Sports Psychology I

Syllabus Number SPS-204

Elective 2 credit

MATSUNAGA, Yuki

1. Course Description

Sports Psychology is the scientific study for how individuals to perform the best in sport and exercise. This class will explain about psychological elements which all athletes need to know to maximize their performance. Also, students in this class will find what they need to keep their psychological condition better through some mental trainings and behavior management strategies. This class will includes in class activities such as group discussions and quizzes. Students are expected to involved in those activities actively.