

## **SM 201 - Sports Psychology**

3 Credit Hours

This course is designed to provide students with a basic understanding of the factors influencing sports socialization and psychology. Through the study of special topics and field experiences, students will gain insight as to how psychological factors such as anxiety and motivation affect athletes' peak performance. During the course, students will examine certain athletes and coaches through case studies to determine the elements of success and failure as they pertain to the psychology of each athlete and/or coach.