

# 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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