

# SPORT AND EXERCISE PSYCHOLOGY MINOR

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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.

Code	Title	Credits
<b>Curriculum</b>		
PSYC 10300	General Psychology	3
EXSS 20200	Sport and Exercise Psychology	3
EXSS 30200	Psychology of Injury in Sport and Exercise	3
EXSS 40800	Social Psychology of Sport	3
EXSS 42200	Exercise and Rehabilitation Psychology	3
<b>Total Credits</b>		<b>15</b>