

# SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY - MINOR

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

## About This Program

The Sport, Exercise and Performance Psychology minor provides students, athletes and those preparing for careers in coaching, performing arts, sport practitioners and sport administrators with the knowledge of psychological theory and skills development to enhance human behavior in sport and exercise settings and artistic performance. The minor explores social-psychological concepts such as motivation, self-confidence, concentration, anxiety or burnout, and how these concepts can influence a sport environment (e.g., losing focus under pressure or self-doubt during a game), and the performing and creative artistic domain (e.g., lifestyle stresses, self-esteem or confidence.) Students are prepared to work in a wide-range of sport-related fields or to further their education in their chosen careers by continuing to a graduate program and certification.

## Contact Information

- **Marta Guivernau, Ph.D.** | mguivern@kent.edu | 330-672-7121
- Speak with an Advisor
  - Ashtabula Campus
  - East Liverpool Campus
  - Geauga Campus
  - Kent Campus
  - Salem Campus
  - Stark Campus
  - Trumbull Campus
  - Tuscarawas Campus
  - Online (any campus above)

## Program Delivery

- **Delivery:**
  - Fully online
  - Mostly online
- **Location:**
  - Kent Campus

## Admission Requirements

Admission to a minor is open to students declared in a bachelor's degree, the A.A.B. or A.A.S. degree or the A.T.S. degree (not Individualized Program major). Students declared only in the A.A. or A.S. degree or the A.T.S. degree in Individualized Program may not declare a minor. Students may not pursue a minor and a major in the same discipline.

## Program Requirements

### Minor Requirements

Code	Title	Credit Hours
<b>Minor Requirements</b>		
PEHS 45015	PSYCHOLOGY OF COACHING	3
PSYC 41584	THE PSYCHOLOGY OF EXERCISE	3
or SEPP 40221	EXERCISE PSYCHOLOGY	
SEPP 20026	PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE	3
SEPP 45007	PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY	3
SEPP 45300	MOTIVATION IN SPORT, PERFORMANCE AND MOVEMENT SETTINGS	3
Minor Elective, choose from the following:		2-3
ATTR 43018	ETHICAL LEADERSHIP FOR HEALTH CARE (WIC)	
IHS 46052	STRESS: RECOGNITION AND MANAGEMENT	
PEHS 25033	LIFESPAN MOTOR DEVELOPMENT	
PEHS 45020	CONTEMPORARY ATHLETIC COACHING	
SEPP 40020	HIGH PERFORMANCE ATHLETES IN SPORT	
SPAD 25000	SPORT IN SOCIETY	
SPAD 45024	SPORT IN GLOBAL PERSPECTIVE	
Course approved by faculty advisor		

**Minimum Total Credit Hours:**

**17**

## Graduation Requirements

Minimum Minor GPA	Minimum Overall GPA
2.000	2.000

- Minimum 6 credit hours in the minor must be upper-division coursework (30000 and 40000 level).
- Minimum 6 credit hours in the minor must be outside of the course requirements for any major or other minor the student is pursuing.
- Minimum 50 percent of the total credit hours for the minor must be taken at Kent State (in residence).

## Program Learning Outcomes

Graduates of this program will be able to:

1. Gain knowledge and skills on the influences of the psychological aspects of exercise, injury and physical activity on performance.
2. Achieve a greater understanding of performance and achievement within the context of sport at a variety of levels, with diverse populations and in many different sports.
3. Consider a holistic perspective of sport, which includes athlete-centered coaching, cultural competence, development of character and life lessons through youth sport.
4. Demonstrate cultural competence, effective leadership and ethical decision-making skills.