

# COURSE DETAIL

## PSYCHOLOGY OF HUMAN PERFORMANCE AND EXPERTISE

**Country**

United Kingdom - England

**Host Institution**

King's College London

**Program(s)**

King's College London

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

114

**UCEAP Course Suffix**

N

**UCEAP Official Title**

PSYCHOLOGY OF HUMAN PERFORMANCE AND EXPERTISE

**UCEAP Transcript Title**

PSYCH/HUMAN PERFORM

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

### **Course Description**

This course explores the role of Psychology in explaining variation in performance levels in sports and other aspects of physical activity. The course considers how levels of performance, including elite performance, might be influenced by psychological concepts including individual differences (such as in confidence, personality or perception), amount and nature of training or practice, effects of competitive stress, and other factors. The course also describes how techniques based on psychological theories and models may be used in interventions designed to improve performance (including coaching, and techniques such as imagery, arousal regulation, and goal setting). Students are introduced to the evidence base for these interventions, as well as the practicalities and challenges of applying these psychological techniques.

### **Language(s) of Instruction**

English

### **Host Institution Course Number**

5PAH0333

### **Host Institution Course Title**

PSYCHOLOGY OF HUMAN PERFORMANCE AND EXPERTISE

### **Host Institution Campus**

King's College London

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

Psychology

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