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 Course Details
https://nusmods.com/courses/PL4880H/sport-psychology

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Psychology

Course Last Reviewed
2024-2025

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