SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY (SEPP)

SEPP 20026  PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE  3 Credit Hours
Psychological Foundations of Sport and Exercise is an overview of foundational concepts and principles essential to understanding the psychological aspects of sport and exercise. Emphasis is given to psychologically based frameworks and their application to sport; in particular, exercise behavior, performance enhancement, mental skills, health and well-being. Coursework reflects an application of sport and exercise psychology concepts to practitioners in sport-related professions such as coaching, athletic training, sport management, physical education or fitness instruction, among others.
Prerequisite: None.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

SEPP 40020  HIGH PERFORMANCE ATHLETES IN SPORT  3 Credit Hours
(Slashed with SPAD 50020) This course provides an understanding of various aspects of training, coaching, and best practices in working with athletes in a high-performance environment along with an emphasis on the social-psychological factors related to the successful performance of elite level athletes and teams.
Prerequisite: Sophomore standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

SEPP 45007  PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY  3 Credit Hours
(Cross-listed with SPAD 55007) This course encompasses the most current developments in the field of psychology with a strong foundation of the principles of human behavior in the sport and movement sciences. It incorporates sound practical theory with a focus on the application of that knowledge to be readily used by students in a range of sport and movement science careers; such as athletic training, coaching, sport management, consulting, physical education teachers and related areas with the goal to improve the sport performance and experience for all.
Prerequisite: SEPP 20026; and junior or senior standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

SEPP 45300  MOTIVATION IN SPORT, PERFORMANCE, AND MOVEMENT SETTINGS  3 Credit Hours
(Cross-listed with SPAD 55300) This course provides an in-depth and wide-ranging look at motivational theories and its application to sport, performance and physical activity. It combines the many theoretical concepts of the diverse frameworks and principles with a survey of motivational interventions performed in the sport domain. Students will leave the class with a rigorous and comprehensive knowledge of constructs, cutting-edge research, effective interventions and future outlook of motivation in sport.
Prerequisite: None.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter