

**Course Name - Bachelor of Physical Education**  
**Year – IInd (Part-1)**  
**Paper Name - Psychology with Special Reference to Physical Education**  
**Topic Name - Psychology**  
**Topic No. - Sec - A (1)**  
**Paper No. - IInd**  
**Lecture No. - 1**

**Lecture Name**

**Psychology and Physical Education**

**Summary**

Psychology is the science of behavior plays an important role in every sphere of life and sports are no exception to it. The knowledge of psychology is must for a physical education teacher to accomplish his goals as it helps him to have thorough knowledge of trainee, training process and the training and competition situations. It also helps teachers to psychologically prepare the players and make them emotionally and socially more efficient thereby enhancing their performance. Due to this, psychology is important aspect of physical education training curriculum.