

SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY - MINOR

College of Public Health and Health Sciences
www.kent.edu/phhs

About This Program

The Sport, Exercise and Performance Psychology minor provides students, athletes and those preparing for careers in coaching, performing arts, 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), and the performing and creative artistic domain (e.g., lifestyle stresses, self-esteem or confidence.) 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.

Contact Information

- **Marta Guivernau, Ph.D.** | mguivern@kent.edu | 330-672-7121
- Speak with an Advisor
 - Ashtabula Campus
 - East Liverpool Campus
 - Geauga Campus
 - Kent Campus
 - Salem Campus
 - Stark Campus
 - Trumbull Campus
 - Tuscarawas Campus
 - Online (any campus above)

Program Delivery

- **Delivery:**
 - Fully online
 - Mostly online
- **Location:**
 - Kent Campus

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 Requirements

Minor Requirements

| Code | Title | Credit Hours |
|--|--|--------------|
| Minor Requirements | | |
| PEHS 45015 | PSYCHOLOGY OF COACHING | 3 |
| PSYC 41584 | THE PSYCHOLOGY OF EXERCISE | 3 |
| or SEPP 40221 | EXERCISE PSYCHOLOGY | |
| SEPP 20026 | PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE | 3 |
| SEPP 45007 | PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY | 3 |
| SEPP 45300 | MOTIVATION IN SPORT, PERFORMANCE AND MOVEMENT SETTINGS | 3 |
| Minor Elective, choose from the following: | | 2-3 |
| ATTR 43018 | ETHICAL LEADERSHIP FOR HEALTH CARE (WIC) | |
| IHS 46052 | STRESS: RECOGNITION AND MANAGEMENT | |
| PEHS 25033 | LIFESPAN MOTOR DEVELOPMENT | |
| PEHS 45020 | CONTEMPORARY ATHLETIC COACHING | |
| SEPP 40020 | HIGH PERFORMANCE ATHLETES IN SPORT | |
| SPAD 25000 | SPORT IN SOCIETY | |
| SPAD 45024 | SPORT IN GLOBAL PERSPECTIVE | |
| Course approved by faculty advisor | | |

Minimum Total Credit Hours:

17

Graduation Requirements

| Minimum Minor GPA | Minimum Overall GPA |
|-------------------|---------------------|
| 2.000 | 2.000 |

- 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).

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 cultural competence, effective leadership and ethical decision-making skills.