



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
SVISSHA
MA- Psychology

SUBJECT CODE	CATEGORY	SUBJECT NAME	TEACHING & EVALUATION SCHEME								
			THEORY			PRACTICAL		T h	T	P	CREDITS
			END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*				
MAPSY 401	Compulsory	Clinical Psychology & Health	60	20	20	30	20	4	0	2	5

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Educational Objective (CEOs): The students will be able to:

- To gain an understanding of the roles and functions of health psychologists;
- to understand environmental, psychological, and behavioral factors related to immune functioning, pain, illness and health;
- to understand the interdisciplinary bio-psycho social approach to health.
- And to appreciate the role of prevention and comprehensive lifestyle change, especially with regard to exercise, diet, and stress management.

Course Outcome (Cos): The students should be able to:

- The Course will help to understand realistic impact of a changing healthcare environment and evolving role of Clinical Psychology as a healthcare specialty.

MAPSY401

Clinical Psychology & Health

Unit I

Introduction to Clinical Health Psychology- Systems of the Body, Psychosocial correlates of health, Stress and health

Unit II

Understanding health-related behavior- Health-related decision making, Health- and illness-related cognitions

Unit III

Applied health psychology- Hospital issues, working in the hospital system, Health promotion programs by government and non-government organizations.


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Unit IV

Clinical interventions- Psychological interventions, Assessment issues, improving quality of life, Risk behavior change,

Unit V

Health Psychology Policy- Future of Health Psychology, Becoming a Health Psychologist

List of Practical:

- Anorexia Test
- Autism distressed Behavioural scale
- ADHD Evaluation Form
- Battery for learning Disabled children
- Beck depression inventory
- Anxiety Scale

Recommended Readings

- Paul Bennett (2000). **Introduction to Clinical Health Psychology**. Open University Press: Buckingham Philadelphia.
- Taylor, S (2015). (9th edition). **Health Psychology**. NY: McGraw-Hill.
- Davis, M. Eshelman, E, & McKay, M. (2008). **The Relaxation and Stress Reduction Workbook** (6th Edition). Oakland, CA: New Harbinger.


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MAPSY 402	Compulsory	Sports Psychology	60	20	20	0	0	3	1	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
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Course Educational Objectives (CEOs): The students will be able to :

- To develop a strong base of knowledge in the ever-expanding field of sport psychology, including the ability to locate and interpret research.
- To enhance each students awareness of psychological skills training (PST) as it relates to success in sport and life.
-

Course Outcomes (COs): The student should be able to:

- Understand of the critical issues pertaining to the field of sport psychology.
- For each student to continue to develop a comprehensive and personalized approach to psyching for sport, maximizing potential, and enhancing their personal leadership skills.

MAPSY402 Sport Psychology

Unit I

Introduction to Sport Psychology: Meaning and scope, Importance, relationship with other sport sciences, development of sport psychology in India. Sensory Perceptual Process: Meaning, mechanism and stages, Classification of senses and sensory perceptual process, Factors in perception, Implication of sensory-perceptual process in exercise and sport

Unit II

Concept and meaning of motor learning, motor skill, motor control, motor performance, Stages of learning, transfer of training, assessment of learning and factors affecting of motor learning



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Unit III

Personality in Sport: Concept and definition, Modern perspective, (trait, humanistic, social cognitive and biological), Dynamics of personality in sport. Anxiety in Sport: Concept, definition and types, Anxiety and arousal, role of anxiety on physical performance. Motivation in Sport: Concept, definition, (drive, need and motives, instinct, attitude, achievement motivation,) techniques and types of motivation, Perceived competence.

Unit IV

Psychological Preparation and Competition: Phenomenon of competitive sport, long term Psychological preparation for competition (arousal regulation, imagery, self-confidence, goal setting, concentration.), short term psychological preparation (upcoming competition) Mind to muscle and muscle to mind relaxation techniques.

Unit V

Social Psychology in sport: social psychological aspects of Sport: Socio-Culture Factors Affecting Performance: ethics and sport, values and sports, Team (group) cohesion. Spectators and Performance.

