

KINE1550 : Introduction to Sport Psychology

Provides students with an introduction to the field's origins, key concepts, research development, and career options. Special focus on personal factors that affect performance and behavior in sport, physical education, and exercise settings, including situational circumstances that influence behavior, group interaction and processes, and the use of psychological techniques to help people perform more effectively. Students will gain critical insights into the role psychological factors play in health and exercise and the psychological consequences of participation in sport and physical activity, including children's psychological development through sport participation, aggression in sport, and moral development and good sporting behavior in sport and physical activity contexts.

Credits 3