

AT-567 : Psychology of Sport Performance and Injury

Examination of mental health issues and psychological skills training in sport and exercise and the psychological aspects of injury including injury risk, responses to injury, rehabilitation adherence, and appropriate interventions. The cognitive, emotional, behavioral, and social factors of sport and exercise and disease and injury will be examined from a biopsychosocial perspective.

Credits 3

Term Offered

Fall Only

Session Cycle

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