

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 except exercise science with a concentration in sport and exercise psychology.

Code	Title	Credits
Curriculum		
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
EXSS 42200	Exercise and Rehabilitation Psychology	3
Total Credits		15