

PSYCH 380: Sport Psychology

The course will provide an overview of the growing field of Sport Psychology, which involves applying psychological science to sports. Topics will cover how sport psychologists assist athletes and teams in setting and achieving sports, fitness, and exercise goals. Topics will also include theoretical foundations of behavior, psychological interventions for performance problems, adherence and maintenance of gains, and the impaired athlete.

Units: 3

Prerequisites:

[PSYCH 100](#).

Program: [Psychology](#)