

## ES 542: Sports Psychology

### HEALTH, EXERCISE SCI & RECREATION MGMT

Examination of motivation, personality, and other personal performance- related issues affecting sports.

3 Credits

#### Instruction Type(s)

- Lecture: Lecture for ES 542

#### Subject Areas

- [Health and Physical Education, General](#)
- [Kinesiology and Exercise Science](#)

#### Related Areas

- [Health and Physical Education/Fitness, Other](#)
- [Socio-Psychological Sports Studies](#)
- [Sport and Fitness Administration/Management](#)

