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 Course Details

Host Institution Campus
Social Sciences

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed

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