

Minor in Sport & Exercise Psychology

Students with a minor in Sport & Exercise Psychology will:

- Gain experience delivering mental skills to athletes/exercisers of varying ages and ability levels;
- Create environments that foster individuals' effort, improvement, and enjoyment;
- Apply underlying theory and research to athletes/participants in sport & exercise settings.

Students completing the Sport & Exercise Psychology Minor will acquire content knowledge in the field, and the skills to apply theory to practice in sport and exercise settings. They will develop skills to create optimal environments and deliver mental skills training to individuals of all ages and skill levels. The minor will provide strong training for students moving directly into employment in sport, exercise, and wellness settings post-graduation, as well as provide a solid foundation for those pursuing graduate study in sport and exercise psychology.

Eligibility Requirements for Sport & Exercise Psychology Minor

- Must be an active student in good standing;
- Have a Cumulative GPA of 2.0.

This is an 18-credit minor, consisting of six (6) 3-credit courses including a foundational course in sport or exercise psychology, an applied mental skills course, and a practicum, along with three additional discipline supportive courses (e.g., positive psychology, health psychology). Note. Either EPSY 385 or EPSY 440 when taken to satisfy the 18 hours cannot also count towards elective hours.

Code	Title	Hours
EPSY 385 or EPSY 440	Psychological Aspects of Exercise Applied Sport and Performance Psychology	3
EPSY 458	Advanced Sport & Exercise Psychology	3
EPSY 460	Practicum in Sport and Exercise Psychology	3
EPSY 305 or EPSY 306 or PSYC 333 or PSYC 390	Development and Learning of the Child Development and Learning of the Adolescent Child Development The Psychology of Aging	3
Elective		6
Choose two electives from the following courses:		
EPSY 440 or EPSY 385	Applied Sport and Performance Psychology Psychological Aspects of Exercise	
EPSY 475	Undergraduate Research in Sport & Exercise Psychology	
EPSY 598	Special Course: _____	
EPSY 497	Independent Study	
EPSY 580	Positive Psychology	
PSYC 350	Psychological Disorders	
PSYC 605	Health Psychology	
Total Hours		18