

COURSE DETAIL

SPORT PSYCHOLOGY

Country

New Zealand

Host Institution

University of Auckland

Program(s)

University of Auckland

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology Physical Education

UCEAP Course Number

134

UCEAP Course Suffix**UCEAP Official Title**

SPORT PSYCHOLOGY

UCEAP Transcript Title

SPORT PSYCHOLOGY

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course provides an introduction to the study of psychology as it relates to human behavior and performance in sport settings. It examines how practice and competition environments give rise to psychological states (e.g., motivation, anxiety, fatigue) that impact on motor learning, visuo-motor control and sport performance. It reviews evidence for the use of several psychological skills (e.g., arousal regulation, attention control, goal-setting, imagery, thought control) and apply models of psychological skills training to design evidence-based interventions that aim to improve performance in individual athletes and sport teams.

Language(s) of Instruction

English

Host Institution Course Number

EXERSCI 304

Host Institution Course Title

SPORT PSYCHOLOGY

Host Institution Course Details

https://study.auckland.ac.nz/ords/r/uoa/catalogue/course?p6_code=EXERSCI%20304&...

Host Institution Campus

Auckland

Host Institution Faculty

Host Institution Degree

Host Institution Department

Exercise Sciences

Course Last Reviewed

2026-2027

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