



Faculty of Arts and Social Sciences  
Sports Science

# Course Reading

## Sport Psychology

Valid from 09/01/2025

**Course Code:** IDGB11

**Course Title:** Sport Psychology

**Credits:** 7.5

**Degree Level:** Undergraduate level

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### Books

Moran, A., & Toner, J. (2026). *A Critical Introduction to Sport Psychology* (4 ed.). London: Routledge Antal sidor 538

Tod, D (2022). *Sport psychology: The Basics* (2 ed.). Routledge Antal sidor 222

Weinberg, R & Gould, D (2024). *Foundations of Sport and Exercise Psychology, 8E* (8 ed.). Human Kinetics Antal sidor 736

Vetenskapliga artiklar tillkommer.

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Approved by the Faculty Board of Arts and Social Sciences 06/17/2025