

SPORTS PSYCHOLOGY

Faculty:

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Some students in exercise science, psychology, and potentially other areas have an interest in working with athletes and with people who are engaging in physical activity or exercise of some kind, such as in the case of rehabilitation. To assist in their preparation and improve their work quality, we offer the sports psychology minor.

Program Outcomes for Sports Psychology Minor

Program objectives are related specifically to the acquisition of psychological knowledge. The psychology area's assessment plan makes provisions for assessing such acquisition within psychology courses.

- Describe psychological concepts and theories that can be applied to enhance athletic performance.
- Demonstrate knowledge about topics that affect all athletes such as anxiety, social context, past experiences, and more.

Sports Psychology Minor

Code	Title	Credits
EXS 233	SOCIOLOGY OF SPORT	3
EXS 260	SPORTS PSYCHOLOGY	3
PSY 200	GENERAL PSYCHOLOGY	3
PSY 212	DEVELOPMENTAL PSYCHOLOGY	3
PSY 241	THEORIES OF HELPING	3
PSY 330	SOCIAL PSYCHOLOGY	3
PSY 340	HELPING SKILLS	3
PSY 355	PRINCIPLES OF LEARNING	3
PSY 220	SOCIOCLTRL & INTERNTL AWRENESS	3
or SOC 354	MINORITIES	
Total Credits Required:		27