Recommended Readings:

- Cox RH (2002). **Sport Psychology**. McGraw Hill. London.
- Dixit S (2006). **Khel- Manovigyan**. Sports Publications. Delhi
- Kamlesh ML (1998). **Psychology in Physical Education and Sport**. Metropolitan Book Co. New Delhi
- Liukkonen JED (2007). **Psychology for Physical Educators**. Human Kinetics. U.S.A.
- Mortin GL (2003). **Sports Psychology, Sports Science**. Press.USA.
- Sahni SP (2005). **Psychology and Its Application in Sports**. D.V.S. Delhi.
- Shaw D and Other (2005). **Sport & Exercise Psychology**. Bios. U.K.
- Singh MK (2008). **Comprehensive Badminton Psychological Preparation**. Friends Publication. Delhi.
- Verma V (1999). **Sport Psychology & All Round Development**. Sport Pub. New Delhi.
- Wann DL (1997). **Sport Psychology**. Prentice Hall. New Jersey.
- Weinberg RS and Gould D (2003). **Foundations of Sport and Exercise Psychology**. Human Kinetics. USA



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MAPSY 403	Compulsory	Psychotherapy & Counseling	60	20	20	0	0	4	1	0	5

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

Course Educational Objectives (CEOs): The students will be able to:

- To identify different parameters of psycho physiological assessment
- To familiarized with techniques of data acquisition in biofeedback

Course Outcomes (Cos): The students should be able to:

- Understand the basic concepts of applied psychophysiology and biofeedback, so that
- the students can apply these techniques in health care

MAPSY403
Psychotherapy & Counseling

UNIT I

Counselling psychology: definition, nature and scope, counselling, principles of counselling psychology; basic concept of and historical developments, main features of modern psychotherapy, objectives and therapeutic processes, classification of psychotherapy, medical therapies vs psychotherapies.

UNIT II

Counselling process, Counselling relationship, Counselling interview , Types of Counselling, Counsellor –oriented counselling; Counseele – oriented counselling; Eclectic – Counselling equally oriented to both the counsellor and counseele.





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UNIT III

Ethical issues: therapists, competence, education & training foundation of ethical practice, issues in the client/therapist, relationship, confidentiality, legal liability and malpractice. Creative approaches to counselling: Art, imagery, music, poetry, play - games,

UNIT IV

Psychological assessment of: Cancer, Chronically ill geriatric patients, Asthama, Arthritis; Type A behavior, Coronary heart disease, Hypertension, Cancer, STD and HIV/AIDS.

UNIT V

Types of Psychosocial rehabilitation: Cardiac rehabilitation; Cancer rehabilitation, neuromuscular – rehabilitation; Occupational rehabilitation, psychiatric rehabilitation.

Supervised Practicum: To visit Institutions and Psychiatric clinics at least 2 case records i.e. two clinical and two developmental disorder case study with psychological assessments.

Recommended Readings:

- Brown, B. (1977) **Stress and the Art of Biofeedback**. Toronto: Bantam Age Books.
- Cacippo, J. T., Tassinary, L.G., & Berntson, M. (2007) **Handbook of Psycho- physiology**. Cambridge.
- Schwartz, M. S. (Ed) (2001) **Biofeedback: A Practitioner's Guide**. New York: The Guilford Press.



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MAPSY 404	Compulsory	Major Research Project II	0	0	0	60	20	0	0	0	5

At the end of the semester the students who have opted for an honors degree have to submit a minor research project in the subject they wish to obtain an honors degree. The objectives of the course is

- To check the ability of students in terms of their writing
- To identify the problems of students' in developing their writing skills
- To gather the opinion of the teachers on their students' writing performance
- To improve the writing skills of students' by suggesting some remedial measures


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MAPSY 405	Compulsory	Seminar	0	0	0	60	40	0	0	8	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test.

MAPSY405
Seminar

It is also important to understand that effective presentation skills are not solely for the fortunate few who are naturally good communicators but that effective presentation skills can be developed in anyone and that we all have the ability to learn how to become highly effective presenters.

Course Educational Objectives (CEOs): The students will be able to:

- The ability to create a clear message
- The ability to deliver your message effectively
- The ability to fully engage with your audience.

Course Outcomes (Cos): The student should be able to

- Developing body Language
- Enhancing speaking Skills


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MAPSY 406	Compulsory	Comprehensive Viva Voce	0	0	0	100	0	0	0	0	5

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;

Q/A – Quiz/Assignment/Attendance, MST Mid Sem Test

MAPSY406
Comprehensive Viva Voce

Viva voce will be conducted towards the end of the semester which will be covering the complete syllabus. This will test the student's learning and understanding during the course of their post graduate programme. In doing so, the main objective of this course is to prepare the students to face interview both at the academic and the industrial sector.

Course Educational Objectives (CEOs):-The students will be able to:

1. To provide an opportunity for students to apply theoretical concepts in real life situations
2. To enable students to manage resources, work under deadlines, identify and carry out specific goal oriented tasks
3. The Paper will help to acquire speaking skills and capabilities to demonstrate the subject knowledge.

Course Outcomes (Cos): The students should be able to:

- Exhibit the strength and grip on the fundamentals of the subjects studied during the semester
- Comprehend for all the courses studied in the entire programme