

SPS 611 : Working with Teams, Athletic Injury and Prevention

Sport can be a rewarding experience in many ways. Games and activities can help with physical activity, mental health and emotional connectivity. Sport can also have a downside - injury. Injuries cause obvious pain and suffering, but also prolonged mental and emotional stress and anxiety. Through an investigation of psychological techniques we will examine the tools available in coaching and mental performance to work with teams, athletic injury, and prevention.

Credits 3