

B.SC. –3 SEMESTER – 1

Course Category: Open Elective (OE)

Course code: B23OEPLST

SUBJECT: Personality and Leadership Development through Sports
(Department of Physical Education)

OBJECTIVES:

1. To prepare the students to face the challenges, make them mentally, physically, and emotionally balanced.
2. To instill moral, ethical & social values in students.
3. To mold the students into responsible & good citizens as well as build up Confidence and Self-Belief.
4. To understand the importance of Teamwork and Collaboration.
5. To know the way of Communication and Motivation.
6. To understand what Sportsmanship and Ethics is.

OUTCOMES:

By the end of this programmed, the students will understand & inculcate:

1. The Importance of being physically, mentally, and emotionally balanced person.
2. Social, moral, ethical values & responsibilities of a good citizen.
3. How sports developed personality and Leadership qualities of a student.
4. The Importance of Strategic Thinking and Decision Making

(2 Cr, 30 Hrs, 4Hr/Week)

SEM III

Personality and Leadership development through Sports

Unit I

1. Meaning and Definition of Personality
2. Characteristics of Personality.
3. Importance of Personality and Disorders of Personality
4. Factors affecting on Personality.

Unit II

1. Types of Personality.
2. Traits of Personality.
3. Sports impact on personality.
4. Personality Developed through Sports.

Unit III

1. Meaning and Definition of Leadership
2. Importance of Leadership
3. Traits of Leadership
4. Leadership Skills

Unit IV

1. Importance of Leadership in Sports
2. Leadership training in Sports
3. Leadership Anxiety and Sports Performance
4. Leadership Skills developed through Sports.

| End Semester Examination (T) (SEE) | Continuous Internal Evaluation (CIE) | Minimum Passing Marks 40% |
|------------------------------------|--------------------------------------|------------------------------|
| 30 | 20 | 20 |

Note 1 This Course will be of 10 marks (CIE) & 40 Marks (SEE) passing marks are 20 (40%)

REFERENCE

1. NICHOLLS, A.R.; POLMAN, R.C.J.; LEVY, A.R. & BACKHOUSE, S.H. (2009). Mental toughness in sport: Achievement level, gender, age, experience, and sport type. *Personality and Individual Differences*, 47: 73- 75.
2. SMITH, R.E. & SMOLL, F.L. (1989). The psychology of ‘mental toughness’: Theoretical models and training approaches to anxiety reduction in athletes. In C.C. Teitz (Ed.), *scientific foundations of sports medicine* (pp. 391-402). Philadelphia, PA: B.C. Decker
3. THOMAS, J.R.; NELSON, J.K. & SILVERMAN, S.J. (2005). *Research methods in physical activity* (5th ed.). Champaign, IL: Human Kinetics.
4. TREMAYNE, P. & TREMAYNE, B. (2004). Children and sport psychology. In T. Morris & J. Summers (Eds.), *Sport psychology: Theory, applications and issues* (2nd ed.) (pp. 529-546). Milton, QLD, Australia: Wiley.

5. WOODMAN, T. & HARDY, L. (2001). Stress and anxiety. In R.N. Singer, H.A. Hausenblas & C.M. Janelle (Eds.). Handbook of Sport Psychology (pp. 290-318). New York, NY: Wiley.
6. Aamodt, M., Alexander, C., & Kimbrough, W. (1982): -Personality characteristics of Skills, 55,327-330
7. Best, John W & Kauh, James V (2008): Research in Education (10th Ed.) New Delhi: Pearson Education Inc.
8. Bhargava, M (2006): Modern Psychological Testing and Measurement. Agra: H.P. Bhargava Book House
9. Dishman, R.K.(1982):- Contemporary sport psychology. Exercise and Sport Science Reviews, 1
10. Hall, C.S & Lindzey, G (1979):- Theories of Personality. Wiley Eastern Limited, New Delhi

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