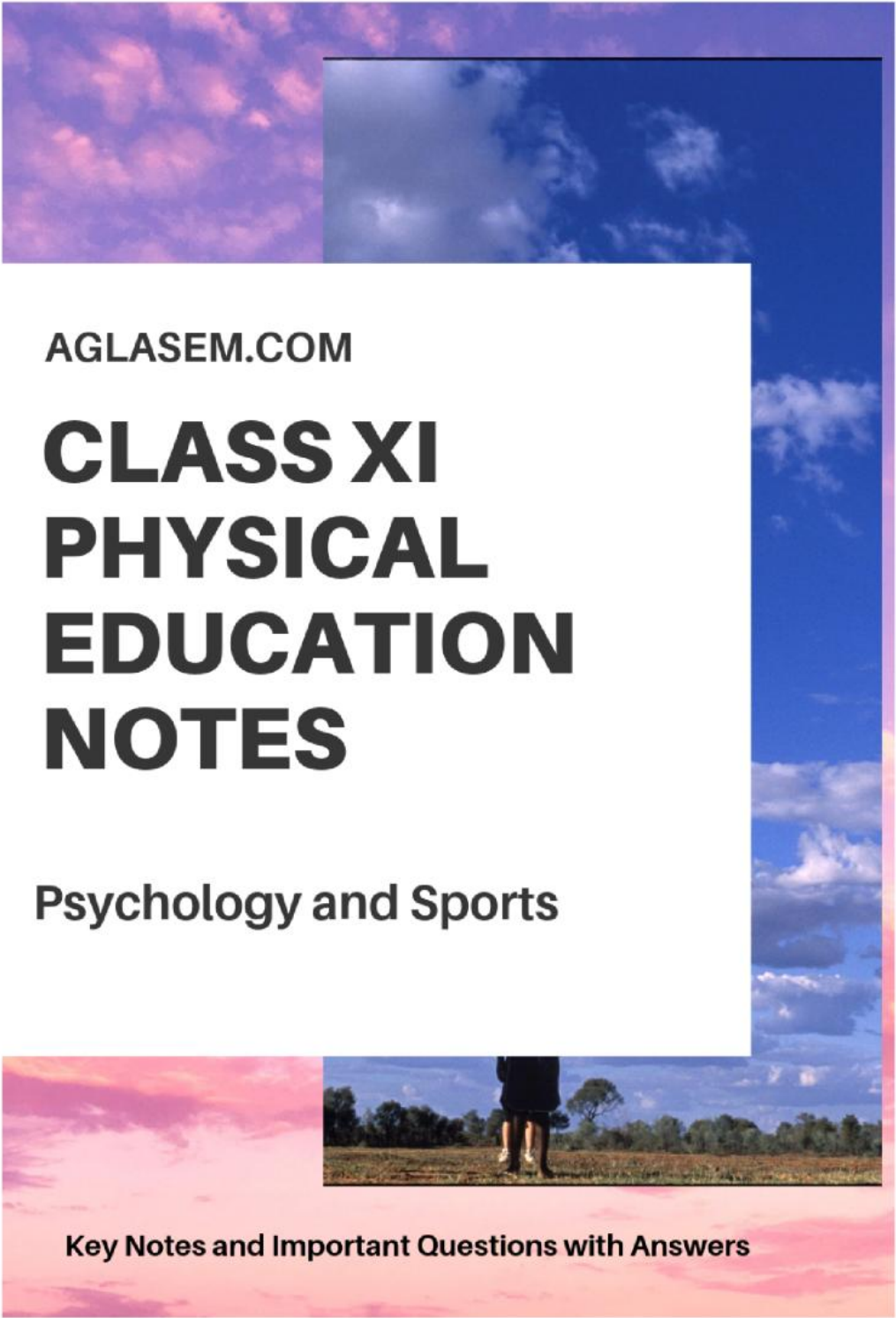




AGLASEM.COM

CLASS XI PHYSICAL EDUCATION NOTES

Psychology and Sports



Key Notes and Important Questions with Answers

Unit - 10

Psychology and Sports

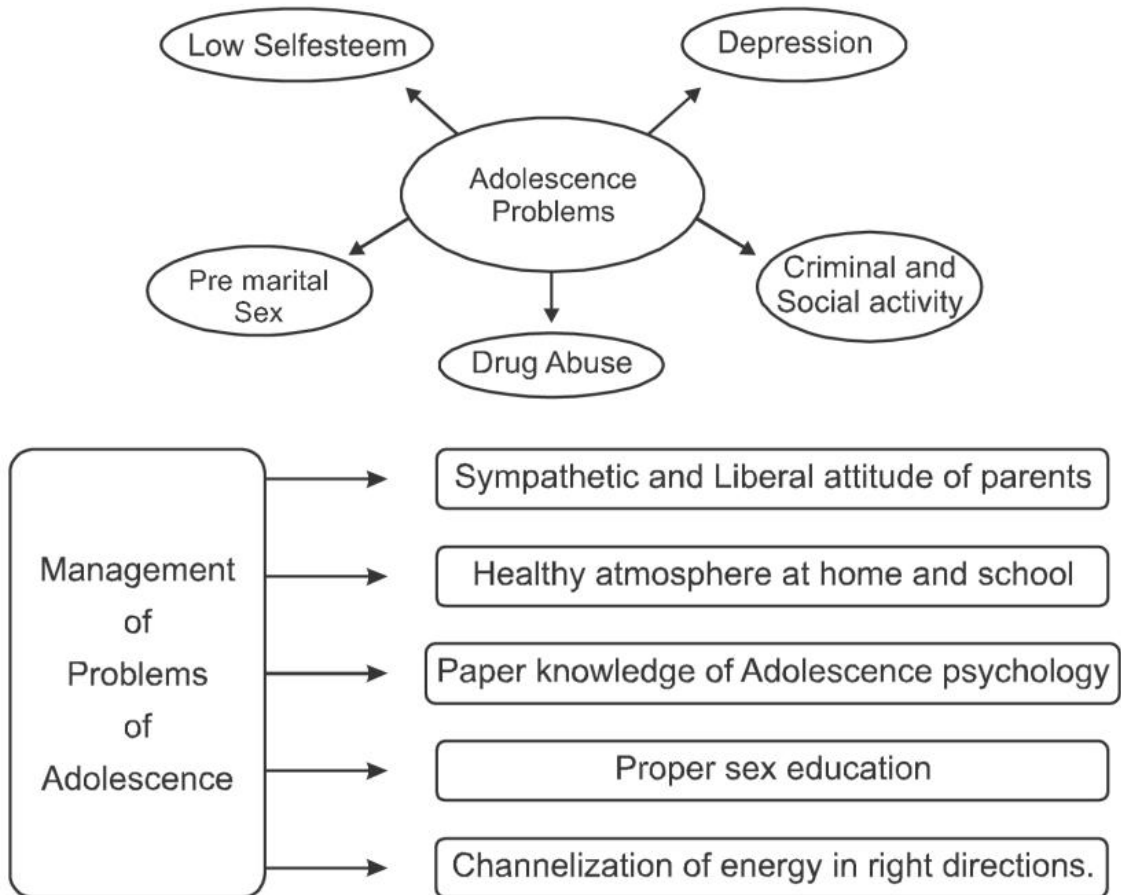
- ✍ 10.1 Definition and Importance of Psychology in Physical Education and Sports
- ✍ 10.2 Define and differentiate between Growth and Development
- ✍ 10.3 Developmental characteristics at different stages of development
- ✍ 10.4 Adolescent problems and their management
- ✍ 10.5 Define Learning, Laws of Learning and Transfer of Learning
- ✍ 10.6 Plateau and Causes of Plateau
- ✍ 10.7 Emotion : Concept and controlling of Emotions

a. **Psychology:** Psychology is the study of mind and behaviour.



