SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY
- B.S.

College of Education Health and Human Services
School of Teaching, Learning and Curriculum Studies
www.kent.edu/ehhs/tlcs

Examples of Possible Careers
- Sports Performance Psychologist
- Strength and Performance Conditioning Coach
- Sports Performance Coach
- Mental Health Counselor/Athletics Embedded
- Sports Nutritionist
- Sports Medicine Fellow
- Performance Enhancement Specialists (PESs)

Contact Information
- Program Coordinator: Kevin Eckert | keckert5@kent.edu | 330-672-0627
- Speak with an Advisor
- Chat with an Admissions Counselor

Fully Offered
- Delivery
  - Online
  - Mostly Online
- Location
  - Kent Campus

Description
The Bachelor of Science degree in Sport, Exercise and Performance Psychology provide students, athletes and those preparing for careers as coaches and sport practitioners with the knowledge of psychological theory and skills to enhance human behavior in the sport and exercise settings and the performing arts. The major differs from existing sport-related bachelor’s degree programs due to its focus on psychological processes related to sport performance, as opposed to existing programs that focus on pedagogical, physiological or the business aspects of sport performance.

The Sport, Exercise and Performance Psychology major explores social-psychological concepts such as motivation, self-confidence, anxiety or burnout, and how these concepts interact with the sport environment to influence athletes (e.g., losing focus under pressure or having self-doubts during a game) and performance. The program prepares students with essential knowledge of psychological aspects of sport performance and ethical practice to work in wide-ranging sport-related fields or to further their education in their chosen careers via graduate programs and mental performance certification by the Association of Applied Sport Psychology.

Admission Requirements
The university affirmatively strives to provide educational opportunities and access to students with varied backgrounds, those with special talents and adult students who graduated from high school three or more years ago.

First-Year Students on the Kent Campus: First-year admission policy on the Kent Campus is selective. Admission decisions are based upon cumulative grade point average, strength of high school college preparatory curriculum and grade trends. Students not admissible to the Kent Campus may be administratively referred to one of the seven regional campus to begin their college coursework. For more information, visit the admissions website for first-year students.

First-Year Students on the Regional Campuses: First-year admission to Kent State’s campuses at Ashtabula, East Liverpool, Geauga, Salem, Stark, Trumbull and Tuscarawas, as well as the Twinsburg Academic Center, is open to anyone with a high school diploma or its equivalent. Check with a regional campus admissions office to determine application requirements, as they may differ among campuses.

International Students: All international students must provide proof of English language proficiency (unless they meet specific exceptions) by earning a minimum 525 TOEFL score (71 on the Internet-based version), minimum 75 MELAB score, minimum 6.0 IELTS score, minimum 48 PTE score or minimum 100 DET score; or by completing the ESL level 112 Intensive Program. For more information, visit the admissions website for international students.

Transfer Students: For more information, visit the admissions website for transfer students.

Former Students: Former Kent State students or graduates who have not attended another college or university since Kent State may complete the reenrollment or reinstatement form on the University Registrar’s website.

Program Learning Outcomes
Graduates of this program will be able to:

1. Explain the role of the individual and the environments in sport and exercise behavior.
2. Demonstrate understanding of the foundation of motivation in sport sciences, learning and personal life.
3. Define and illustrate the concepts, tools and application of mental skills and performance enhancement.
4. Design and evaluate an applied research study from inception to conclusions.
5. Define the standards for competence, domestic and global diversity and ethical principles (i.e., AASP and APA) and its role in sport psychology professional practice.

University Requirements
All students in a bachelor’s degree program at Kent State University must complete the following university requirements for graduation.

NOTE: University requirements may be fulfilled in this program by specific course requirements. Please see Program Requirements for details.

| Destination Kent State: First Year Experience | 1 |
| Course is not required for students with 25 transfer credits, excluding College Credit Plus, or age 21+ at time of admission. |
Diversity Domestic/Global (DIVD/DIVG) 2 courses
Students must successfully complete one domestic and one global course, of which one must be from the Kent Core.

Experiential Learning Requirement (ELR) varies
Students must successfully complete one course or approved experience.

Kent Core (see table below) 36-37

Writing-Intensive Course (WIC) 1 course
Students must earn a minimum C grade in the course.

Upper-Division Requirement 39
Students must successfully complete 39 upper-division (numbered 30000 to 49999) credit hours to graduate.

