COURSE DETAIL

THE PSYCHOLOGY OF ELITE PERFORMANCE

Country
United Kingdom - England

Host Institution
University of Sussex

Program(s)
University of Sussex

UCEAP Course Level
Upper Division

UCEAP Subject Area(s)
Psychology

UCEAP Course Number
146

UCEAP Course Suffix
N

UCEAP Official Title
THE PSYCHOLOGY OF ELITE PERFORMANCE

UCEAP Transcript Title
PSY/ELITE PERFORM

UCEAP Quarter Units
6.00

UCEAP Semester Units

4.00

Course Description

This course introduces students to current psychological research and theories within the field of sport and performance psychology. These can help students to understand and explain how people consistently produce high levels of performance at an elite level.

Topics include theories of stress and coping, resilience, thriving, leadership, group cohesion, and organizational sport psychology.

Language(s) of Instruction
English

Host Institution Course Number
C8568

Host Institution Course Title
THE PSYCHOLOGY OF ELITE PERFORMANCE

Host Institution Course Details
https://www.sussex.ac.uk/study/modules/undergraduate/2023/C8568-the-psychology-...

Host Institution Campus
University of Sussex

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2023-2024

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