f

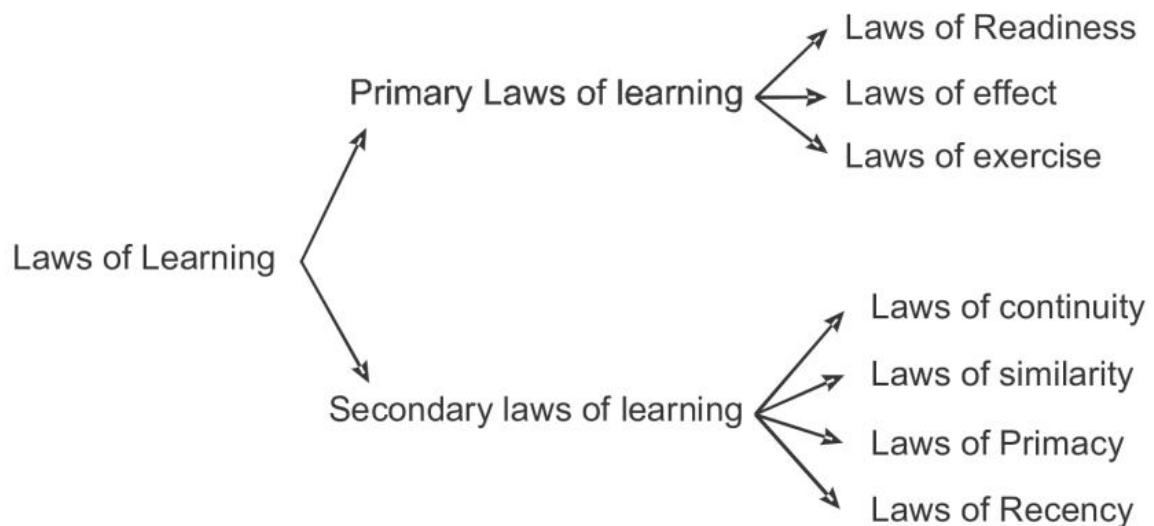
Adolescence : Adolescence is the period of change from childhood to adulthood



g. **Define Learning, Laws of Learning and Transfer of learning**

Learning : Learning is a life long process : it starts in the womb and ends in the tomb.

Learning is adaptation and adjustment.

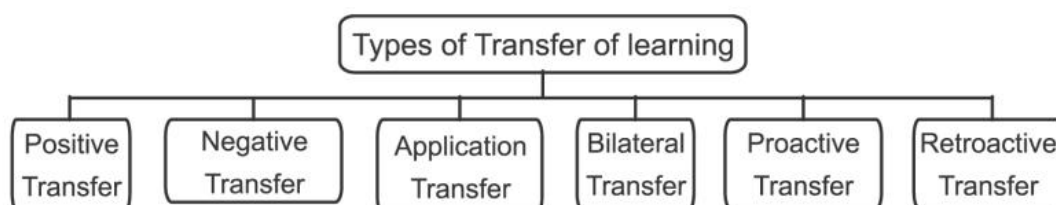


Transfer of learning, Types of Transfer of learning, factor affecting transfer of learning-

