SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY - MINOR

College of Education Health and Human Services
School of Teaching, Learning and Curriculum Studies
404 White Hall
Kent Campus
330-672-2580
www.kent.edu/ehhs/tlcs

Description
The Sport, Exercise and Performance Psychology minor provides students, athletes and those preparing for careers as coaches, sport practitioners and sport administrators with the knowledge of psychological theory and skills development to enhance human behavior in sport and exercise settings and artistic performance. The minor explores social-psychological concepts such as motivation, self-confidence, concentration, anxiety or burnout, and how these concepts can influence a sport environment (e.g., losing focus under pressure or self-doubt during a game). Students are prepared to work in a wide-range of sport-related fields or to further their education in their chosen careers by continuing to a graduate program and certification.

FULLY OFFERED AT:
• Online
• Hybrid (on-ground/online)

Admission Requirements
Admission to a minor is open to students declared in a bachelor's degree, the A.A.B. or A.A.S. degree or the A.T.S. degree (not Individualized Program major). Students declared only in the A.A. or A.S. degree or the A.T.S. degree in Individualized Program may not declare a minor. Students may not pursue a minor and a major in the same discipline.

Program Learning Outcomes
Graduates of this program will be able to:
1. Gain knowledge and skills on the influences of the psychological aspects of exercise, injury and physical activity on performance.
2. Achieve a greater understanding of performance and achievement within the context of sport at a variety of levels, with diverse populations and in many different sports.
3. Consider a holistic perspective of sport, which includes athlete-centered coaching, cultural competence, development of character and life lessons through youth sport.
4. Demonstrate effective leadership and ethical decision-making skills.

Minor Requirements

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<tr>
<th>Code</th>
<th>Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>PESP 45015</td>
<td>PSYCHOLOGY OF COACHING</td>
<td>3</td>
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<tr>
<td>PSYC 41584</td>
<td>THE PSYCHOLOGY OF EXERCISE ¹</td>
<td>3</td>
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¹ Course has prerequisite (PSYC 11762) outside of the minor requirements.

GRADUATION REQUIREMENTS

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<th>Minimum Minor GPA</th>
<th>Minimum Overall GPA</th>
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- Minimum 6 credit hours in the minor must be upper-division coursework (30000 and 40000 level).
- Minimum 6 credit hours in the minor must be outside of the course requirements for any major or other minor the student is pursuing.
- Minimum 50 percent of the total credit hours for the minor must be taken at Kent State (in residence).