



**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI-620 024,**  
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**Programme : Master of Physical Education**

**Course Title: SPORTS PSYCHOLOGY**

**Course Code : 21MPE42**

**Unit -III**

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## Meaning of Goal Setting: Unit – III

- ❑ Goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal. Goal setting can be guided by goal - setting criteria (or rules) such as smart criteria. Goal setting is a major component of personal- development and management literature.

## Definition of Goal setting:

- ❖ “One must focus one’s thoughts on what one wants to achieve and on the means to attain it.” (**Edwin Locke – 1968**).
- ❖ To explain human behaviour in specific work situations. The theory argues that goal and intentions are cognitive and wilful.

## **Types Of Psychological Test: Instrumental Based Tests:**

### **Pass along Test:**

A performance base test Intelligence for person 7 to 20 years old W.P. Alexander – 1937 University of London It's a performance scale.

### **Purpose:**

The pass along test measured intelligence of individuals.

### **Equipment:**

9- Design colour cards, wooden trays with painted red/ blue blocks, stop watch.

### **Procedure:**

The tester is given to the printed colour design card given to the subjects make a same design as in the using of painted wooden blocks without lifting the blocks in tray with in timings.

# Types Of Psychological Test: Instrumental Based Tests:

## **Tachistoscope (Span of Attention):**

### **Purpose:**

The purpose of the test was to measure the span of attention of the subjects.

A tachistoscope providing an exposure time of  $1/10^{\text{th}}$  of a second. 15 cards showing numbers. (From 4 to 8 digits per card – three cards at each step.

### **Equipment:**

Tachistoscope and card

### **Procedure:**

The subject is seated comfortably and adjusted distance of 24 inches. The tester gives preliminary trials so that he can observe the background on which the digits appear. The tester puts the card through the instrument. The card was seen by subject for about a fraction by of seconds, seeing the card the subject must be to identify the letters in the card.

Then the 15 cards are shuffled so that they are presented in random order and the cards are presented one after another and response for each card noted. That is the trail number stimuli (actual numbers presented) and response (numbers reproduced by the subject) are noted in the score sheet.

## **Chronoscope (Reaction timer)**

### **Procedure:**

The reaction time counter (chronometer) was placed in front of the subject. The subjects place the hands on the chronometer. The instructor says “ready” the subject starts looking the red light on the chronometer top right corner. Immediately after the red indicator lightens the subject press the button as early as possible. When the subject press the button the counter shows the timing and the instructor record the time in the display.

## **Finger dexterity test:**

### **Procedure:**

The subject is asked to pick up three pins simultaneously, from the pile of pins with the fingers of one hand and placed into each of the 100 holes, starting from the farthest corner, filling every row one after the other in “z” pattern moving toward our self. The time required, in minutes, to fill the 100 holes is the basis for the score. The fewer minutes required, filling the 100 holes, the higher is the score, in turn indicating that the efficiency of the subject is better.

## **Depth perception box test:**

### **Procedure:**

The depth perception box is placed in front of the subject. The investigator keeps the middle rod at the other end of the box. The subject is instructed to look through the slit with the right eye. The subject has to see two stationary rods in a line and the middle rod at the end of the box. The metric scale was fixed in the top of the box. When the tester gives signal as ready and the tester had to move the middle rod slowly towards the subjects until the subject reports that the three rods are in a perpendicular line. Three trails were given to the subjects.



## **Kinesthesiometer board test:**

### **Procedure:**

The kinesthesiometer with angles marked from 0 to 90 degrees is placed on a flat surface in front of the subject. The subject has to place his elbow at the origin of the arc and his middle finger tip showing the marking 0 degrees. He can study the arc and move his arm along with marking of different degrees. After this subject is blind folded and the following instructions' are given to him.