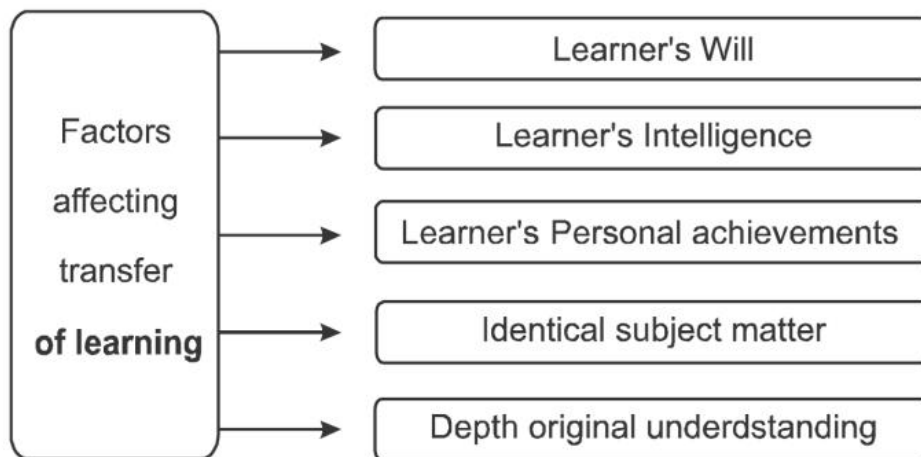
Transfer of learning : Transfer of learning occurs when a person's learning in one situation influence his learning and performances in other situation.

Types of transfer of learning –

- (i) Positive Transfer : When there is an improvement in a performance as a result of previous learning or training
- (ii) Negative Transfer : When learnt one skill makes learning of the second skill more difficult
- (iii) Application Transfer : When previous learning is applied successfully to life situations.

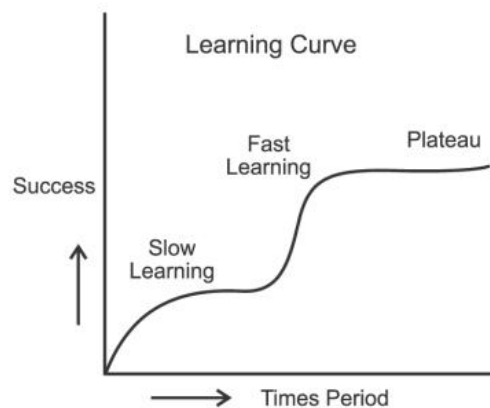
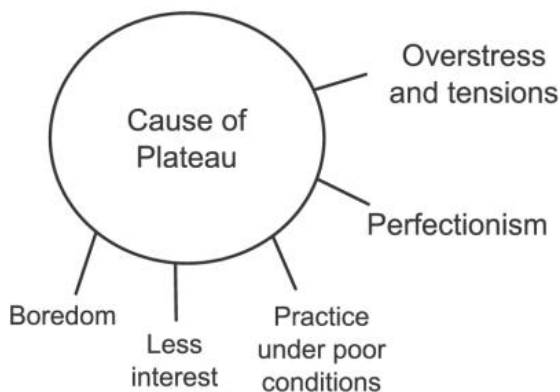


- (iv) Bilateral Transfer : When there is a change of performance in a number on one side of the body as a result of training the corresponding number on other side.
- (v) Proactive Transfer : Learning of a skill affects the learning of a skill yet to be learnt.
- (vi) Retroactive Transfer : A skill recently being learnt affects the previously learnt skill.



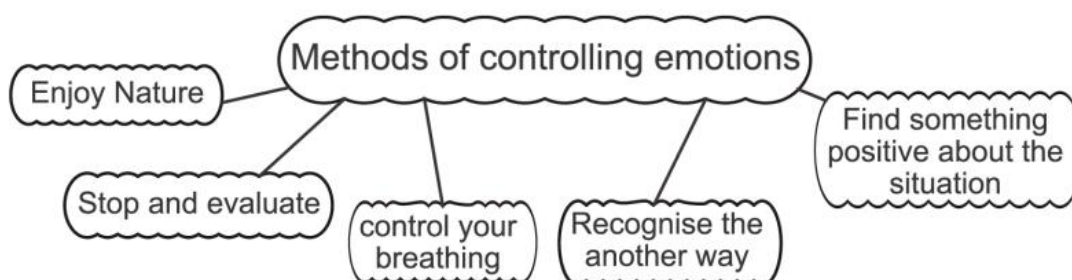
h. Plateau and causes of Plateau

Plateau:- A period of little or no apparent progress in an individuals learning, marked by an inability to increase speed, reduce number of errors etc and indicated by a horizontal stretch in a learning curve or graph.



i. **Concept of emotions and methods of controlling emotions.**

Emotions:- emotions are intense feelings that are directed at some one or something. Emotions are subjective conscious experiences characterized by expressions, biological reactions and mental status.



