



**BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI- 620 024
(ACCREDITED WITH A+ GRADE BY NAAC IN THE THIRD
CYCLE)**

**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA
BACHELOR OF PHYSICAL EDUCATION (B.P.ED)**

**CC-1 HISTORY PRINCIPLES AND FOUNDATION OF
PHYSICAL EDUCATION
(21BPE11)**

SEMESTER-I

CREDIT-4



UNIT-IV

Psycho-sociological Principles of Physical Education

The three main types of learning in psychology are:

- Classical conditioning: Learning through association between events that occur together
- Operant conditioning: Learning through consequences
- Observational learning: Learning through observation, modelling, or replication of a behaviour

Learning curve

- In psychology, a learning curve is a graphical representation of how quickly someone learns a new skill or knowledge.



Classical conditioning

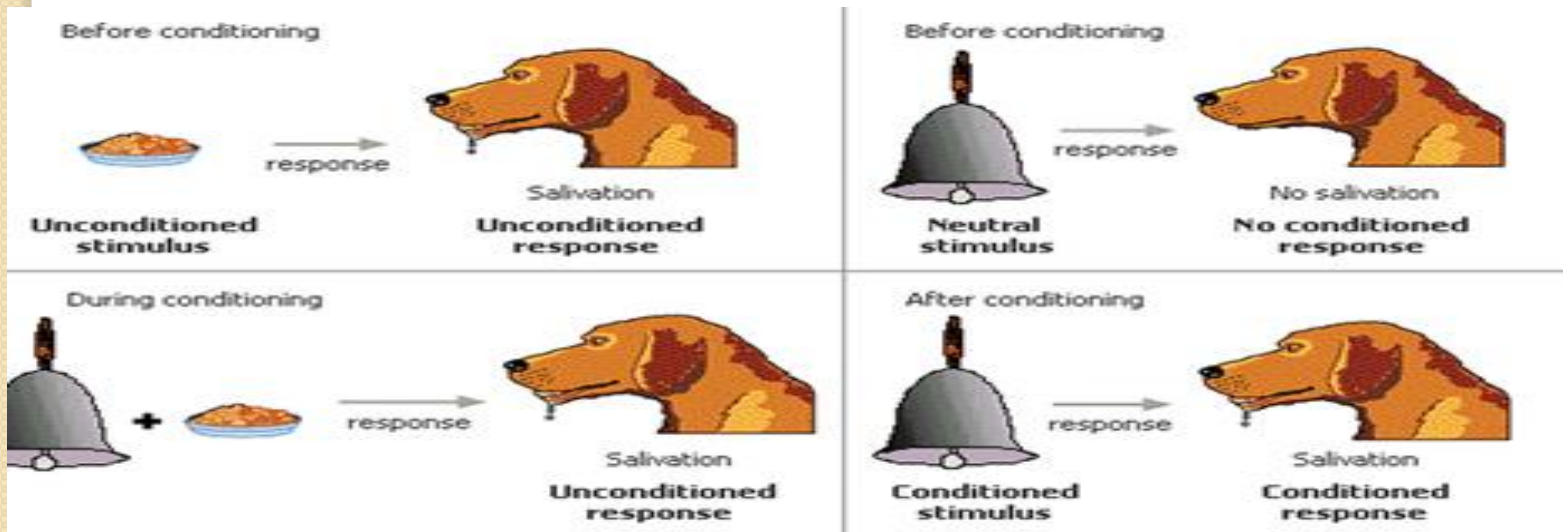
- The theory of classical conditioning is a learning theory that explains how people and animals learn to associate two stimuli and exhibit a new response when presented with either stimulus:

How it works

- A neutral stimulus is repeatedly paired with an unconditioned stimulus to create a conditioned response. For example, in Pavlov's experiment, dogs learned to associate the sound of a bell (neutral stimulus) with food (unconditioned stimulus).

Examples

- Classical conditioning can be used in therapy, the classroom, and wildlife conservation. For example, a therapist might help someone overcome a fear of spiders by repeatedly showing them an image of a spider while they practice relaxation techniques.



