PSYC 3345 : Sport Psychology

The field of sport psychology examines psychological variables that impact athletic participation, performance, and enjoyment in sport. This course explores theories and research across diverse areas of psychology, including personality, cognitive, social, and clinical, with an emphasis on using theories and research to educate athletes, coaches, parents, athletic trainers, and fitness professionals about the psychological aspects of sport.

Credits 3 **Course ID** 008873