

PSY 303 : Sport and Exercise Psychology

This course is designed to examine and apply the psychological effects of sport and exercise on human behavior. This is accomplished by investigations of concepts and theories which analyze sports, exercise and physical activity. Topics of discussion include: anxiety, arousal, attention, personality structures, motivation and intervention strategies.

Credits 4

Prerequisites

[PSY 101](#) or [ESS 114](#) or [ESS 225](#)

Semester Offered

Spring of even-numbered years