

Sport and Performance Psychology Minor

This checklist is based on the current Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward completion of the minor.

Curriculum Checklist

REQUIRED COURSES

___ SPPP 208: Introduction to Sport and Performance Psychology

___ SPPP 318: Advanced Theory and Application of Sport and Performance Psychology

ELECTIVES

Twelve hours (four courses) of electives selected from below. At least one course must be at 300 level or above.

___ EXER 285: Exercise and Mental Health

___ EXER 287: Introduction to Coaching

___ EXER 288: Women in Sport

___ EXER 351: Biomechanics

___ EXER 378: Exercise Physiology

___ HLSC 332: Psychology Considerations of Injury and Illness for Healthcare Providers

___ Any 300-level or 400-level PSYC course

Total Credits *Required for the Minor (18 Credits)*

Campus Locations

Bloomsburg Online; In-person; Blended

Lock Haven Online; In-person; Blended

Mansfield Online; In-person; Blended

Clearfield Online; In-person; Blended