

# SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY - B.S.

College of Public Health and Health Sciences  
www.kent.edu/publichealth

## About This Program

The B.S. in Sport, Exercise and Performance Psychology equips athletes, coaches and sport professionals with the mental strategies to enhance focus, motivation and resilience. Unlike traditional sport programs, this major focuses on the psychological aspects of peak performance. You will learn how confidence, anxiety and mindset impact success in sports, exercise and the performing arts. Graduates are prepared for careers in sport psychology, coaching and performance training or can pursue certification and advanced study in the field. Read more...

## Contact Information

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- Speak with an Advisor
- Chat with an Admissions Counselor

## Program Delivery

- **Delivery**
  - Online
  - Mostly Online
- **Location**
  - Kent Campus

## Examples of Possible Careers

- Sports performance psychologists
- Strength and performance conditioning coaches
- Sports performance coaches
- Mental health counselors/athletics embedded
- Sports nutritionists
- Sports medicine fellows
- Performance enhancement specialists (PESs)

## Admission Requirements

The university affirmatively strives to provide educational opportunities and access to students with varied backgrounds, those with special talents and adult students.

**First-Year Students on the Kent Campus:** First-year admission policy on the Kent Campus is selective. Admission decisions are based upon cumulative grade point average, strength of high school college preparatory curriculum and grade trends. Students not admissible to the Kent Campus may be administratively referred to one of the seven regional campuses to begin their college coursework. For more information, visit the admissions website for first-year students.

**First-Year Students on the Regional Campuses:** First-year admission to Kent State’s campuses at Ashtabula, East Liverpool, Geauga, Salem,

Stark, Trumbull and Tuscarawas, as well as the Twinsburg Academic Center, is open to anyone with a high school diploma or its equivalent. For more information on admissions, contact the Regional Campuses admissions offices.

**International Students:** All international students must provide proof of proficiency of the English language (unless they meet specific exceptions) through the submission of an English language proficiency test score or by completing English language classes at Kent State’s English as a Second Language Center before entering their program. For more information, visit the admissions website for international students.

**Former Students:** Former Kent State students who have not attended another institution since Kent State and were not academically dismissed will complete the re-enrollment process through the Financial, Billing and Enrollment Center. Former students who attended another college or university since leaving Kent State must apply for admissions as a transfer or post-undergraduate student.

**Transfer Students:** Students who attended an educational institution after graduating from high school or earning their GED must apply as transfer students. For more information, visit the admissions website for transfer students.

Admission policies for undergraduate students may be found in the University Catalog’s Academic Policies.

Students may be required to meet certain criteria to progress in their program. Any progression requirements will be listed on the program’s Coursework tab

## Program Requirements

### Major Requirements

Code	Title	Credit Hours
<b>Major Requirements (courses count in major GPA)</b>		
IHS 46052	STRESS: RECOGNITION AND MANAGEMENT	2
PEHS 25033	LIFESPAN MOTOR DEVELOPMENT	3
PEHS 45015	PSYCHOLOGY OF COACHING	3
PH 30002	INTRODUCTORY BIostatISTICS	3
or PSYC 21621	QUANTITATIVE METHODS IN PSYCHOLOGY I	
SEPP 20026	PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE	3
SEPP 30019	PSYCHOSOCIAL PERSPECTIVES FOR GROWTH AND DEVELOPMENT IN YOUTH SPORT	3
SEPP 32250	PSYCHOLOGICAL ASPECTS OF SPORT INJURY	3
SEPP 40020	HIGH PERFORMANCE ATHLETES IN SPORT	3
SEPP 40221	EXERCISE PSYCHOLOGY	3
or PSYC 41584	THE PSYCHOLOGY OF EXERCISE	
SEPP 45007	PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY	3
SEPP 45092	PRACTICUM IN SPORT PERFORMANCE (ELR)	3
SEPP 45300	MOTIVATION IN SPORT, PERFORMANCE AND MOVEMENT SETTINGS	3
SEPP 48225	SPORT PERFORMANCE PSYCHOLOGICAL INTERVENTIONS	3
SPAD 25000	SPORT IN SOCIETY	3
SPAD 43018	ETHICS IN SPORT	3
SPAD 45020	ORGANIZATION, ADMINISTRATION AND LEADERSHIP IN SPORT	3
SPAD 45024	SPORT IN GLOBAL PERSPECTIVE	3

