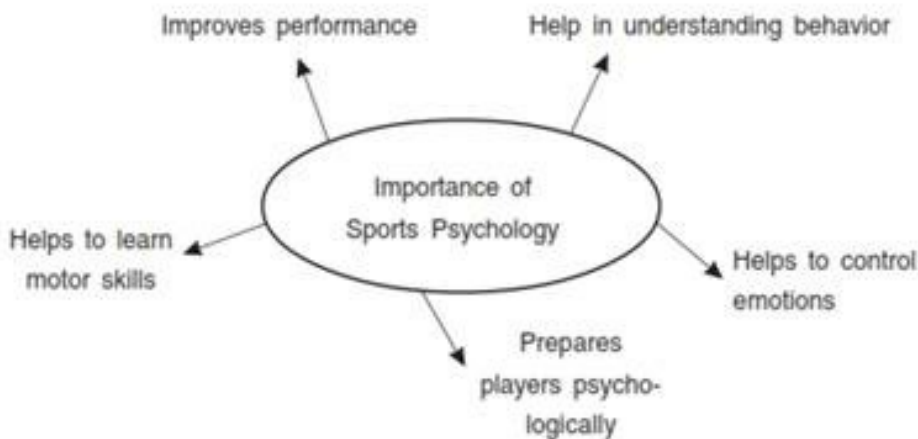
**Psychology:** Psychology is the study of mind and behavior



Direction everywhere

**Sports Psychology:** Sports Psychology is an applied Psychology involving applications of psychological principles to the field of physical education and sports.

**Importance of sports psychology**

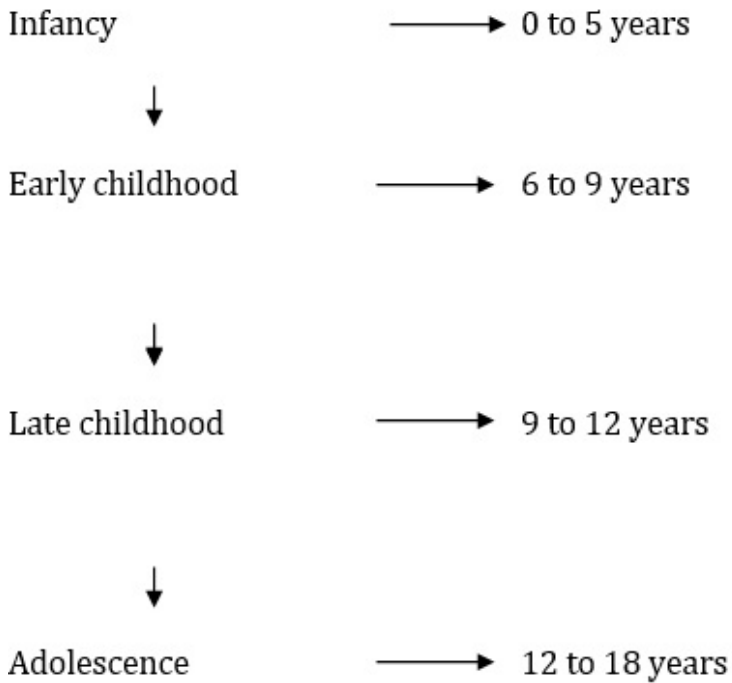


**Growth and Development :** Growth “The term growth of parts of the education means the growth of parts of the body, may be in size, height and weight  
Development can be defined as progressive series of changes in an orderly coherent pattern.

**Different stages of growth and development**

**Adolescence, Problems of Adolescence and Management of Problems of Adolescents**

## 5 stages of growth and development



Adolescence → Adolescence is the period of change from childhood to adulthood



Sympathetic and Liberal attitude of parents --> Management of Problems of Adolescence  
Healthy atmosphere at home and school --> Management of Problems of Adolescence

Paper knowledge of Adolescence psychology --> Management of Problems of Adolescence

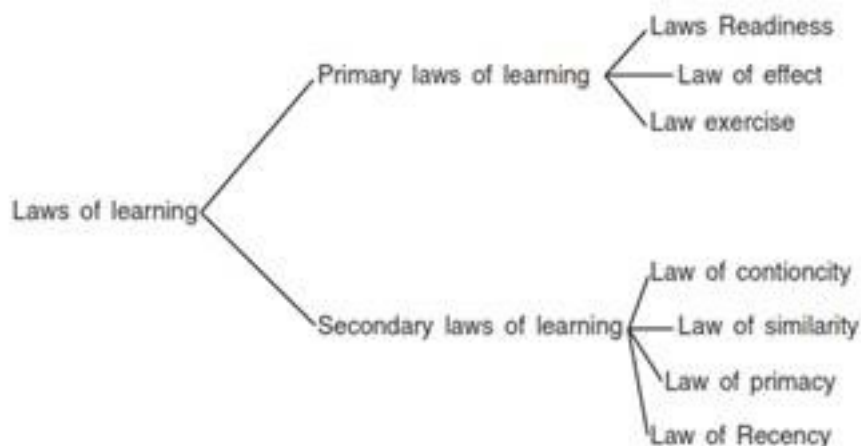
Proper sex education --> Management of Problems of Adolescence

Channelization of energy in right directions --> Management of Problems of Adolescence.

