

## **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](#)

