

A brief Course Description

Course Name: Sport psychology			
Course Code	PSY 457		
College	College of Education		
Department/ Program	Psychology		
Year / Level:	Starting from level six		
Credit Hours	3 credit Hours		
Contact Hours	Lecture: 3	Lab/Tutorial	Training:
Language	Arabic		
Track (Select)	<input type="checkbox"/> University Requirement <input type="checkbox"/> College Requirement <input type="checkbox"/> Department Requirement <input checked="" type="checkbox"/> Elective Course		
Pre-requisites Course:	None		
Co-Requests:	None		
Course Objectives:	<p>Study the psychological factors associated with participation and performance in sport activities.</p> <p>The focus will be on how to use psychological principles and research to understand and improve sport performance. Topics will include historical and theoretical perspectives of sport psychology, research methods, and the relationship between sport performance and various personal, motivational and social variables. Gender and age issues will be discussed, as well as the effects and management of unhealthy behaviors.</p>		