

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.