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 & EXERCISE PSYCHOLOGY

Host Institution Course Details

Host Institution Campus

Host Institution Faculty
Faculty of Psychology and Neuroscience

Host Institution Degree

Host Institution Department

Course Last Reviewed

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