VERY SHORT ANSWER TYPE QUESTIONS

(CARRYING 1 MARK) (30 WORDS)

Q.1 Give definition of Psychology?

Ans. Psychology is the science of human behaviour.

Q.2 What do you understand by term Sports Psychology

Ans. Sports psychology is the application of psychological Principles to sports and physical activity at all levels of skill improvement.

Q.3 Define the term Growth and development?

Ans. Growth - The term growth in physical education means the growth of the parts of the body, may be in size, height and weight Development can be defined as progressive series of changes in an orderly coherent pattern.

Q.4 Define Adolescence?

Ans. Adolescence is the period of great stress and strain, storm and strife or Adolescence is the period of change from childhood to adulthood.

Q.5 Which type of physical activities can be played in early childhood?

Ans. The play activities in this age group should not be strenuous because physical capacities develop slowly. The fundamentals of various games and sports which are simple should be introduced.

Q.6 Which type of physical activities can be played during adolescence?

Ans. In this age group team sports, individual sports, athletics, gymnastics, swimming and floor dancing etc. can be played.

Q.7 What do you understand by learning?

Ans. Learning in the broadest sense, is the organizations of behavior according to the performance demands of some task.

Q.8 Mention two laws of learning

Ans. 1. Primary laws of learning
2. Secondary laws of learning

Q.9 Define Transfer of learning?

Ans. Transfer of learning occurs when a person's learning in one Situation influences his learning and performances in other situations.

Q.10 What is positive transfer of learning?

Ans. When there is an improvement in a performance as a result of previous learning or training.

Q.11 What is negative transfer of learning?

Ans. When learning one skill makes learning of the second skill more difficult.

Q.12 Write note on Infancy?

Ans. During this stage of body, the growth and development occur in progressive manner individual gains considerable weight and height. The cognitive development starts.

Q.13 Enlist the problems of adolescence.

Ans. - Aggressive and violent behaviour
- Physical problem, Lack of concentration
- Attraction towards opposite sex

SHORT ANSWER TYPE QUESTIONS

(60 WORDS) CARRYING 3 MARKS

Q.1 Mention the importance of sports psychology.

Ans. Improve performances - The Knowledge of sports psychology helps to improve performance and personality of players by scientific ways of modifying behavior.

2. Motivation and feedback - proper motivation and proper feedback enhances the performance of players. It gives counselling to players. This can be guided by sports psychology.

3. Better selection: The knowledge of sports psychology guides the coaches for better selection of players.

Q.2 Explain the law of exercise.

Ans. Law of exercise - Repetition of experiences increase the probability of a correct response but it will not enhance learning without satisfying effect following the response. This law is also known as law of use and disuse. Practice makes the learning bond stronger thus more we practice or use the better is learning.

Q.3 Enlist the secondary laws of learning and explain any one law.

Ans. Secondary laws of learning



- Law of continuity
- Law of similarity
- Law of belongingness
- Law of Attitude
- Law of Primacy

Law of belongingness

If the mutual relationship between stimulus and response is natural then learning is more effective for example running, jumping and throwing are natural activities therefore these activities are easy to learn. Along with this, these activities can be learnt quickly. The activities which are artificial or unnatural are difficult to learn such as to run backward while using hands and legs properly is difficult.

Q.4 Describe any two developmental characteristics of adolescence

Ans. Physical characteristics

- (i) Gain in height, weight and ossification of bones is almost complete
- (ii) Endurance is developed to a great extent
- (iii) Co-ordination of muscles reaches its peak.

