

NATIONAL INSTITUTE OF TECHNOLOGY, TIRUCHIRAPALLI – 620 015
DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

COURSE PROPOSED: Holistic Sports Education
Syllabus for 3 Credit Open Elective Course for B. Tech
Course proposed by Mr. Dalley Krishnan

Course Code:

Title of the Course: Holistic Sports Education

Prerequisite: Nil

Credits (L-T-P): 3 (3-0-0)

Course Objectives:

- This course is designed to accommodate physical, mental and social development in the student.
- The course also provides the student with an ability to understand about the leadership and goal setting principle in life.
- The course helps the student to explore the methods to reduce the stress, arousal, depression and quitting addictive substances through exercise.

Course Content:

Unit I: Personality and Sport

Defining Personality - Understanding Personality structure - Studying Personality from five viewpoints - changing Personality and cognitive functioning with exercise - Building Self-Confidence through Physical Activity - Identifying your Role in Understanding Personality.

Unit II: Group Cohesion and Team Dynamics


Recognizing the Difference Between Groups and Teams - Identifying Three theories of Group Development - Creating and Effective Team Climate - Maximizing Individual Performance through Team Sports - Definition of cohesion - Relationship Between Cohesion and Performance - Strategies for Enhancing Cohesion - Guidelines for Building Team Cohesion.

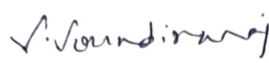
Unit III: Leadership and Goal Setting.

Definition of Leadership - Approaches to Studying Leadership - Sport-Oriented Interactional Approaches to Leadership - Four Components of Effective Leadership and art of Leadership - Definition of Goals and Effectiveness of Goal Setting - Principles of Goal Setting - Development of Group Goals and Design of a Goal Setting System - Common Problems in Goal Setting.

Unit IV: Character Development and Good Sporting Social Behavior

Defining character - Fair and Good Sporting Behavior - Developing Character and Good Sporting Behavior - Three Approaches - Examining Moral Development Research - Understanding the


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Connection Between Moral Reasoning and Moral Behavior - Studying the Connection Between Character Development and Physical activity - Guiding Practice in Character Development.

Unit V: Enhancing Health and Social Well – Being

Exercise and Psychological Well Being - Reducing Stress, Anxiety and Depression with exercise - enhancing Mood with exercise - Understanding exercises effect on Psychological well -being - enhancing Quality of Life through exercise - Quitting Smoking and Alcohol through exercise - Using exercise As Adjunct to Therapy - Effects of Physical Activity in life.

Text books:

1. William, Jean M. and Krane, Vikki. *Applied Sports Psychology*. Mc Graw Hill, New York (2015).
2. Tenenbaum, Gershon and Eklund, Robert C. *Hand book of Sports Psychology*. John Wiley, New Jersey (2007).

References:

1. Allen, Mark S., Greenlees, Iain and Jones, Marc V. “Personality in sport: A comprehensive review. International Review of Sport and Exercise Psychology.” *International Review of Sport and Exercise Psychology* (2013): 184–208.
2. Carter, C. C. and Shannon, J. “Adjustment and personality traits of athletes and non-athletes” *School Rev* (1940): 115–19.
3. Cofer, C. N. and Johnson, W. R. “Personality dynamics in relation to exercise and sports”. *Science and medicine of exercise and sports*, Harper and Brothers, New York (1960).
4. Bass, Bernard M. “Leadership, psychology and organizational behavior”. Harper & Brothers, New York (1960).
5. Trow, William Clark. “Group processes”. *Encyclopedia of Educational Research*, Macmillan Co., New York (1960).
6. Abernethy, B. “Attention”. R. Singer, H. Hausenblas, and C. Janelle (Eds.), *Handbook of Sport Psychology* (2nd ed.). Wiley, New York (2001): 53–85.
7. Bandura, A. “Health Promotion by Social Cognitive Means”. *Health Education and Behavior* (2005): 143–162.
8. Convey, R. Stephen. *The 7 Habits of Highly Effective People: Powerful lessons in Personal change*. Infographics (2017).
9. Weinberg, Robert and Gould, Daniel. *Foundation of Sports and Exercise Psychology 6th edition*. Human Kinetics, USA (2014)
10. Weinberg, Robert and Gould, Daniel. *Foundation of Sports and Exercise Psychology 7th edition*. Human Kinetics, USA (2018).

Course Outcomes:

- The students will be able to understand approaches to develop a good character and good social behavior through sports and physical activity.
- The students will be proficient to manage stress, arousal and depression through exercise and physical activity.
- The students will be acquainted about the health hazards due to smoking and use of alcohol in life.
- The students will be equipped to apply in-depth knowledge related to quitting smoking, alcohol and Drugs through the means of exercise and Physical Activity.
- The students will be espousing a healthy social life.



External Expert - 1



External Expert - 2