**DEPARTMENT OF PHYSICAL EDUCATION**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA**

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**LESSON PLAN OF M.P.ED.-IVTH SEMESTER**

**PAPER: I – SPORTS PSYCHOLOGY**

22.01.2015 Growth and Development: Meaning, Definition & Concept.

23.01.2015 Difference between growth and development.

24.01.2015 Principles of growth and development.

28.01.2015 Stages of growth and development.

29.01.2015 **Infancy stage:** (Physical, Motor & Physiological Characteristics of growth and development).

30.01.2015 **Infancy stage:** (Social, Emotional & Mental Characteristics of growth and Developments).

31.01.2015 **Childhood Stage:** (Sub parts of childhood period i.e. early childhood, middle childhood and late childhood).

**- Early Childhood** (Physical, Motor & Physiological Characteristics of growth and development).

04.02.2015 **- Early Childhood** (Social, Emotional & Mental Characteristics of growth and Developments).

05.02.2015 -**Middle Childhood** (Physical, Motor & Physiological Characteristics of growth and development).

11.02.2015  **-Middle Childhood** (Social, Emotional & Mental Characteristics of growth and Developments.

12.02.2015 **-Late Childhood, Puberty Stage** (Physical, Motor & Physiological Characteristics of growth and development).

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18.02.2015 -**Late Childhood, Puberty Stage** (Social, Emotional & Mental Characteristics of growth and Developments.

19.02.2015 **Adolescence Stage:** (Early & Late)

19.02.2015 **Adolescence Stage:** (Physical, Motor & Physiological Characteristics of growth and development).

20.02.2015 **Adolescence Stage**: (Social, Emotional &Mental Characteristics of growth and Developments.

21.02.2015 Psychology as a Science, Describe Psychological Variables.

25.02.2015 Describe Sports Aggression Inventory.

26.02.2015 Testing Sports Aggression Inventory.

27.02.2015 Describe Athlete Motivation Inventory.

28.02.2015 Testing Athlete Motivation Inventory