

**Course Name -Bachelor of Physical Education**

**Year – IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Motivation**

**Topic No. - Sec - A (3)**

**Paper No. - IInd**

**Lecture No. - 4**

### **Lecture Title**

### **Motivation in Physical Education**

### **References**

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- Singh, A. (2013). *Sports Psychology for Coaches*. Khel Sahitya Kendra, New Delhi.
- Singh, B. & Mittal, M. *Psychological Implications in Physical Education and Sports*. Friends Publications.
- Suinn, R.M. (1982). *Psychology in Sports: Methods and Applications*. Surjeet Publication. Delhi.

### **Links**

- [www.simplypsychology.com](http://www.simplypsychology.com)
- [www.wikipedia.com](http://www.wikipedia.com)