

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 Campus

University of Sussex

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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