### **Define Learning, Laws of learning and Transfer of learning**

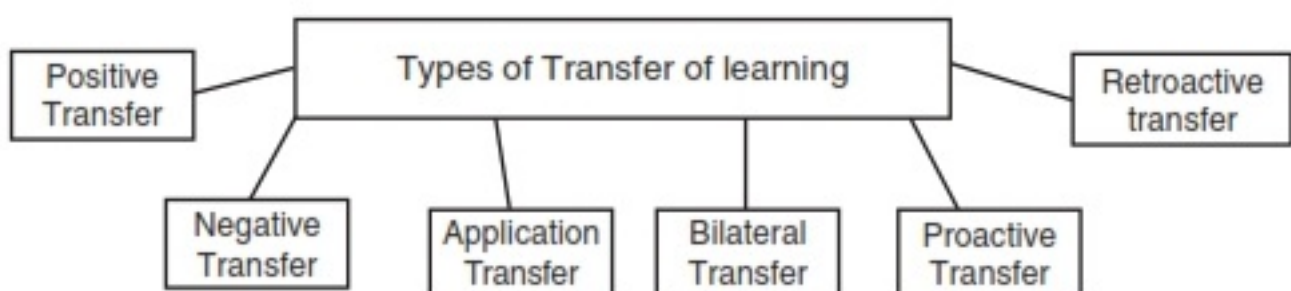
Learning → Learning is a life long process : it starts in the womb and ends in the tomb.

**Learning is adaptation and adjustment.**



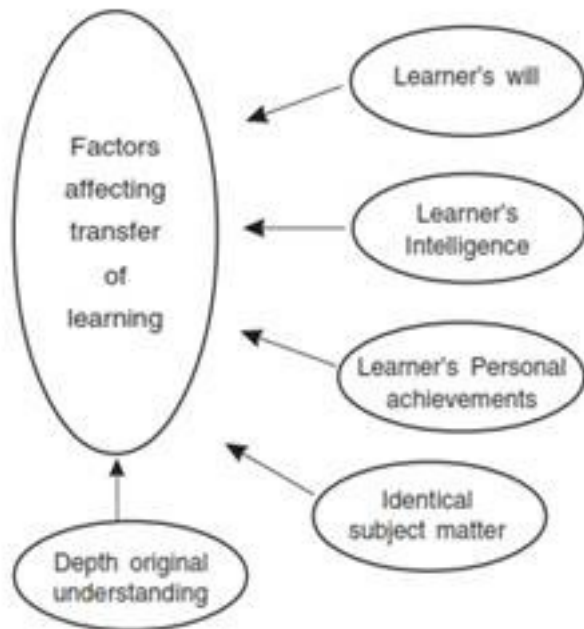
Transfer of learning, Types of Transfer of learning, factor affecting transfer of learning

**Transfer of learning** < Transfer of learning occurs when a person's learning in one situation influence his learning and performances in other situation



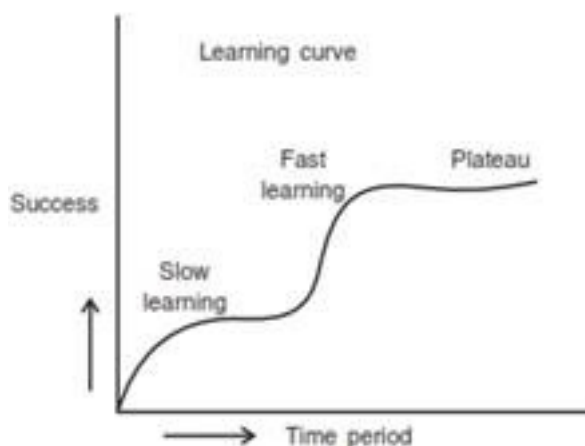
- **Positive Transfer**–When there is an improvement in a performance as a result previous learning or training
- **Negative Transfer**–When learnt one skill makes learning of the second skill more difficult
- **Application Transfer**–When previous learning is applied successfully to life situations

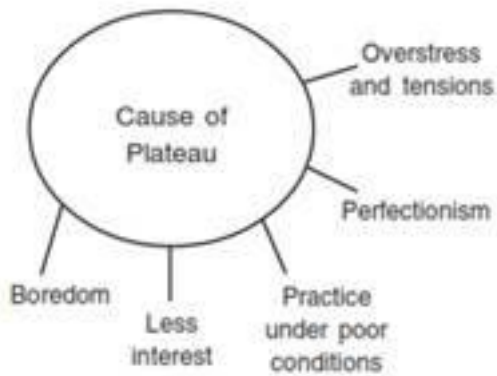
- **Bilateral Transfer**–When there is a change of performance in a number on one side of the body as a result of training the corresponding member on other side
- **Proactive Transfer**–learning of a skill affects the learning of a skill yet to be learnt.
- **Retroactive Transfer**–A skill recently being learnt affects the previously learnt skill.



### Plateau and causes of Plateau

**Plateau:** A period of little or no apparent progress in an individual's learning, marked by an inability to increase speed, reduce number of errors etc. and indicated by a horizontal stretch in a learning curve or graph.





### **Concept of emotions and methods of controlling emotions.**

Emotions → Emotions are intense feeling that are directed at someone or something.

Emotions are subjective conscious experiences characterized by expressions, biological reactions and mental status.

