

# Sports Psychology II

Syllabus Number

SPS-205

Elective

2 credit

KATO, Hajime

## 1. Course Description

It is need to perform to the best of ones potential in sports that physical, technical and psychological conditions are in good order for doing sports. This course provides the student with knowledge of 3 themes of psychology "relationships", "team building" and "motor learning".

The student with an intention of going into an athletic field (any fields – coach, personal trainer or athletic trainer) would benefit from this content as the correct knowledge of these themes.