

**Faculty of Sports Medicine and Physiotherapy**

**SYLLABUS**

**FOR**

**INTERDISCIPLINARY COURSE IN  
MYAS-GNDU DEPARTMENT OF SPORTS  
SCIENCES AND MEDICINE**

**EXAMINATIONS: 2019-20**



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**GURU NANAK DEV UNIVERSITY  
AMRITSAR**

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**ODD SEMESTER****ID COURSE IN MYAS-GNDU DEPARTMENT OF SPORTS SCIENCES AND  
MEDICINE****MPL053: Basics of Exercise Physiology and Nutrition****L T P**

4 0 0

**Mid Semester Examination: 20% weightage****End Semester Examination: 80% weightage****Instructions for the Paper Setters:**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**SECTION – A**

**Nutrition:** Carbohydrates, Fats, Proteins, Vitamins, Minerals and Water, Nutrition for Physical Performance, Energy transfer in Body, Fatigue

**SECTION – B**

Effect of Exercise in Cardio Vascular System, Effect of Exercise on Respiratory System.

**SECTION – C**

Effect of Exercise in Musculo Skelton System. Effect of Exercise in Digestive System

**SECTION – D**

Effects of Exercise on Human Ageing

**EVEN SEMESTER****ID COURSE IN MYAS-GNDU DEPARTMENT OF SPORTS SCIENCES  
AND MEDICINE****SYL-060: FUNDAMENTAL OF SPORTS PSYCHOLOGY****L T P**  
4 0 0**Mid Semester Examination: 20% weightage****End Semester Examination: 80% weightage****Instructions for the Paper Setters:**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

**Section – A****Individual Aspects of Sports Performance in:****Personality:**

- a. Knowledge of theories of personality: Trait perspectives, Social learning perspective, Interactionist approaches.
- b. Limitations of personality profiling in sport
- c. Personality tests

**Attitudes:**

- a. Knowledge of the nature of attitudes, Identify the components of attitudes (cognitive, affective, behavioural)
- b. Identify the links between attitudes and behaviour in sporting situations

**Section-B****Individual Aspects of Sports Performance in Motivation:**

- a. Sport-Specific Definition, sources ,impact and theories of motivation
- b. Identifying and strengthening optimal motivation levels

**Goal Setting:**

- a. Understanding Goal Setting and Sport Performance
- b. Goal-Setting Interventions, Principles, Program

**Section-C****Mental Preparation for Sport Performance:**

Awareness of the use of the NCF's four Cs: Commitment, Confidence (self), concentration, and Control (emotional)

**Section-D****Practical ethics in sport management**

- a. Fundamentals of ethics
- b. Youth sports issues
- c. Ethical decision making in sports

**EVEN SEMESTER****ID COURSE IN MYAS-GNDU DEPARTMENT OF SPORTS SCIENCES  
AND MEDICINE****References:**

1. Advances in Motivation in Sport & Exercise by Glyn Roberts, Human Kinetics.
2. Motivation and Emotion in Sport: Reversal Theory by John H. Kerr, Psychology Press.
3. Human Motivation by David C. McClelland, Cambridge University Press.
4. Psychology of Motivation by Denis Waitley, Nova Publishers.
5. Personality, Individual Differences and Intelligence by John Maltby, Liz Day, Ann Macaskill, Pearson Education limited
6. Theories of Personality by Jess Feist, Gregory J Feist, Irwin/McGraw–Hill
7. Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers by Lew Hardy, Graham Jones, Daniel Gould, Wiley–Blackwell
8. Assessment in Sport Psychology by Robert M. Nideffer and Marc–Simon Sagal, Fitness Information Technology
9. Sport Psychology by Arnold Leunes and Jack Nation, Wadsworth Pub Co
10. Sport Psychology: Concepts and Applications Cox, R.H., McGraw–Hill Humanities
11. Attitudes and Attitude Change by William D. Crano, RadmilaPrislin, Psychology Press.
12. Attitudes: Their Structure, Function and Consequences by Russell H. Fazio, Richard E.Petty, Psychology Press
13. Imagery in Sport by Tony Morris, Michael Spittle Anthony, P Watt., Human Kinetics.
14. Applying Sport Psychology: Four Perspectives by Jim Taylor, Gregory Scott Wilson, Human Kinetics.
15. Weinberg, R.S., & Gould, D. Foundations of Sport and Exercise Psychology, Human Kinetics.
16. Schmidt and Wrisberg. Motor Learning and Performance: A Problem Based Learning Approach, Human Kinetics.