Nebraska Wesleyan University

HHP 276 Socio-Cultural Aspects of Sport

Catalog

2013-2014

Course Description

This course provides an analysis of social and social-psychological patterns of sport as these are shaped and maintained in social contexts. Structures and dynamics of sport can be viewed as an institution that is closely linked with other institutions such as family, education, gender roles, and racial and socioeconomic patterns. This course will also cover various psychological principles associated with sport. This will include examinations of which psychological variables can hinder athletic performance as well as which variables can enhance performance. Class content will also illustrate numerous psychological techniques that can be used to enhance sport performance.

Course Hours

3 hours

Departments

1. Health and Human Performance