

Sport and Exercise Psychology Minor

The sport and exercise psychology minor provides students with a basic understanding of the psychological components of sport and exercise participation and peak performance. Students will acquire practical and applied knowledge for team building, leadership, and goal setting, which may be used in coaching, business, industry, and wellness. The sport and exercise psychology minor is open to students majoring in all disciplines. Acceptance to the minor will be limited based on department major enrollment.

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| EXSS 20200 | Sport and Exercise Psychology | 3 |
| EXSS 30200 | Psychology of Injury in Sport and Exercise | 3 |
| EXSS 40400 | Leadership and Team Building in Exercise and Sport | 3 |
| EXSS 40500 | Applied Techniques in Sport Psychology | 3 |

NOTE: EXSS 40500 will not be offered in 2024-2025, students should take PSYC 10300 as a substitute. This change will be submitted for approval in Fall 2024.

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| EXSS 42200 | Exercise and Rehabilitation Psychology | 3 |
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| Total Credits | 15 |
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