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Sports Psychology

Course content:

1. Concept of Psychology
2. Concept of Sports psychology
3. Individual personality and sports
4. Behavior and sports
5. Concept of sports influences individual and group behavior
6. Losing and winning Psychology
7. Health levels and sports psychology fitness levels
8. Specific personality for sports
Helper – Motivator – Loyalist – Enthusiast – Leader - Reformer
9. Sports Psychology at different levels of participation
10. Deciding personalities from observation and practical analysis of sport personalities.