

Welcome to Our Channel

Sports & Physical Education



**Sports & Physical
Education**



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Meaning Of Psychology

- Psychology is **the scientific study of the Human behavior**. Psychologists are actively involved in studying and understanding mental processes, brain functions, and behavior.
- The word psychology was formed by combining the Greek **psyche which meaning – soul** and **logos- meaning – Knowledge** .



Definition Of Psychology

- **According to Crow and Crow-** “Psychology is the study of human behavior and human relationship.”
- **According to Ross-** “Psychology in a mental way is the clarification and explanation of behavior. ”
- **According to M.L. Munn-** “Psychology is concern with the scientific investigation of todays behavior.”
- **According to Pillsbury-** “The best definition of Psychology is the science of human behavior.”



Definition Of Psychology

- **According to Mc. Dougal-** “Psychology is the actual science of human character and behavior.”
- **According to Doom will-** “It’s a study of mental form.”
- **According to Woodworth-** “Psychology concern with the activities of the individual in relation of his environment.”



Sports Psychology

- Sports psychology means applying psychological theories and concepts to aspects of sports such as coaching and teaching.
- Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity.



Definition Of Sports Psychology

- **According to John Luther-** “Sports Psychology is an over which attempts to apply Psychological facts and principles to learning performance and associated human behavior in whole field of sports.”
- **According to K.M. Burns-** “Sports Psychology is the branch of psychology which deals with the physical fitness of an individual through his participation in games and sports.”



Definition Of Sports Psychology

- **According to Ginger-** “Sports Psychology explorer over behavior in athletics.”
- **According to Clark and Clark-** “Sports Psychology is applied Psychology, it is more concerned with personalities emotional and motivational aspects of sports and physical activities. It employs many of the techniques used in psychology.”



Thank You for Watching



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