

Special Seminar in Psychology IV

Syllabus Number

PSY-305

Elective

2 credit

KUSAYAMA, Taichi

1. Course Description

Sports psychology is an area of studying events and problems related to sports from a psychological standpoint. Originally thought to have started with psychological research for the development of physical education and sports, the phenomena handled are diverse, such as "exercise", "health", and "adapted sports". Human relations through sports activities have also been treated as a theme. Classes will be outlined mainly on "practical psychology of sports" and "sports mental training".