PHED 5120: Psychology of Sport

A. COURSE DESCRIPTION

Credits: 2
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

Study of the general relationship between individuals and sports behavior. Covers competitiveness, goal setting, peak performance, psychosocial influences, and rehabilitation. Also includes guides to show how teaching and learning may be applied to the coaching of sport and to bring out the relationship of meaningful learning to successful athletic coaching.

B. COURSE EFFECTIVE DATES: 02/22/2005 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

None

D. LEARNING OUTCOMES (General)

None

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted