

# COURSE DETAIL

## SPORT PSYCHOLOGY AND IDENTITY

**Country**

Denmark

**Host Institution**

University of Copenhagen

**Program(s)**

University of Copenhagen

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology Physical Education

**UCEAP Course Number**

125

**UCEAP Course Suffix****UCEAP Official Title**

SPORT PSYCHOLOGY AND IDENTITY

**UCEAP Transcript Title**

SPORT PSYC&IDENTITY

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course provides an introduction to sport and exercise psychology and associated psychological theories and methods. Theories relate to various contexts, including elite sport, sport and exercise at the broader community level, and sport and healthy lifestyle.

## Language(s) of Instruction

English

## Host Institution Course Number

NNEB20000U

## Host Institution Course Title

SPORT PSYCHOLOGY AND IDENTITY

## Host Institution Campus

## Host Institution Faculty

Science

## Host Institution Degree

Bachelor

## Host Institution Department

Nutrition, Exercise and Sports

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