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 Course Details
https://keats.kcl.ac.uk/mod/url/view.php?id=6899195

Host Institution Campus
King's College London

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2022-2023

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