

# COURSE DETAIL

## SPORTS PSYCHOLOGY

**Country**

Denmark

**Host Institution**

University of Copenhagen

**Program(s)**

University of Copenhagen

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

120

**UCEAP Course Suffix****UCEAP Official Title**

SPORTS PSYCHOLOGY

**UCEAP Transcript Title**

SPORTS PSYCHOLOGY

**UCEAP Quarter Units**

8.00

**UCEAP Semester Units**

5.30

## Course Description

Sport is a crucial aspect of people's lives. Doing sport affects one's emotions and feelings, fitness, self-view, social relations etc. In a similar vein, watching sport can have significant impact on one's life. In fact, most people do, watch, and/or talk about sport. In this course, students learn about different (psychological or psychological-based) aspects related to sport. Examples of topics are cognitions, emotions, leadership, motivation, performance, social relations, stress, team composition, or team dynamics. Although the main focus of the elective course is on “traditional” sports, aspects related to eSports are discussed in some of the classes.

## Language(s) of Instruction

English

## Host Institution Course Number

APSB05154U

## Host Institution Course Title

SPORTS PSYCHOLOGY

## Host Institution Campus

Social Sciences

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Psychology

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