

## Syllabus

MPED 3<sup>rd</sup> Semester

Course code- MPED/GEN/3/DSC10-Option-(B)-(Elective)

Course Title-Sports Journalism and Mass Media

Credits:4 (Lectures:60

Marks:100

Duration of exam: 3 Hrs

Theory:70; IA:30

Note for the paper setter: the Question paper will consist of nine Questions in all. First Question will be compulsory and will consist of five Questions of 2 marks each covering the whole syllabus. In addition, eight more Questions from each of 4 Units. The candidates are required to attempt 4 more Questions of 15 marks each selecting at least 1 Question from each unit.

### Course Outcomes: -

**After completion of the course contents of this paper, the student will be able to:**

**MPED/Gen/3/DSC10-1** Remembering the concept of sports journalism, sports bulletin, and mass media.

**MPED/Gen/3/DSC10-2** Understanding commentary, sports photography.  
**MPED/Gen/3/DSC10-3** Writing news reports on sports and evaluating reported news.

**MPED/Gen/3/DSC10-4** Interviewing elite players and coaches.

### **Unit 1**

Meaning and definition of Journalism, Ethics of Journalism- Canons of Journalism- Sports Ethics and Sportsmanship- Reporting Sports Events. National and International Sports News Agencies.

### **Unit-II**

Concept of Sports Bulletin: Journalism and Sports Education- Structure of Sports Bulletin- Compiling a bulletin- types of Bulletin- Role of Journalism in the field of Physical Education: Sports as an integral part of Physical Education- Sports organization and Sports Journalism- General news reporting and Sports reporting.

### **Unit-III**

Mass Media in Journalism: Radio and T.V. Commentary- Running commentary on the radio- Sports expert's comments. Role of Advertisement in Journalism. Sports Photography: Equipment- Editing-Publishing.

### **Unit-IV**

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports meet for Publication in Newspaper. Organization of Press Meet. General news reporting and Sports reporting. Method of editing of a Sports report.

*Iskwar Singh*

*HS*

## References

Journalism Ahuja, B.N., Theory and practice of Journalism, Delhi : Surjeet, 1998

Aster, J.J., Art of Modern Journalism

Bromley, M., Journalism, Holder to Ughton, 1994.

Kamath, M.V., Professional Journalism, New Delhi, 1980.

Pathasarathy, Ranga Swami, Basic Journalism, Macmillan, 1984.

**M.P.Ed Semester-4**  
**Course code- MPED/GEN /4/CC14**  
**Course Title- SPORTS PSYCHOLOGY**

**Credits: 4 (Lectures: 60)**  
**Duration of exam: 3 Hrs.**

**Marks: 100**  
**Theory: 70; IA: 30**

**Note for the paper setter:** The question paper will consist of nine questions in all. First question will be compulsory and will consist of five short questions of 2 marks each covering the whole syllabus. In addition, eight more questions will be set unit-wise comprising of two questions from each of the four units. The candidates are required to attempt four more questions of 15 marks each selecting at least one question from each unit.

**Course Outcomes: -**

**After completion of the course contents of this paper, the student will be able to:**

**MPed/Gen /4/CC14-1** Understand the concept and importance of sports psychology

Knowledge about the motor learning, motor perception and factors affecting motor perception. Understand about Personality, its classification and factors affecting the development of Personality.

**MPed/Gen /4/CC14-2** Awareness about the motivation, its types and explain the measuring of achievement motivation. Knowledge about the concept of Anxiety, causes and methods of measuring Anxiety. Understand in detail of the self-concept and aggression.

**MPed/Gen /4/CC14-3** Highlight the process of goal setting in Physical Education and sports.

Understand the relaxation, its types and method of psychological relaxation.

Knowledge about the concept of the Psychological test and questionnaire.

**MPed/Gen /4/CC14-4** Awareness about the concept of sports sociology and group cohesion.

Understand the role of Fans and Spectators advantages along with disadvantages and leadership. Knowledge about the role of women in sports and society

**UNIT -I – Introduction of Psychology & Personality**

Meaning, Definition, Importance of Sports Psychology. Present Status of Sports Psychology in India. Motor Learning: Basic Considerations in Motor Learning – Motor Perception – Factors Affecting Motor Perception. Personality: Meaning, Definition, types of Personality. Various factors of affecting the development of Personality.



## **UNIT- II – Motivation & Individual Difference**

Meaning, Definition of motivation, its types and strategies to develop motivation among players. Motivation relating to physical education and sports activities Individual Difference Types of Individual Difference and Causes of Individual. Attention, its arousal, anger, fear, anxiety, aggression, stress and tension and their effects on sports performance

## **UNIT- III – Goal Setting & Learning**

Meaning, Definition and Process of Goal Setting in Physical Education and Sports. Learning, laws of learning, types of learning, learning curves and plateau in learning and theories of learning:

Thorndike (Trial and Error) theory.

Gestalt (insight) theory.

Pavlov (conditioning) theory

## **UNIT- IV – Sports Sociology and Group Cohesion & Adjustment**

Meaning, Definition and Sports Socialization of Individual Sports as Social Institution. Leadership: Meaning, Definition, qualities of Leadership in sports.

Group Cohesion: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Adjustment, characteristics of a well-adjusted individual, Ways and means for better adjustment in individual through Physical Education and Sports.

### **Reference Books:**

Rouben. B. Frost: Psychological concepts applied to Physical Education and Coaching, Edition, Wesley Publishing Co., London.

Lawther, John D.: Psychology of Coaching, Englewood Cliffs, Prentice Hall (Latest Edition).

Gratty, B.J.: Psychological and Physical Activities, Prentice Hall Inc., 1968.

Morgan, C.T.: Psychological Psychology, New York, McGraw Hill (Latest edition).

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)

Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publication.

Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT)

Catalogue of Test, New Delhi: National Council of Educational Research and Training Publication.

Jain. (2002), Sports Sociology, Heal SahetyKendre Publishers.

Jay Coakley. (2001) Sports in Society – Issues and Controversies in International Education. Mc-Craw Seventh Ed.

John D Lauther (2000) Psychology of Coaching. NerJersy: Prenticce Hall Inc.

John D. Lauther (1998) Sports Psychology. Englewood, Prentice Hall Inc.

MiroslawVauks& Bryant Cratty (1999).Psychology and the Superior Athlete. London:

The Macmillan Co. Richard, J. Crisp. (2000). Essential Social Psychology. Sage Publications.

Robert N. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.

Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.

Thelma Horn. (2002). Advances in Sports Psychology. Human Kinetic.

Whiting, K, Karman., Hendry L.B & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendry Kimpton Publishers.