SPAD 45050	SOCIAL PSYCHOLOGY OF SPORT	3
<b>Additional Requirements (courses do not count in major GPA)</b>		
COMM 15000	INTRODUCTION TO HUMAN COMMUNICATION (KADL)	3
PH 10004	FOUNDATIONS OF PUBLIC HEALTH	3
PSYC 11762	GENERAL PSYCHOLOGY (KSS)	3
UC 10001	FLASHES 101	1
Physical Activity, Wellness and Sport (PWS) Electives		2
American Civic Literacy Requirement <sup>1</sup>		3
Kent Core Composition		6
Kent Core Mathematics and Critical Reasoning		3
Kent Core Humanities and Fine Arts (minimum one course from each) <sup>1</sup>		6-9
Kent Core Social Sciences (must be from two disciplines) (other than PSYC) <sup>1</sup>		0-3
Kent Core Basic Sciences (must include one laboratory)		6-7
Kent Core Additional		3
General Electives (total credit hours depends on earning 120 credit hours, including 39 upper-division credit hours)		25
<b>Minimum Total Credit Hours:</b>		<b>120</b>

<sup>1</sup> If students complete the American Civic Literacy requirement by taking HIST 12061, the course will apply to the Kent Core Humanities category. If they complete it with POL 10101, the course will apply to the Kent Core Social Sciences category.

## Graduation Requirements

Minimum Major GPA	Minimum Overall GPA
2.000	2.000

Students considering admission into a sport psychology graduate program should attain a higher GPA, as admission to those programs are competitive.

## Roadmap

This roadmap is a recommended semester-by-semester plan of study for this program. Students will work with their advisor to develop a sequence based on their academic goals and history. Courses designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

Semester One		Credits
COMM 15000	INTRODUCTION TO HUMAN COMMUNICATION (KADL)	3
PSYC 11762	GENERAL PSYCHOLOGY (KSS)	3
UC 10001	FLASHES 101	1
Kent Core Requirement		3
Kent Core Requirement		3
Kent Core Requirement		3
<b>Credit Hours</b>		<b>16</b>
Semester Two		
PH 10004	FOUNDATIONS OF PUBLIC HEALTH	3
SEPP 20026	PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE	3
Physical Activity, Wellness and Sport (PWS) Elective		1
Kent Core Requirement		3
Kent Core Requirement		3

