

# COURSE DETAIL

## SPORTS AND EXERCISE PSYCHOLOGY

**Country**

Netherlands

**Host Institution**

Maastricht University - Center for European Studies

**Program(s)**

Psychology and Neuroscience, Psychology and Neuroscience, Maastricht

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

128

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

SPORTS AND EXERCISE PSYCHOLOGY

**UCEAP Transcript Title**

SPORTS&EXERCISE PSY

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course focuses on the psychology behind athletic performance, as well as on physical (in)activity levels in the general population. Sport and exercise are often considered a largely physical endeavor (strength, speed, stamina, flexibility etc.). However, it is widely acknowledged that sport performances and physical activity behavior are also influenced by psychological factors. Therefore, the course attends to the biology of sport performances and physical exercise, primarily on their behavioral determinants, motivations, pressure and stress, and ultimately looks at possible venues for behavior change.

### Language(s) of Instruction

English

### Host Institution Course Number

PSY3368

### Host Institution Course Title

SPORTS AND EXERCISE PSYCHOLOGY

### Host Institution Campus

### Host Institution Faculty

Faculty of Psychology and Neuroscience

### Host Institution Degree

### Host Institution Department

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