

Sport Psychology

Division of Social Sciences

- **Minor: 20 credit hours**
- **Minor GPA required for graduation: 2.25**

Description of Minor: Applied sport psychology is the study of the psychological and mental factors that influence and are influenced by participation and performance in sport, exercise, and physical activity. Applied sport psychology professionals are interested in how participation in sport, exercise, and physical activity may enhance personal development and well-being throughout the life span (information from the Association for Applied Sport Psychology website – AASP).

Although there are many specific concepts within applied sport psychology (e.g., stress management, teamwork, goal setting, concentration, relaxation, imagery), the general goal is to teach athletes the mental skills necessary to perform consistently in training and competition and to help them realize their potential as people and athletes. Sport psychology draws upon the following areas of research: health psychology, performance enhancement and intervention, and social psychology.

Sport psychology is a growing field as a number of elite, amateur, and professional athletes are currently working with applied sport psychology professionals. Coaches also seek sport psychology professionals to work with their teams.

The sport psychology minor would be beneficial to students interested in occupations such as exercise specialists, athletic trainers, youth sport directors, or coaches. Moreover, students interested in pursuing graduate study in psychology, education, physical education, or occupational therapy could benefit from this minor.

The sport psychology minor emphasizes current theoretical and applied research in the fast-growing field of sport psychology. The courses are a combination of primarily psychology and physical education courses. Please note that some of the courses have prerequisites. For a course to be accepted toward a sport psychology minor, a grade of C- or better is required.

Student Learning Outcomes

Students will:

- Demonstrate fundamental knowledge and comprehension of the major concepts and theoretical perspectives from sport psychology and apply them to sport behaviors.
- Apply the basic principles of behavior modification.
- Develop the professional skills needed for success after graduation.

To minor in Sport Psychology:

1. At least nine hours must be upper level.
2. Relevant internship hours (or field experience for their major) may be substituted for three hours of the minor requirements.

(A student will need a written summary of the internship or field experience with approval from their advisor and the sport psychology minor coordinator.)

SPORT PSYCHOLOGY
MINOR REQUIREMENTS **19-20 crs.**

HPE 158	HEALTH AND WELLNESS	3
PSY 153	INTRODUCTION TO PSYCHOLOGY	3
PSY 465/		
PED 465	SPORT AND HEALTH PSYCHOLOGY	3

**ADDITIONAL 10-11 CREDITS
FROM THE FOLLOWING**

PSY 200	APPLIED SPORT PSYCHOLOGY	0-1
(may be repeated for up to (3) credits)		

*A student must take at least one course
from each of the clusters:*

BIOLOGY/PED CLUSTER

BIO 101	BIOLOGY FOR LIFE	4
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	5
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	5
<i>or</i>		
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	5
PED 349	PHYSIOLOGY OF EXERCISE	3
PED 403	KINESIOLOGY (W)	3
PED 202	PSYCHOLOGY OF COACHING	3

PSYCHOLOGY/SOCIOLOGY/BUSINESS CLUSTER

SPM 320	PRINCIPLES OF SPORT MANAGEMENT	3
PSY 211	STRESS MANAGEMENT	3
PSY 401/		
SOC 401	SOCIAL PSYCHOLOGY	3
SOC 450/		
PED 450	SOCIOLOGY OF SPORT	3

Psychology (PSY)