Total Credit Hour Requirement 120

Kent Core Requirements
Kent Core Composition (KCMP) 6
Kent Core Mathematics and Critical Reasoning (KMCR) 3
Kent Core Humanities and Fine Arts (KHUM/KFA) (min one course each) 9
Kent Core Social Sciences (KSS) (must be from two disciplines) 6
Kent Core Basic Sciences (KBS/KLAB) (must include one laboratory) 6-7
Kent Core Additional (KADL) 3

Total Credit Hours:

Kent Core Composition (KCMP) 6
Kent Core Mathematics and Critical Reasoning (KMCR) 3
Kent Core Humanities and Fine Arts (KHUM/KFA) (min one course each) 9
Kent Core Social Sciences (KSS) (must be from two disciplines) 6
Kent Core Basic Sciences (KBS/KLAB) (must include one laboratory) 6-7
Kent Core Additional (KADL) 3

Total Credit Hours:

Major Requirements
Code Title Credit Hours
HED 46052 STRESS: RECOGNITION AND MANAGEMENT 2
PESP 25033 LIFESPAN MOTOR DEVELOPMENT 3
PESP 45015 PSYCHOLOGY OF COACHING 3
PH 30002 INTRODUCTORY BIOSTATISTICS 3
or PSYC 21621 QUANTITATIVE METHODS IN PSYCHOLOGY 1
SEPP 20026 PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE 3
SEPP 30019 PSYCHOSOCIAL PERSPECTIVES FOR GROWTH AND DEVELOPMENT IN YOUTH SPORT 3
SEPP 32250 PSYCHOLOGICAL ASPECTS OF SPORT INJURY 3
SEPP 40020 HIGH PERFORMANCE ATHLETES IN SPORT 3
SEPP 40221 EXERCISE PSYCHOLOGY 3
or PSYC 41584 THE PSYCHOLOGY OF EXERCISE 3
SEPP 45007 PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY 3
SEPP 45092 PRACTICUM IN SPORT PERFORMANCE (ELR) 3
SEPP 45300 MOTIVATION IN SPORT, PERFORMANCE, AND MOVEMENT SETTINGS 3
SEPP 48225 SPORT PERFORMANCE PSYCHOLOGICAL INTERVENTIONS 3
SPAD 25000 SPORT IN SOCIETY (DIVD) 3
SPAD 43018 ETHICS IN SPORT 3
SPAD 45020 ORGANIZATION, ADMINISTRATION AND LEADERSHIP IN SPORT 3
SPAD 45024 SPORT IN GLOBAL PERSPECTIVE 3
SPAD 45050 SOCIAL PSYCHOLOGY OF SPORT 3

Additional Requirements (courses do not count in major GPA)

Program Requirements
Major Requirements

Graduation Requirements
Minimum Major GPA Minimum Overall GPA
2.000 2.000

Roadmap
This roadmap is a recommended semester-by-semester plan of study for this major. However, courses designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

Semester One
Credits
COMM 15000 INTRODUCTION TO HUMAN COMMUNICATION (KADL) 3
PSYC 11762 GENERAL PSYCHOLOGY (DIVD) (KSS) 3
UC 10097 DESTINATION KENT STATE: FIRST YEAR EXPERIENCE 1
Kent Core Requirement 3
Kent Core Requirement 3
Kent Core Requirement 3

Credit Hours 16

Semester Two
Credits
SEPP 20026 PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE 3
Physical Activity, Wellness and Sport (PWS) Elective 1
Kent Core Requirement 3
Kent Core Requirement 3
General Elective 4

Credit Hours 14

Semester Three
Credits
PH 30002 INTRODUCTORY BIOSTATISTICS 3
or PSYC 21621 QUANTITATIVE METHODS IN PSYCHOLOGY 1
Physical Activity, Wellness and Sport (PWS) Elective 1
Kent Core Requirement 3
Kent Core Requirement 3
General Electives 5

Credit Hours 15

Semester Four
Credits
PESP 25033 LIFESPAN MOTOR DEVELOPMENT 3
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**Semester Five**

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<td>SEPP 32250</td>
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<td>HIGH PERFORMANCE ATHLETES IN SPORT</td>
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<td>SEPP 40221</td>
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<tr>
<td>or PSYC 41584</td>
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<td>SEPP 45007</td>
<td>PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY</td>
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<td>ORGANIZATION, ADMINISTRATION AND LEADERSHIP IN SPORT</td>
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<td>SPAD 45050</td>
<td>SOCIAL PSYCHOLOGY OF SPORT</td>
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<td>PRACTICUM IN SPORT PERFORMANCE (ELR)</td>
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**Semester Eight**

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**Minimum Total Credit Hours:** 120