

"THE PSYCHOLOGY OF PHYSICAL EDUCATION"

1. Laws of Learning
 - A. Laws (effect, exercise, repetition, practice)
 - B. Their relationship to athlete in training--effect practice; use of visual instruction; mimetics; demonstrations.
 - C. Presentation of material to be learned--level of athletes
 - D. Mental plateau--staleness
 - E. Practice periods
2. The senses
 - A. Use of and development
 - B. Penpheral vision; distances; "feel"
 - C. Development of ability to observe
3. Perception -- Sonatic
 - A. Pace
 - B. Muscular "sight"
4. Memory
5. Morale
 - A. Building during season -- mental stance
 - B. Pre - game
 - C. "Psychological moment"
 - D. Mental push or physical
 - E. Confidence
6. The Coach
 - A. As teacher
 - B. His personal qualifications
 - C. Handling his men
 - D. Injures, praise
7. Individual and Social implications of athletics and physical education
 - A. Personality development
 - B. Group membership
 - C. Fitting for living
8. Game situations
 - A. Basketball
 - B. Football
 - C. Boxing