<p>PSY 153 3 INTRODUCTION TO PSYCHOLOGY Principles and facts necessary for an introduction to the scientific understanding of human behavior on a biological and social-personal level. Provides an introduction to basic concepts necessary for specialization in the field.</p>	<p>PSY 255 2 INTRODUCTION TO OCCUPATIONAL THERAPY An introduction to the field of occupational therapy. This course will require observation and service-learning hours at locations working with children, the elderly, or other populations that occupational therapists assist. Prerequisite: PSY 153.</p>
<p>PSY 200 0-1 APPLIED SPORT PSYCHOLOGY This course allows students the opportunity to apply sport psychology theories to sport or other performance-based activities (e.g., band, choir, debate, etc.). Specific topics will include assessment, goal setting, practice journals, routines, stress management, visualization, self-confidence, and persistence. This course can be repeated. No more than three credit hours may be applied to the sport psychology minor or the psychology minor or major; may also be used for up to three elective credit hours. Prerequisite: PSY 153 or instructor consent.</p>	<p>PSY 265 3 PSYCHOLOGY OF GENDER A psychological examination of the individual development of gender. Findings from psychological research on gender will be reviewed including interpersonal relations, stereotypes of men and women, physical and mental health, media portrayals, educational biases, career decisions, and individual differences in abilities and personalities. Prerequisite: PSY 153.</p>
<p>PSY 201 1 PSYCHOLOGY CORNERSTONE This course is an introduction to the psychology major. The class will provide an overview of APA-style writing, preparing for graduate school, diversity in psychology, subfields of psychology, career opportunities, journal article reading, and psychological research. Prerequisite: PSY 153.</p>	<p>PSY 275 3 BIOPSYCHOLOGY This course will provide an overview of physiological psychology and includes topics such as structure and function of the central nervous system, biological foundations of behavior and personality, brain damage, sensation and perception, sex, sleep, substance abuse and addiction, psychopathology, stress, and mental health. Prerequisite: PSY 153.</p>
<p>PSY 210 3 DEVELOPMENTAL PSYCHOLOGY This course is an overview of human development across the lifespan from fetal development through childhood, adolescence, adulthood, and death. Topics include theories and research about physical, cognitive, and social development. Prerequisite: PSY 153.</p>	<p>PSY 280-289 1-4 SPECIAL TOPICS IN PSYCHOLOGY Prerequisite: PSY 153.</p>
<p>PSY 211 3 STRESS MANAGEMENT An introduction to psychological aspects of stress – the etiology and the physiological and psychological consequences of stress. Practical and theoretical experience in a variety of stress management techniques (stress management planning, progressive relaxation, autogenic training, hypnosis, systematic desensitization, and implosive therapy). Prerequisite: PSY 153.</p>	<p>PSY 299 0-3 RESEARCH PRACTICUM This course provides students with the experience of engaging in psychology research under the supervision of a faculty member. Students will also learn about the process of presenting and/or publishing research. This course may be repeated. Up to 6 credits may count as electives in the psychology major or minor. Prerequisites: PSY 153, 3.00 overall GPA, and instructor consent.</p>
<p>PSY 230 3 SUBSTANCE ABUSE This course introduces the field of substance abuse and addiction and covers causal factors, theoretical models, assessments, and treatments. Research papers, case studies, and observational methods will be incorporated. Prerequisite: PSY 153.</p>	<p>PSY 301 3 PSYCHOLOGICAL STATISTICS This course will introduce students to descriptive and inferential statistics used in psychology. Topics will include the interpretation, analysis, and reporting of psychological data. Prerequisite: PSY 201.</p>
<p>PSY 250 3 CHILD WELFARE This course covers the history of child welfare, defining and recognizing child maltreatment, professional responses to child maltreatment, the skills necessary to work with child victims, and child abuse prevention. The course is designed for students pursuing careers in criminal justice, education, social work, sociology, psychology, nursing, paralegal, and other areas where knowledge of child maltreatment and advocating for children might be necessary. Prerequisite: PSY 153.</p>	<p>PSY 304 3 CROSS-CULTURAL PSYCHOLOGY This course will provide an overview of the impact of cultural effects on human behavior by focusing on similarities and differences from a global perspective utilizing theories of personality. The purpose of this course is to enhance student sensitivity and awareness of diversity aimed at reducing ethnocentric thinking while sharpening critical thinking skills. Prerequisite: PSY 153.</p>

Psychology (PSY)

<p>PSY 305 FORENSIC PSYCHOLOGY This class provides an overview of forensic, criminal, and legal psychology, including such topics as interrogations, lie detection, forensic identification, profiling, jury selection, eyewitness testimony, and the death penalty. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 370 PSYCHOLOGY OF HUMAN SEXUALITY An investigation of human sexual behavior, including but not limited to sexuality in its cultural, biological, and social contexts. Examined will be such topics as conception and contraception, physiological and anatomical factors, sexual dysfunction, and variations in sexual behavior. Prerequisite: PSY 153.</p>	<p>3</p>
<p>PSY 315 ABNORMAL PSYCHOLOGY A study of the development and characteristics of mental disorders such as anxiety disorders, personality disorders, psychotic disorders, somatoform disorders, and mood disorders will be examined. Various treatment modalities will also be considered. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 375 PSYCHOLOGICAL ASSESSMENT This course will cover the basic theories relating to the foundations of testing and measurement. The purpose of this course is to help students understand the use of testing, reliability, validity, designing tests and surveys, and gaining an understanding of the many psychological tests currently used in counseling, education, and the workplace. Prerequisite: PSY 153.</p>	<p>3</p>
<p>PSY 320 MILITARY PSYCHOLOGY This class provides an overview of military psychology including such topics as fitness-for-duty evaluations, post-traumatic stress disorder, depression, neuropsychological conditions, substance abuse, and the psychology of terror. In addition, the course will explore psychology careers working with the military. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 380-389 SPECIAL TOPICS IN PSYCHOLOGY Prerequisite: PSY 153.</p>	<p>1-4</p>
<p>PSY 321 PSYCHOLOGY AND SOCIOLOGY OF DEATH AND DYING This course will provide a study of death and dying and includes topics such as fear of death, care of the dying, grief, suicide, euthanasia, acceptance of death, children and death, funeral customs, legal aspects of death, and death education. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 396 RESEARCH METHODS This course will introduce students to research methods in psychology. Course topics will include searching and reading the research literature, designing studies, analyzing research data, and writing APA style empirical reports. Prerequisite: PSY 301.</p>	<p>3</p>
<p>PSY 322 PSYCHOLOGY AND SOCIOLOGY OF HUMAN AGING This course will provide a study of human aging and includes topics such as myths and theories of aging, the psychological, sociological, and biological aspects of human aging, effects of aging on personality, intelligence, memory, sensory functioning, and mental health. Service-learning component is required. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 398 ETHICS IN RESEARCH AND THERAPY Same as ABA 398. Prerequisite: PSY 153.</p>	<p>3</p>
<p>PSY 330 BASIC PRINCIPLES OF APPLIED BEHAVIORAL ANALYSIS Same as ABA 330. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 399 RESEARCH PRACTICUM This course provides students with the experience of engaging in psychology research under the supervision of a faculty member. Students will also learn about the process of presenting and/or publishing research. This course may be repeated. Up to 6 credits may count as electives in the psychology major or minor. Prerequisites: PSY 153, 3.00 overall GPA, and instructor consent.</p>	<p>0-3</p>
<p>PSY 350 EDUCATIONAL PSYCHOLOGY: HUMAN GROWTH AND LEARNING Same as EDU 350. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 401 SOCIAL PSYCHOLOGY An examination of social interactions, the impact of the group on the individual, and the impact of the individual on the group. Focus is on interpersonal behavior and feelings – liking, love, aggression, conformity, communications and attitude formation, and change. Same as SOC 401. Prerequisite: PSY 153.</p>	<p>3</p>
<p>PSY 365 COGNITIVE PSYCHOLOGY This course will provide an introduction to the concepts and methodologies of cognitive psychology. Course topics may include the history of cognitive psychology, research methods, perception, attention, learning and memory, reasoning, problem solving, language, decision making, consciousness, and intelligence. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 404 EARLY ADOLESCENTS AND SCHOOLING (W) Same as EDU 404. Prerequisite: PSY 153.</p>	<p>3</p>

