

# Sport Psychology

## Division of Social Sciences

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 coaching. 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.

### To minor in Sport Psychology:

1. Students must complete 20 credit hours and earn a minimum cumulative GPA of 2.25 in courses applied to the minor.
2. At least nine hours must be upper level.
3. 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 (may be repeated for up to (3) credits)	(0-1)
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*A student must take at least one course from each of the clusters:*

#### BIOLOGY/PED CLUSTER

BIO 101	INTRODUCTORY BIOLOGY	(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)
ATH 349/ PED 349	PHYSIOLOGY OF EXERCISE	(3)
PED 403	KINESIOLOGY (W)	(3)

PED 202 PSYCHOLOGY OF COACHING (3)

**PSYCHOLOGY/SOCIOLOGY/BUSINESS CLUSTER**

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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)

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