

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

[Print](#)