

COURSE DETAIL

PSYCHOLOGY OF SPORT

Country

Canada

Host Institution

University of British Columbia

Program(s)

University of British Columbia

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

111

UCEAP Course Suffix**UCEAP Official Title**

PSYCHOLOGY OF SPORT

UCEAP Transcript Title

PSYCHOLOGY OF SPORT

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines psychological theory, research, and skills training related to sport performance, exercise motivation, and adherence.

Language(s) of Instruction

English

Host Institution Course Number

PSYC 311

Host Institution Course Title

PSYCHOLOGY OF SPORT

Host Institution Course Details

<https://vancouver.calendar.ubc.ca/course-descriptions/subject/psycv>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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