OPERANT CONDITIONING

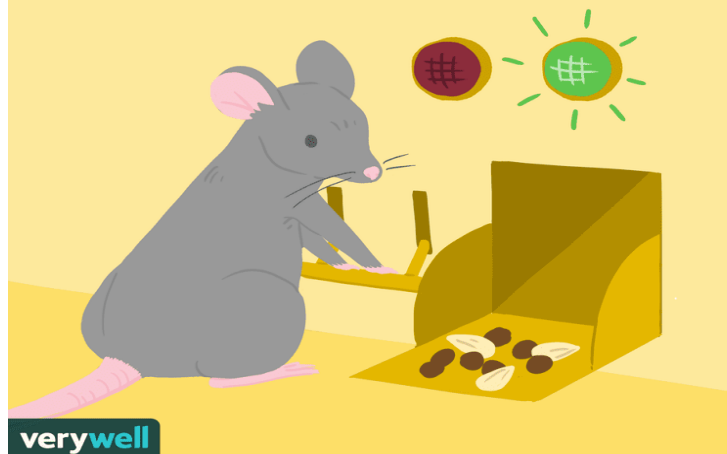
- Is a learning method that uses rewards and punishments to modify behaviour. It's also known as instrumental conditioning or Skinnerian conditioning. In operant conditioning, behaviours that are rewarded are more likely to be repeated, while behaviours that are punished are less likely to happen. The consequences that follow behaviours can be positive or negative, and can include:
 - Reinforces - Strengthen the behaviour that led to them. For example, a dog that learns a trick and gets a treat is positively reinforced.
 - Punishers - Weaken the behaviour that led to them. For example, a dog that learns not to get on the couch is negatively reinforced.
 - Operant conditioning can be used in many situations, including:

- In the workplace - Receiving a performance bonus for exceptional work can lead to continued high performance.
- In the classroom - Teachers can use stickers to lead up to a bigger reward, or take away recess privileges if a student misbehaves.
- In training a pet - You can use operant conditioning to train your cat to come to you when you want to give it medicine or flea treatment.

