

# Chapter 9

## PSYCHOLOGY AND SPORTS



### PSYCHOLOGY AND SPORTS



- 10.1 Definitions and Importance of Psychology in Physical Education and Sports
- 10.2 Define and Differentiate between Growth and Developments
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- 10.6 Plateau and Causes of Plateau
- 10.7 Emotions: Concepts and Controlling of Emotions



## Psychology

- The scientific study of the human mind and its functions, especially those affecting behaviour in a given context

# Chapter 9 Psychology

**E Durkheim**



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