

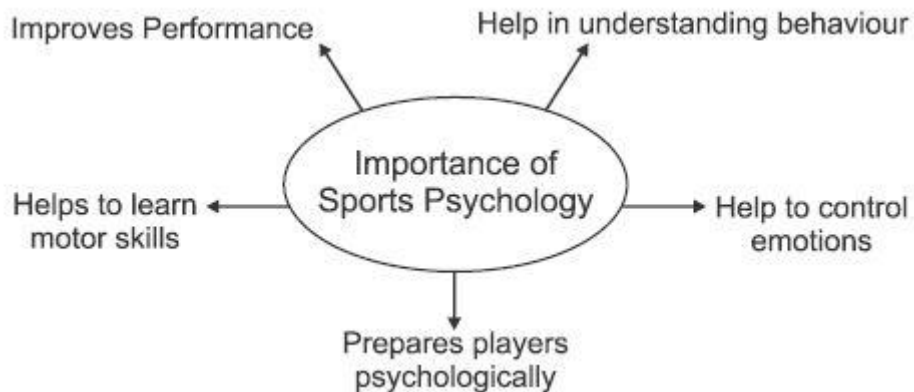
CHAPTER 9 – PSYCHOLOGY & SPORTS

Psychology: Psychology is the study of mind and behavior.



Sports Psychology: Sports Psychology is an applied Psychology involving applications of psychological principles to the field of physical education.

Importance of sports psychology:

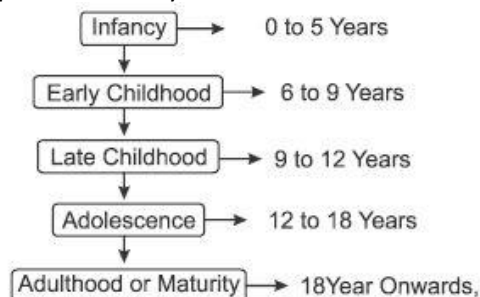


Growth and Development: Growth "The term growth of parts of the education and the growth of parts of the body, may be in size, height and weight.

Development can be defined as a progressive series of changes in an orderly coherent pattern.

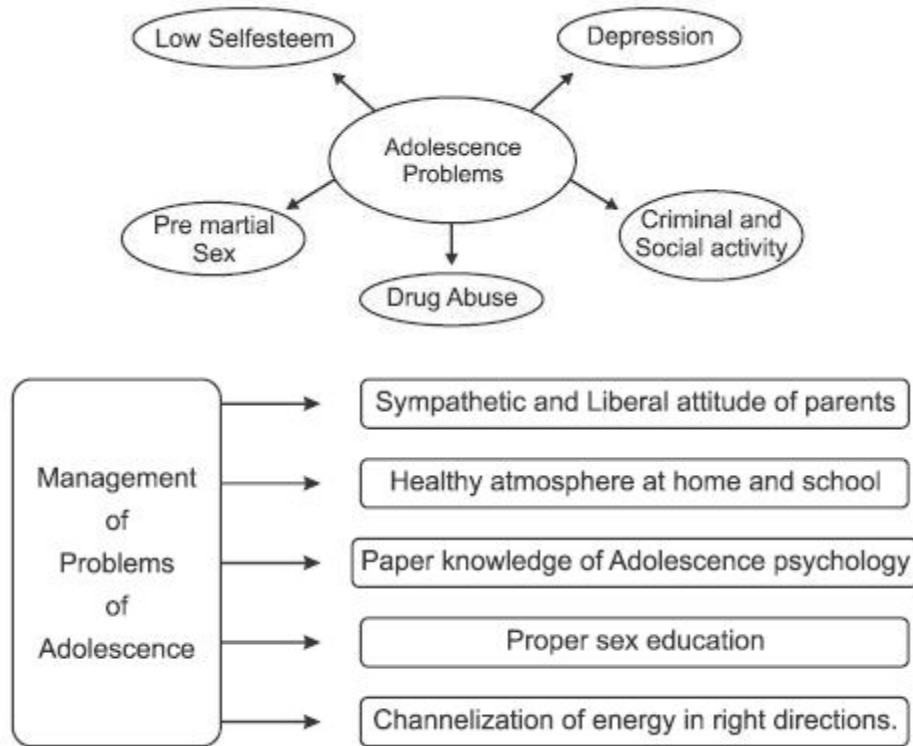
Different stages of growth and development

5 stages of growth and development



Adolescence, Problems of Adolescence and Management of Problems of Adolescents

Adolescence: Adolescence Is the period of change from childhood to adulthood.



Problem of adolescents :

- Physical problem
- Mental problem
- Lack of stability & adjustment
- Emotional problem

Management of problem :

1. Education for motor development
2. Education of psychology
3. Sex education
4. Moral and religious education