

ES-368W : Psychological Principles in Physical Education and Sport

Introduction to the role psychology plays in physical education and sport settings. Exploration of how psychological factors (e.g., personality, achievement motivation, anxiety) can influence participation in physical activity and motor performance, how the structure of sport and physical education programs influence psychological development, and how teaching mental skills (e.g., arousal regulation, goal setting, visualization) may enhance motor performance in physical education and sport. Prerequisites: **FILA-150** or **FILA-350EW**; ENG 110 FILA general education: writing intensive

Credits 3

Prerequisites

FILA-150 or FILA-350; ENG 110

Term Offered

Spring Only

Session Cycle

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Grade Scheme

BC