

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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