

ABA 220: ACCELERATING ATHLETIC PERFORMANCE (Q)

There is a science behind improving athletic performance. This science, Applied Behavior Analysis (ABA), is used in sports and athletic training to teach and reinforce skills used in training and competition. Moreover, behavioral coaching has been used in sports from football and swimming to gymnastics and mixed martial arts to improve athlete training regimes and accelerate athletic performance. For a behavior analyst, all actions, whether used in daily life or on the basketball court, are simply a set of behaviors, and as such, can be taught and reinforced using the basic tenets of operant conditioning. This course will provide students with fundamental principles of behavior at the root of all training, and performance outcomes.

Credits: 3

Department: [Applied Behavior Analysis & Autism Studies](#)