

COURSE DETAIL

SPORTS PSYCHOLOGY

Country

Ghana

Host Institution

University of Ghana, Legon

Program(s)

Explore Ghana, University of Ghana

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

163

UCEAP Course Suffix**UCEAP Official Title**

SPORTS PSYCHOLOGY

UCEAP Transcript Title

SPORTS PSYCHOLOGY

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

This course focuses on the psychological and mental factors that relate to participation and performance in sport, exercise and physical activity and how these may improve personal development and well-being throughout the life span. Topics covered include an introduction to sports psychology, motivation and self-confidence in sports, aggression and violence in sports, leadership, cohesion and audience effects, relationships in sports and life skill training and transitions in sport.

Language(s) of Instruction

English

Host Institution Course Number

PSYC458

Host Institution Course Title

SPORTS PSYCHOLOGY

Host Institution Course Details**Host Institution Campus****Host Institution Faculty****Host Institution Degree****Host Institution Department**

Psychology

Course Last Reviewed

[Print](#)