Mental characteristics

People of this age begin to think and feel differentially. Hormonal changes reflect in behaviour and mood. Teenagers become short tempered, moody and irritable. They also become very self conscious and extra sensitive.

Q.5 Highlight the differences between growth and development

Ans.	Growth	Development
(i)	Growth is used in purely physical terms. It generally refers to change in size, length and weight of an individual.	(i) Development implies changes in shape, form or structure resulting in improved functioning or working.
(ii)	Growth is one of the aspect of development process	(ii) Development is a wider and comprehensive term; it refers to overall changes in the individual
(iii)	Growth does not continue	(iii) Development is a continuous process

Q6. Describe the developmental characteristics during early childhood.

Ans. Physical characteristics

- It is a period of slow but steady growth in height. Bones are soft.
- Weight increase is steady
- Pulse rate is higher than adults
- The heart size is smaller in comparison to the body
- Strength is not well developed

Q.7 Give the ways to overcome Plateau?

Ans.

- (i) Develop interest : Develop interest and bring recreation in training. This gives enjoyment and pleasures to perform activity.
- (ii) Reduce competition : Too much competition should be avoided and equal levels should be considered for competition.
- (iii) Proper rest and recovery : Proper rest and recovery should be taken to overcome plateau. Care should be taken that it should not be too long.

Q.8 Explain the concept of emotions.

Ans. Emotions are consistent responses to internal or external events, which have particular significance for organism. These response may be verbal, physiological, behavioral and natural mechanism, Emotions may be positive or negative like joy versus sadness, anger versus fear, trust versus distrust, surprise versus anticipation.

Q.9 Prateek was a football player but has now lost interest in the game. He has also considerable amount of weight and has also completely withdraw from his family and friend.

Q.1) Which disorder is Prateek suffering from ?

Ans. He is suffering from Depression.

Q.2) Mention any two symptoms of this disorder ?

- Ans.**
- 1) Change in sleeping pattern
 - 2) Tiredness
 - 3) Negative Thoughts.

Q.3) How to overcome this problem?

- Ans.**
- 1) Indulge himself in creative activities.
 - 2) discuss his feelings with parents, teachers and friends.

LONG ANSWER TYPE QUESTION

(150 WORDS) 5 MARKS

Q.1 Explain any four problems of adolescents

- Ans.** (1) **Aggressive and Violent Behaviour** : Adolescent has aggressive behaviour and often becomes violent very fast. They easily become, irritated and repulsive when work is not of their interest.
- (2) **Problems related to physiological growth**. The physiological changes associated with adolescence present conditions and problems that the adolescence has not met upto this time and in many cases is ill prepared to meet them when they appear.
- (3) **Confusion between adolescent's role and status** unfortunately neither the adolescent's role nor his status is clear cut in the society. A boy may be treated like a man in many situations outside but like a child in his own home.
- (4) **Problems related with the future** : The adolescence is a period when the individual is not a child, he has emerged from the safe and protected life of childhood. He has now to decide to what course of life he has to follow.

Q.2 Discuss the factors affecting transfer of learning.

Ans. There are some of the factors which affect the transfer of learning. They are :-

- (1) **Learner's Will**: If the learner has strong will, he will be able to transfer his learning more to new situations.
- (2) **Learner's Intelligence** : Learner's Intelligence plays a vital role in the transfer of learning. It has been observed that the shutouts who have more intelligence are for better in transfer of learning in comparison whose who have normal intelligence
- (3) **Depth of original 'understanding** : If a student has enough depth of original understanding of skill, he becomes more capable of learning new skills.
- (4) **Learner's Personal Achievement** : The learner's personal achievement in the field of education have a positive effect on the transfer of learning.
- (5) **Training in transfer** - If a student has imparted training in transfer he becomes capable of learning new skills very easily. If he is not provided such training it will be very difficult for him to learn the skills.

