

# Sports Psychology II

Syllabus Number

SPS-205

Elective

2 credit

OGATA, Takahiro

## 1. Course Description

The aim of this class is to learn the basic theory of sport psychology such as instruction and training of psychological skills for performance improvement. Furthermore, we learn how to work with issues athletes and coaches face, regarding injury, rehabilitation, communication and team building. Our final goal is to be able to lead athletes in improving performance and promoting motivation.