

# SPORT AND EXERCISE PSYCHOLOGY MINOR

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The Sport and Exercise Psychology minor consists of five courses, totaling 15-credit hours. To be eligible to apply for the Sport and Exercise Psychology minor, students must have a minimum overall grade point average of a 2.0. Students who pursue a minor in sport and exercise psychology can complete the minor in two semesters, due to the year-round course offerings and the way the courses flow with one another.

<b>Code</b>	<b>Title</b>	<b>Credits</b>
Required Courses		9
KIN 5520	Sport Psychology	
KIN 5523	Physical Activity and Exercise Psychology	
SAM 3020	Sociology of Sport	
Select 6 credit hours from the following courses:		6
HE 6050	Mindfulness: Philosophy, Theory, Practice, and Research	
HE 6330	Health Behavior Change	
KIN 3540	Cultural Foundations of Kinesiology	
PSY 1010	Introductory Psychology	
	or PSY 1020 Elements of Psychology	
SAM 5510	Principles of Coaching	
SAM 5700	Sport Leadership	
In addition to the elective courses listed above, another three-credit course within KHS that focuses on the core learning outcomes of the sport psychology minor can be used with approval by the academic advisor.		
<b>Total Credits</b>		<b>15</b>