General Elective		1
<b>Credit Hours</b>		<b>14</b>
Semester Three		
PH 30002	INTRODUCTORY BIOSTATISTICS	3
or	or QUANTITATIVE METHODS IN PSYCHOLOGY	
PSYC 21621	I	
Physical Activity, Wellness and Sport (PWS) Elective		1
Kent Core Requirement		3
Kent Core Requirement		3
General Electives		5
<b>Credit Hours</b>		<b>15</b>
Semester Four		
PEHS 25033	LIFESPAN MOTOR DEVELOPMENT	3
SEPP 30019	PSYCHOSOCIAL PERSPECTIVES FOR GROWTH AND DEVELOPMENT IN YOUTH SPORT	3
SPAD 25000	SPORT IN SOCIETY	3
Kent Core Requirement		3
Kent Core Requirement		3
<b>Credit Hours</b>		<b>15</b>
Semester Five		
PEHS 45015	PSYCHOLOGY OF COACHING	3
SEPP 32250	PSYCHOLOGICAL ASPECTS OF SPORT INJURY	3
SPAD 43018	ETHICS IN SPORT	3
American Civic Literacy Requirement		3
General Elective		3
<b>Credit Hours</b>		<b>15</b>
Semester Six		
IHS 46052	STRESS: RECOGNITION AND MANAGEMENT	2
SEPP 40020	HIGH PERFORMANCE ATHLETES IN SPORT	3
SEPP 40221	EXERCISE PSYCHOLOGY	3
or	or THE PSYCHOLOGY OF EXERCISE	
PSYC 41584		
SEPP 45007	PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY	3
General Elective		4
<b>Credit Hours</b>		<b>15</b>
Semester Seven		
SPAD 45020	ORGANIZATION, ADMINISTRATION AND LEADERSHIP IN SPORT	3
SPAD 45050	SOCIAL PSYCHOLOGY OF SPORT	3
! SEPP 45092	PRACTICUM IN SPORT PERFORMANCE (ELR)	3
SEPP 45300	MOTIVATION IN SPORT, PERFORMANCE AND MOVEMENT SETTINGS	3
General Elective		3
<b>Credit Hours</b>		<b>15</b>
Semester Eight		
! SEPP 48225	SPORT PERFORMANCE PSYCHOLOGICAL INTERVENTIONS	3
SPAD 45024	SPORT IN GLOBAL PERSPECTIVE	3
General Electives		9
<b>Credit Hours</b>		<b>15</b>
<b>Minimum Total Credit Hours:</b>		<b>120</b>

## University Requirements

All students in a bachelor's degree program at Kent State University must complete the following university requirements for graduation.

**NOTE:** University requirements may be fulfilled in this program by specific course requirements. Please see Program Requirements for details.

Flashes 101 (UC 10001)	1 credit hour
Course is not required for students with 30+ transfer credits (excluding College Credit Plus) or age 21+ at time of admission.	
Experiential Learning Requirement (ELR)	varies
Students must successfully complete one course or approved experience.	
Kent Core (see table below)	36-37 credit hours
Writing-Intensive Course (WIC)	1 course
Students must earn a minimum C grade in the course.	
Upper-Division Requirement	39 credit hours
Students must successfully complete 39 upper-division (numbered 30000 to 49999) credit hours to graduate.	
Total Credit Hour Requirement	120 credit hours

The Sport, Exercise and Performance Psychology major explores social-psychological concepts such as motivation, self-confidence, anxiety or burnout, and how these concepts interact with the sport environment to influence athletes (e.g., losing focus under pressure or having self-doubts during a game) and performance. The program prepares students with essential knowledge of psychological aspects of sport performance and ethical practice to work in wide-ranging sport-related fields or to further their education in their chosen careers via graduate programs and mental performance certification by the Association of Applied Sport Psychology.

## Kent Core Requirements

Kent Core Composition (KCOMP)	6
Kent Core Mathematics and Critical Reasoning (KMCR)	3
Kent Core Humanities and Fine Arts (KHUM/KFA) (min one course each)	9
Kent Core Social Sciences (KSS) (must be from two disciplines)	6
Kent Core Basic Sciences (KBS/KLAB) (must include one laboratory)	6-7
Kent Core Additional (KADL)	6
<b>Total Credit Hours:</b>	<b>36-37</b>

## Program Learning Outcomes

Graduates of this program will be able to:

1. Explain the role of the individual and the environments in sport and exercise behavior.
2. Demonstrate understanding of the foundation of motivation in sport sciences, learning and personal life.
3. Define and illustrate the concepts, tools and application of mental skills and performance enhancement.
4. Design and evaluate an applied research study from inception to conclusions.
5. Define the standards for competence, domestic and global diversity and ethical principles (i.e., AASP and APA) and its role in sport psychology professional practice.

## Full Description

The Bachelor of Science degree in Sport, Exercise and Performance Psychology provide students, athletes and those preparing for careers as coaches and sport practitioners with the knowledge of psychological theory and skills to enhance human behavior in the sport and exercise settings and the performing arts. The major differs from existing sport-related bachelor's degree programs due to its focus on psychological processes related to sport performance, as opposed to existing programs that focus on pedagogical, physiological or the business aspects of sport performance.