

# Sports Psychology

## Degree Type

Bachelor of Arts

## Objective:

The Sports Psychology major is a combination of Kinesiology and Psychology coursework focusing on activity and supporting core courses designed to prepare a student interested in sports psychology. It will provide the student with a focused experience of core coursework-based instruction and participation and prepare students for graduate work in Sports Psychology.

**Administrator:** Chairs, Department of Kinesiology and Department of Psychology

**Requirements:** Complete 52 total credits

- **Kinesiology Requirements:** 25 credits
- **Psychology Requirements:** 27 credits

Students must complete as a check-off: NFHS Level 1 National Certification - Accredited Interscholastic Coach

## Required Courses:

Item #	Title	Credits
KINE1310	Introduction to Recreation and Kinesiology	3
KINE1550	Introduction to Sport Psychology	3
	KINE2640 Kinesiology Majors Activity Laboratory (1 credit) – 2 courses (2)	2
KINE2730	Nutrition Across the Lifespan	2
KINE3094	Topics in Kinesiology	1-3
KINE3560	Psychology and Techniques of Coaching	3
KINE3600	Motor Development and Motor Learning	2
KINE3640	Physiology of Exercise	3
KINE3960	Field Experience in Kinesiology/Recreation	1
KINE4560	Administration and Supervision of HPERD	3
PSYC1550	Introduction to Psychology	3
PSYC2215	Research Design	3
PSYC2245L	Statistical Analysis Lab	1
PSYC2955	Psychology Pre-Practicum	1
PSYC3455	Abnormal Psychology	3
PSYC3640	Experimental Design and Statistical Analysis	3
PSYC3702	Counseling Theory and Helping Skills	3
PSYC3702L	Counseling Theory and Helping Skills Lab	1
PSYC4112	Human Diversity	3
PSYC4350	Personality Theory	3
PSYC4512	Social Psychology	3

[KINE3094](#) must be taken for 3 credits.

**Total Credits**

**52**