

COURSE DETAIL

SPORT PSYCHOLOGY

Country

Singapore

Host Institution

National University of Singapore

Program(s)

National University of Singapore

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology Health Sciences

UCEAP Course Number

116

UCEAP Course Suffix**UCEAP Official Title**

SPORT PSYCHOLOGY

UCEAP Transcript Title

SPORT PSYCHOLOGY

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course introduces students, without a background in sport psychology, to the basic concepts needed to understand sport psychology and its application. Topics include Psychological Skills Training, Peak Performance, Performance Profiling, Goal Setting, Performance Review, Motivation, Psychophysiology, Relaxation, Activation, Imagery, Self-Talk, Concentration, Team Building, and, Competition Routines. The course requires students to take prerequisites.

Language(s) of Instruction

English

Host Institution Course Number

PL4880H,PL4880HHM

Host Institution Course Title

SPORT PSYCHOLOGY

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Psychology

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