

# SPORT AND HEALTH PSYCHOLOGY, MINOR

SO 315	Sociology of Sport	
<b>Total Hours</b>		<b>18</b>

The disciplines of psychology and kinesiology are complementary ones, particularly for students pursuing degrees in health and fitness promotion and exercise and rehab science. The sport and health psychology minor is designed to expose students to a variety of foundational knowledge and skills in both psychology and kinesiology. Students will develop an understanding of educational paths and career opportunities in the fields of kinesiology and psychology.

## Student Learning Outcomes

Students will utilize an evidence-based approach in a professionally appropriate manner with athletes, clients, and patients with whom they interact to:

- Understand the impact of mental health on sport, exercise, and physical activity, and apply psychological concepts and perspectives to maximize performance and minimize injury.
- Integrate sport, exercise, and physical activity techniques to maintain mental health and well-being.

This minor requires a minimum of 18 credit hours, consisting of 12 required credit hours and six credit hours taken from an approved list of electives. A minimum of 6 hours will be at the upper-division level. Students must have a grade of "C" or better in each course. A minimum of six hours used to meet the minor requirements must be earned in residence at Washburn University. Students may request alternate coursework be accepted toward the minor. Students should make these requests prior to completing coursework.

Code	Title	Hours
<b>Required Courses</b>		
KN 248	Wellness Concepts and Applications	3
KN 300	Psychology of Sport and Physical Activity	3
or KN 318	Exercise Psychology	
PY 100	Basic Concepts in Psychology	3
PY 307	Physiological Psychology	3
or PY 326	Health Psychology	
Subtotal		12
<b>Elective Courses</b>		
Select two courses from the following:		6
KN 300	Psychology of Sport and Physical Activity	
or KN 318	Exercise Psychology	
KN 308	Nutrition for Sports & Fitness	
KN 326	Physiology of Exercise	
KN 410	Fitness Testing and Exercise Prescription	
PY 307	Physiological Psychology	
or PY 326	Health Psychology	
PY 309	Theories of Personality	
PY 333	Counseling Psychology	
or PY 350	Introduction to Clinical Psychology	
PY 389	Independent Study	
PY 390	Directed Research	