

# SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY (SEPP)

## SEPP 20026 PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE 3 Credit Hours

Psychological Foundations of Sport and Exercise is an overview of foundational concepts and principles essential to understanding the psychological aspects of sport and exercise. Emphasis is given to psychologically based frameworks and their application to sport; in particular, exercise behavior, performance enhancement, mental skills, health and well-being. Coursework reflects an application of sport and exercise psychology concepts to practitioners in sport-related professions such as coaching, athletic training, sport management, physical education or fitness instruction, among others.

**Prerequisite:** None.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

## SEPP 30019 PSYCHOSOCIAL PERSPECTIVES FOR GROWTH AND DEVELOPMENT IN YOUTH SPORT 3 Credit Hours

This course provides a holistic approach to youth sport participation. Pulling from the most current knowledge and views from a diversity of disciplines the course addresses comprehensive and relevant considerations in the field and brings attention to the influences impacting children and youth participating in a range of sport and performance activities. Knowledge from this course applies to any professional working with children and adolescents, from a leadership standpoint; such as coaches, teachers, dance, music or other instructors of any performance-related activity.

**Prerequisite:** None.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

## SEPP 32250 PSYCHOLOGICAL ASPECTS OF SPORT INJURY 3 Credit Hours

This course examines the various factors impacting athletes prior to and after a sport injury occurs. Understanding the relationship between biological, psychological, and social factors is critical to understanding, preventing, and rehabbing from a sport injury. Students will learn more about the consequences of sport injury, various psychological responses to sport injury, and the culture surrounding sport injury for athletes at different levels. In addition, various psychological concepts that can influence rehabilitation from an injury will be explored.

**Prerequisite:** Sophomore standing.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

## SEPP 40020 HIGH PERFORMANCE ATHLETES IN SPORT 3 Credit Hours

(Slashed with SPAD 50020) This course provides an understanding of various aspects of training, coaching, and best practices in working with athletes in a high-performance environment along with an emphasis on the social-psychological factors related to the successful performance of elite level athletes and teams.

**Prerequisite:** Sophomore standing.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

## SEPP 40221 EXERCISE PSYCHOLOGY 3 Credit Hours

(Slashed with SPAD 50221) This course is designed to examine the science and practice of exercise psychology from both a theoretical and applied perspective. Students will be engaged in a comprehensive inquiry into behaviors and lifestyles that influence physical and mental health from physical activity, exercise and psychological lenses. Students will explore topics such as stress, anxiety, cognitive functioning, mood, body image, personality, emotion, and childhood inactivity/obesity as they relate to exercise behaviors and contexts. Students will gain a general understanding of issues in exercise psychology related to theory, practice, and research. In addition, students will develop practical skills to promote exercise adherence and create an exercise intervention program.

**Prerequisite:** SEPP 20026; and sophomore standing.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

## SEPP 45007 PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY 3 Credit Hours

(Slashed with SPAD 55007) This course encompasses the most current developments in the field of psychology with a strong foundation of the principles of human behavior in the sport and movement sciences. It incorporates sound practical theory with a focus on the application of that knowledge to be readily used by students in a range of sport and movement science careers; such as athletic training, coaching, sport management, consulting, physical education teachers and related areas with the goal to improve the sport performance and experience for all.

**Prerequisite:** SEPP 20026; and junior or senior standing.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

## SEPP 45092 PRACTICUM IN SPORT PERFORMANCE (ELR) 1-3 Credit Hours

(Repeatable for credit) Supervised practical experiences within sport, exercise and performance psychology that are integrated with academic instruction. Forty-five contact hours per credit hour.

**Prerequisite:** Senior standing; and sport, exercise and performance psychology major or minor; and special approval.

**Schedule Type:** Practical Experience

**Contact Hours:** 3-9 other

**Grade Mode:** Satisfactory/Unsatisfactory-IP

**Attributes:** Experiential Learning Requirement

**SEPP 45300 MOTIVATION IN SPORT, PERFORMANCE, AND MOVEMENT SETTINGS 3 Credit Hours**

(Cross-listed with SPAD 55300) This course provides an in-depth and wide-ranging look at motivational theories and its application to sport, performance and physical activity. It combines the many theoretical concepts of the diverse frameworks and principles with a survey of motivational interventions performed in the sport domain. Students will leave the class with a rigorous and comprehensive knowledge of constructs, cutting-edge research, effective interventions and future outlook of motivation in sport.

**Prerequisite:** None.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter

**SEPP 48225 SPORT PERFORMANCE PSYCHOLOGICAL INTERVENTIONS 3 Credit Hours**

(Slashed with SPAD 58225) This course combines the theoretical concepts of sport and performance psychology with applied skill development to enhance performance. Students will gain knowledge of psychological skills training, learn techniques and develop confidence in their skills to work with athletes and performers. The focus of this course is on both, educational psychological interventions for personal development as well as teaching athletes strategies to enhance mental skill. Learning will be done hands-on, via case studies or scenario-based activities. Through the course of this class this course, students will create and present their individual program for an athlete or performer. This course will include learning and understanding the APA/AASP ethics' code to develop awareness of the boundaries of ethical conduct of the profession.

**Prerequisite:** SEPP 20026; and junior standing.

**Schedule Type:** Lecture

**Contact Hours:** 3 lecture

**Grade Mode:** Standard Letter