

Subject Title : PSYCHOLOGICAL ASPECTS OF HEALTH AND FITNESS
Subject Code : FIT5201-E
Credit Points : 2.0 (Theory)
Teaching Hours : 1400 Minutes/23.3 Hours
Subject Type : Elective
Semester : 3 & 4

Subject Description:

The focus of this subject is to study the concept of Psychology so students are able to understand specific psychological factors and effects in poor physical health and thus help them have a holistic approach in their dealings with clients. The subject is also focusing on methods and theories within motivation, feedback, mental aspects of training and its impact on physical activity.

Objective:

The objective of this subject is that students will be able to define the term Psychology, its importance in the health delivery system and the importance of psychological status of the person in health & activity, environmental & emotional influence on the mind & personality.

Subject Content:

- Introduction to Psychology – major philosophical issues in Psychology, fields of application of Psychology, influence of heredity and environment on the individual.
- Sensation and Perception – factors that influence perception.
- Motivation and Behavior – theories of motivation, types of motivation.
- Goal setting – underlying motives.
- Learning – theories of learning, feedback mechanisms.
- Personality – theories of personality, perspectives of psychology on personality.
- Coaching and communication.
- Stress and Health – theoretical contributions of stress, physiological appraisal and experience of stress, physiological reaction, routes by which stress can be produced, adaptation to stress, coping methods, functions and methods of coping, reducing the potential for stress.