LIFETIME PHYS ACTIVITY CREDIT (LPCR)

LPCR 200 - ADVANCED MENTAL TRAINING
Short Title: ADVANCED MENTAL TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hours: 2
Restrictions: Graduate level students may not enroll.
Course Level: Undergraduate Lower-Level
Description: This course is designed to focus on the psychology of performance excellence. Specifically, it will highlight the relationship between mental toughness and performance and will explore the ways in which the psychological skills training can be applied to a variety of performance setting (e.g. business, music, drama and sport). LPCR 200 is excluded and cannot be substituted or used to meet the University LPAP Requirement for graduation. Instructor Permission Required.