

# PHED 243 : Sport, Exercise, and Performance Psychology

This course emphasizes discussions and writings about small sports groups as micro-social systems. The application of group dynamics theory and small group research to the study of sports groups is presented. The influence of group members' characteristics, environmental factors, interpersonal relations, and group structural characteristics on an individual member's adjustment and the effectiveness of the group are investigated. The course is intended to investigate those aspects of psychology which influence performance and the participant in sports. Motives, arousal, aggression, and other socio-psychological variables are discussed. (This course may be taken for credit as PSYC 243.)

**Credits** 3.0