

The minor in Sport Psychology requires 21 semester credit hours. Sport Psychology examines the relationships between psychological concepts, theories and an individual's thoughts toward health and exercise.

Current theoretical perspectives of personality factors in exercise, why people exercise, exercise adherence, mental skills and the psychological effects of exercise will be investigated. The minor will focus on topics such as methods of training and coaching, teamwork and leadership, motivation and stress, and social issues in sport. Students will study the relationships between brain biology and behavior. Students will learn to apply psychological theories and perspectives toward understanding thoughts about exercise, an individual's willingness to exercise, choice of exercise, and to assess the relationships between physical health and mental health. This minor is not allowed in the Bachelor of Arts major in Psychology.

Enrollment in the required PSY courses assumes that majors will have completed PSY 1300 as part of their social and behavioral science component of the general education core curriculum. If not, PSY 1300 is a prerequisite for PSY 3321, PSY 3331, PSY 3350, PSY 3361, PSY 3322, and PSY 3336.

Code	Title	Hours
Required Courses		
ESS 3323	Psychosocial Aspects of Exercise of Sport Sciene	3
ESS 3329	Motor Learning	3
PSY 3321	Sensation and Perception	3
or PSY 3322	Brain and Behavior	
PSY 3331	Social Psychology	3
PSY 3336	Sport Psychology	3
PSY 3350	Cognitive Behavioral Therapies	3
or PSY 3361	Health Psychology	
Choose 3 hours from the following:		3
PHIL 3326	Philosophy and Sport	
SOCI 3340	Sociology of Sport and Leisure	
Choose 3 hours of an advisor-approved elective		
Total Hours		21