Operant Conditioning

Specific consequences are associated with a voluntary behavior

Rewards introduced to increase a behavior

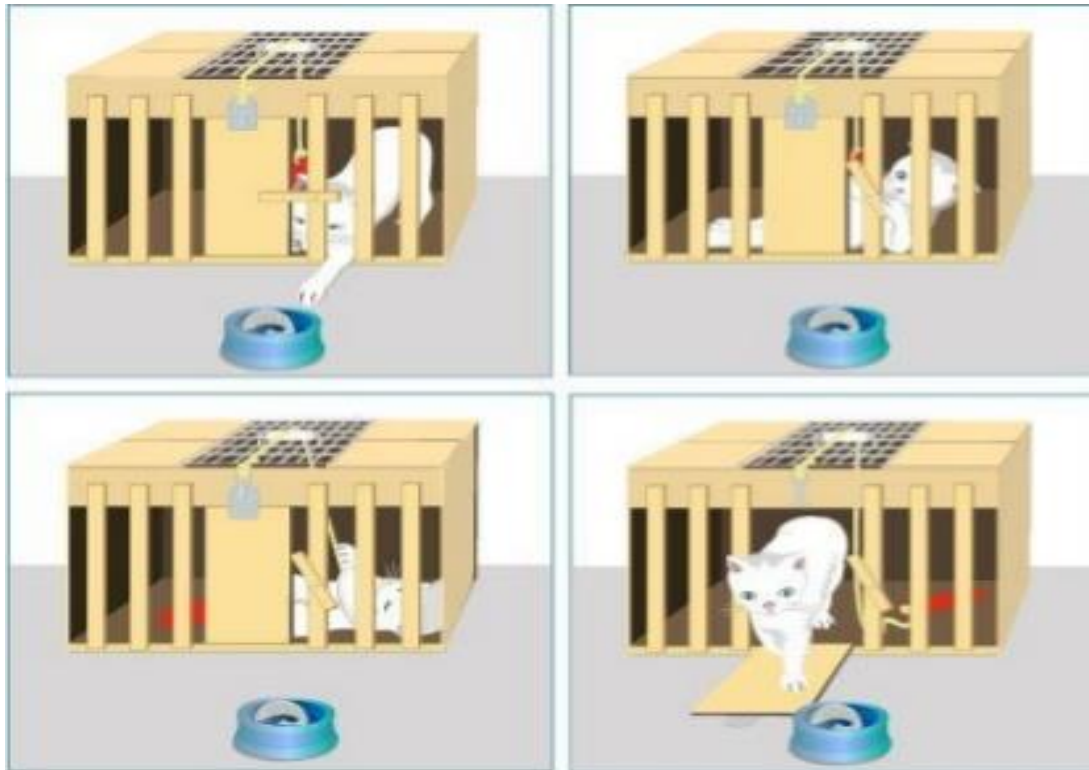


Punishment introduced to decrease a behavior



Trial and error

Is a method of learning and problem-solving that involves trying different techniques and strategies until a solution is found. It's characterized by repeated attempts that are continued until success, or until the person stops trying.



**Random
movements
of the cat**

The laws of learning,

also known as principles of learning, are a set of guidelines that help people learn most effectively. Some of the most well-known laws of learning include:

- Law of readiness: Students learn best when they have the right background, attitude, and are ready to learn.
- Law of exercise: Things that are repeated the most are learned best.
- Law of effect: Learning is stronger when it's associated with a positive feeling.
- Law of primacy: First impressions are strong, so it's important to make a good first impression.
- Law of intensity: Clear, sharp, or exciting learning experiences are more effective than routine or boring ones.
- Law of recency: Things that are learned most recently are best remembered.

Definition attitude

- An attitude is a person's mental state or evaluation of a situation, person, or idea. It can include a person's beliefs, emotional responses, and behavioural tendencies.

What is interest in psychology?

- Interest is a feeling or emotion that causes attention to focus on an object, event, or process. In contemporary psychology of interest, the term is used as a general concept that may encompass other more specific psychological terms, such as curiosity and to a much lesser degree surprise.

Cognition

- Is defined as 'the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses.' At Cambridge Cognition we look at it as the mental processes relating to the input and storage of information and how that information is then used to guide your behavior.

Sociology is the study of society and social interaction, and society and culture are closely related concepts:

Society

- A group of people who live in a community, share a culture, and interact with each other. Societies are made up of people, institutions, and shared beliefs and cultural ideas. They can be defined by geography, such as people living in cold climates developing different cultures than those in tropical climates.

Culture

- The shared practices, values, beliefs, norms, and artefacts of a group of people. Culture provides guidelines for how people live, while society provides the overall structure.

Sociology

- The systematic study of society and social interaction. Sociologists study how people learn about their society's culture, how they discover their place within it, and how people from different cultures interact.

Social acceptance is the process of being included and approved by a social group or society. Social recognition is a methodology for rewarding and recognizing employees.

- Here are some things to know about social acceptance and recognition:

Social acceptance

- This involves being respected and acknowledged for your identity, behaviors, and beliefs. It can range from tolerating someone's presence to being actively included in groups and relationships.

Social recognition

- This can be an employee reward and recognition methodology that uses tools to create a forum for employees to share experiences and recognize each other's accomplishments.

Factors that contribute to social acceptance

- These include:
 - The level of stakeholder trust
 - The level of stakeholder certainty
 - The level of stakeholder participation in decision-making
 - Stakeholders' perceived alignment with values, beliefs, and expectations
 - Project impacts on or benefits for the environment

Leadership

- Is the ability to guide, influence, or lead a group of people or an organization to achieve a common goal. It's a set of behaviors and mindsets that help people work together, adjust to change, and accomplish shared goals.

Social integration and social cohesion are related concepts that both involve the coming together of different groups to form a whole society:

Social integration

- The process by which different groups come together to form a whole society. This can include when minority groups become part of mainstream society. Social integration is a two-way process that involves both the receiving country and the migrant.

Social cohesion

- A state where all groups in a society feel a sense of belonging, participation, inclusion, recognition, and legitimacy. Social cohesion can be characterized by a sense of identification, orientation towards the common good, shared values, equality, and quality of life.

- Social integration and social cohesion are important principles for policies that promote integration. They can help prevent violence and lead to a feeling of belonging and respect for diversity.
- Social cohesion is a complex social construct that can be difficult to measure. Different societies have different geographies, political representations, economics, and problems, which can make it difficult to create a universal definition or set of tools and methods for measuring social cohesion.



THANKING
YOU