

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

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