



Faculty of Arts and Social Sciences  
Sports Science

# Course Reading

## Applied Sport Psychology

Valid from 09/01/2025

**Course Code:** IDGB12

**Course Title:** Applied Sport Psychology

**Credits:** 7.5

**Degree Level:** Undergraduate level

---

### Books

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

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

Williams, J. M., & Krane, V. (Eds.) (2021) (2021). *Applied Sport Psychology: Personal Growth to Peak Performance* (8 ed.). McGraw-Hill Education Antal sidor 608

Vetenskapliga artiklar tillkommer.

---

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