Psychology (PSY)

<p>PSY 405 INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY This course will provide a study of the application of psychological methods and techniques to the solution of human problems industry and business and includes topics such as behavior in organizations, group behavior, organizational climates, interviewing techniques, motivation, leadership, and employment law. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 496 SENIOR THESIS (W) This course will guide students through a senior thesis project involving an independent research project that includes a literature review, research design, implementation of procedures, data collection, data analysis, and reporting of results. Prerequisite: PSY 301, 396.</p>	<p>3</p>
<p>PSY 417 THEORIES OF PERSONALITY A systematic review of the major personality theories, emphasizing a study of the development and dynamics of personality and its measurement, specifically as related to the individual student. Prerequisite: PSY 153.</p>	<p>3</p>	<p>PSY 498 PROFESSIONAL SEMINAR This course is designed for psychology and biopsychology majors to prepare them for graduate school and for the professional field. Students will make professional plans for entry into graduate school or the workforce. The course will emphasize self-awareness and lifelong learning. Prerequisite: PSY 153 and junior/senior standing.</p>	<p>2</p>
<p>PSY 425 POSITIVE PSYCHOLOGY This course will provide an overview of positive psychology and includes topics such as history and philosophical foundations of positive psychology, biopsychosocial influences on wellbeing, measurement of wellbeing, and promoting personal health in students. Prerequisite: PSY 153. Recommended prerequisite: PSY 301.</p>	<p>3</p>	<p>PSY 499 RESEARCH PRACTICUM This course provides students with the experience of engaging in psychology research under the supervision of a faculty member. Students will also learn about the process of presenting and/or publishing research. This course may be repeated. Up to 6 credits may count as electives in the psychology major or minor. Prerequisites: PSY 153, 3.00 overall GPA, and instructor consent.</p>	<p>0-3</p>
<p>PSY 450 CLINICAL AND COUNSELING PSYCHOLOGY Introduction to the various techniques of counseling. Course will include an overview of humanistic, psychoanalytic, behavior, and cognitive therapy approaches. Prerequisite: PSY 153.</p>	<p>3</p>		
<p>PSY 465 SPORT AND HEALTH PSYCHOLOGY This course will cover primary theories and applications in sport and health behaviors. Theories will be drawn from social psychology, health psychology, cognitive psychology, exercise psychology, and sport psychology. Specific topics will include personality characteristics, motivation, goal-setting, attributions, concentration, imagery, aggression, group dynamics, communication and counseling techniques, research methodologies, and behavior modification. Prerequisite: PSY 153.</p>	<p>3</p>		
<p>PSY 470 INTERNSHIP IN PSYCHOLOGY (W) Prerequisite: PSY 153.</p>	<p>3-8</p>		
<p>PSY 480 INDEPENDENT STUDY IN PSYCHOLOGY Prerequisite: PSY 153.</p>	<p>1-4</p>		
<p>PSY 490 SEMINAR IN PSYCHOLOGY Prerequisite: PSY 153.</p>	<p>1-4</p>		
<p>PSY 492 BIOPSYCHOLOGY CAPSTONE This course is the capstone experience for biopsychology majors. The goals are to provide students the opportunity to learn about biopsychology topics and engage with current research in the field. An emphasis will be placed on field trips and guest speakers to allow for greater lifelong learning. Same as BIO 492. Prerequisite: PSY 275.</p>	<p>1</p>		