

# SPORT & EXERCISE PSYCHOLOGY MINOR

Sport & Exercise Psychology (SEP) is an interdisciplinary field that examines the performance of sport and exercise behaviors from the cognitive, emotional, psychophysiological, and social perspectives. There is an emphasis on applying cognitive-behavioral theories to improve performance and examining the psychological health benefits from physical activity. Division 47, the Society for Sport, Exercise & Performance, was recognized by the American Psychological Association in 1986.

Code	Title	Credits	Completed
<b>Minor Requirements (20 credits)</b>			
<i>Foundation Requirements</i>			
ISPSYC-101	General Psychology	4	_____
	or ISPSYC-312 Lifespan Psychology		_____
HPEX-250	Intro to Exercise Science	4	_____
	or HPPE-265 Teaching Fitness Child & Youth		_____
<i>Core Requirements</i>			
IIHP-310	Psycho-Social Aspects of Sport	4	_____
IIHP-352	Exercise Psychology	4	_____
PSYC-475	Human Psychophysiology	4	_____
<b>Total Credits</b>		<b>20</b>	_____

## Upon completion of the Sport and Exercise Psychology Minor, students will be able to:

- Describe complex relationships between behavior, personal characteristics and social, cultural, economic and physical environments in the content of exercise and sport.
- Explain the effects of exercise and sport participation on mood, cognition and self-concept.
- Explain the importance of physical activity in health promotion and recognize individual differences in motivation for exercise and sport.
- Apply evidence-based theories of motivation to increase physical activity in a variety of settings.
- Describe the effect of arousal/stress/anxiety on sport performance and suggest strategies for reducing performance anxiety.
- Assess different aspects of motivation, attentional focus, anxiety, biofeedback and personality as they relate to exercise and sport.