

# COURSE DETAIL

## APPLIED SPORT AND EXERCISE PSYCHOLOGY

**Country**

Spain

**Host Institution**

University of Alicante

**Program(s)**

University of Alicante

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology Physical Education

**UCEAP Course Number**

106

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

APPLIED SPORT AND EXERCISE PSYCHOLOGY

**UCEAP Transcript Title**

SPORT&EXERCISE PSY

**UCEAP Quarter Units**

5.00

**UCEAP Semester Units**

3.30

## Course Description

The course provides a foundational understanding of psychological principles applied to physical activity and sport. It explores key topics such as personality, motivation, emotion, attention, group dynamics, and mental health, with a focus on their impact on athletic performance. It discusses the role of the sports psychologist, behavioral assessment techniques, and innovative approaches like neuromotricity to enhance performance. The course also addresses psychological intervention, coaching, and program design for diverse populations, from elite athletes to individuals with special needs.

## Language(s) of Instruction

### Host Institution Course Number

16601

### Host Institution Course Title

PSICOLOGÍA APLICADA A LAS CIENCIAS DE LA ACTIVIDAD FÍSICA Y EL DEPORTE

### Host Institution Course Details

<https://cvnet.cpd.ua.es/Guia-Docente/?wlengua=es&wcodasi=16601&scaca=2025-26>

### Host Institution Campus

San Vicente del Raspeig

### Host Institution Faculty

Faculty of Education

### Host Institution Degree

Degree in Physical Activity and Sports Sciences

### Host Institution Department

Developmental Psychology and Teaching

### Course Last Reviewed

2025-2026

[Print](#)