Coaching athletics requires much more than “Xs and Os.” Coaches must understand matters such as motivation, confidence-building, grit, resilience, mindfulness, feedback, collective efficacy, and joy. Students in Psychology and Coaching will engage these and other concepts that are so crucial in cultivating healthy, successful experiences in sport. The class will be delivered in a flexible (asynchronous) on-line format between July 13 and August 8, 2020.

Graduate Students
Enroll In 305-940 section 02 – 3 credit course
Instructor: Lindsey Miller, Ph.D.

Undergraduate Students and University Special Students
Enroll In 305-502 section 03 – 3 credit course