

EXSS 380: SPORT PSYCHOLOGY (R)

Psychology is broadly defined as the science of how and why people act, feel, and think the way they do. This course introduces students to psychological theories and practices that can be used in sport settings. Emphasis is placed on examining current research and applied methods to address issues including the psychological well-being of athletes and athletic performance enhancement through psychological skills training. This course will build on skills developed in INT 103 and prepare students for the Major Project course by refining the ability of students to locate, critically evaluate, and use information effectively. Students will be required to demonstrate an understanding of the research process, access information effectively from a variety of sources, evaluate information critically, and use proper documentation and citation of sources.

Credits: 3

Prerequisites:

PSYC 101 or 111 with a C or better. EXSS 245 with a C or better is recommended.

Department: [Exercise Science](#)