

# 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 Campus**

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

Psychology

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