Q3. What is Plateau? Mention its causes.

Ans. The general trends of rapid beginning continues for some time after it slows down and reaches a level where no further improvement occurs. The learning curve travels in almost a horizontal plane. These horizontal stretches indicative of no apparent progress are called plateau.

Causes of Plateau

- (1) **Boredom** - Some routine work often brings boredom, it is one of the cause of boredom
- (2) **Lack of Practice** - Lack of practice often causes plateau and stagnated performance
- (3) **Dirty environment** - Poor, dirty and unsafe environment may cause plateau.
- (4) **Lack of Motivation** - Lack of Motivation and less feedback often causes long learning plateau.

Q.4 Define learning and state primary law of learning?

Ans. (i) Learning may be defined as the process by which behaviour originates or is altered through training or experience.

(ii) It is regarded as modification of both behaviour and the way of perceiving.

Primary laws of learning are as follow-

- (1) **Law of effect** - is a satisfying effect following the response strengthens the connection between stimulus and the behaviour.
- (2) **Law of exercise** - repetition of experience increases the probability of a correct response but it will not enhance learning without a satisfying effect following the response.
- (3) **Law of readiness** - The execution of an action in response to a strong impulse is satisfying but the blocking of action or forcing is annoying.

Q5. Explain emotion. How can we control emotion?

Ans. (i) Emotions are intense feeling that are directed at someone or something. They are subjective, conscious experiences characterised by expressions, biological reactions and medical status.

- (ii) It is complete physiological state that involve three distinct components
- (a) a subjective experience
 - (b) a physiological response
 - (c) a behavioural or expressive response

Methods of controlling emotions :-

1. **Stop and evaluate** - One of the best method you can do is mentally stop yourself and look at the situation. Then think the positive aspects of your current situation.
2. **Physical activity** - It changes the mood by taking in distraction, thus perform physical activity.
3. **Take proper food** : Amount of salt may be reduced in food. Quantity of potassium may be controlled which is responsible for systolic and diastolic pressure reduction in blood. We should include pear, tomato, banana, orange and nuts in our food.
4. **Avoid tension** : Tension increases high BP. So we should remain tension free in difficult situations also participation in games and entertainment activities reduce high BP.
5. **Exercise regularly and participation games and sports** : Regular exercise help ,in reduction of high blood pressure. Average types of exercise done vigorously for a longer period of time are very effective in reducing high BP. In the beginning exercise may be done at slow pace, then the pace may be increases slowly.

Long Question (Addition)

Q.6 Discuss methods adopted for management of adolescent problems in details:

Ans. Management of Adolescent problems

1. **Sympathetic and liberal attitude of parents** : A sympathetic and liberal attitude of parents and their cooperative nature can help in solving many problems of adolescents, Parents should take note of the change take place during growth and development of children and adjust their own behaviour towards the adolescents. Liberal and sympathetic attitude of parents develops self confidence.
2. **Healthy atmosphere at home and school** : Unhealthy atmosphere at home or in school or carelessness towards children can force children to fall in bad company. In orders to save children from bad habits and company, it is important to provide sufficient means for the satisfaction of their interests at home or school. Activities like music, arts or sports can help in keeping the children busy and indulge in healthy recreation.

3. **Moral and Religious Education** : Religious and moral education can help adolescents to get some peace of mind and direction in their lives. Moral education should be a part of school education while home is the best institution for religious education.
4. **Friendly attitude** : At this stage, adolescent want to accept the friendly attitudes. So parents and teachers should act more as friends rather strict, disciplined and rigid parents. More over this friendly attitude will bring them more close instead of making gaps between them.
5. **Reasonable Independence** : They should be given reasonable amount of independence. They should be given the freedom to express themselves and their point of views should be discussed in reasonable manner. They should also be given freedom to go out reasonably keeping their safety in mind.