

Psychology (B.A.) Sports Psychology Track

This document has been created for advising purposes only. Please contact the department for major and/or graduation requirements.

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Potential Career Paths

- Sports Psychologist (MA, PhD)
- Clinical Psychologist (MA, PhD)
- Sport Psychology Professional
- Sport Psychology Consultant
- Sport Psychology Practitioner
- Performance Enhancement Specialist
- Performance/Mental Coach

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What is Sports Psychology?

Sports psychology is the study of the psychological and mental factors that influence and are influenced by participation and performance in sport, exercise, and physical activity, and the application of the knowledge gained through this study to various settings.

Sports psychology professionals are interested in how participation in sport, exercise, and physical activity may enhance personal development and well-being throughout the life span.

Sports psychologists are also involved in assisting coaches in working with athletes as well as helping improve athletes motivation.

Entry-level positions with a bachelor's degree are rare, usually in the form of internships. Most positions require a master's or doctorate degree in clinical, counseling, or sports psychology, as well as direct training and experience that apply psychology to sports and exercise.

Because there are few graduate programs offering specialized degrees in sports psychology, Division 47 of the American Psychological Association suggests that



sports psychologists should be licensed psychologists with "experience in applying psychological principles in sports settings."

The purpose of the sports psychology track is to provide students with a comprehensive understanding of psychology while providing students who want a central focus on the interplay of psychological and mental factors in sport, exercise, and physical activity with the appropriate coursework.

Additional Resources

To learn about sports psychology, here is what you can do.

- 1 Join professional organizations, such as Division 47 (Exercise and Sports Psychology) of the American Psychological Association, www.apa.org
- 2 Schedule a meeting with a sports psychologist to discuss their profession.
- 3 Perform volunteer work in a mental health fitness or sports setting.
- 4 Read professional journals, such as the *Journal of Applied Sport Psychology*.

If you are interested in pursuing a career in sports psychology be sure to work with an advisor to develop an academic plan that is tailored to your interests. Your plan should lead to the completion of coursework that is required for admissions to a graduate program in sports psychology or in a related field.

University and College Requirements

In addition to the requirements for the sports psychology track, which are listed below, be sure to complete all other university and college requirements, including the foreign language requirement.

If you are planning to start college-level foreign language with a course beyond 111, you are advised to begin foreign language in your first year. If you are starting foreign language with 111, begin language courses no later than the junior year.

Required Courses in Psychology

PSY 101	General Psychology (5)	Developmental—at least two of the following:	Social/Organizational—at least two of the following:
PSY 221	Statistics for Behavioral Sciences (5)	PSY 273	Child & Adolescent (4)
PSY 226	Research Methods (4)	PSY 315	Behavior Genetics (5)
Biological—at least one of the following:		PSY 374	Adulthood & Aging (4)
PSY 201	Sensation & Perception (4)	PSY 376	Disorders of Childhood (4)
PSY 203	Learning (4)	PSY 378	Psychology of Gender (4)
PSY 312	Physiological Psych (4)	PSY 470	Prenatal Infl on Dev (4)
PSY 314	Comparative Psych (5)	Clinical—at least two of the following:	
PSY 327	Human Psychophys (4)	PSY 233	<i>Psych of Personality (4)</i>
PSY 380	Psych of Health (4)	PSY 332	Abnormal Psych (4)
Cognitive—at least one of the following:		PSY 341	Tests and Measures (4)
PSY 304	<i>Learning & Cog Proc (4)</i>	PSY 351	Intro to Clinical and Couns (4)
PSY 305	Human Memory (4)	PSY 430	Psychoactive Drugs (4)
PSY 307	Psycholinguistics (4)		
PSY 308	Human Judgment (4)		
			Note: Courses in bold are required for the psychology research track and courses in <i>italics</i> are recommended.

Fieldwork and Research in Psychology

PSY 489 (1-5, 5 max)—Credit for volunteer work in a mental health or health care setting.

PSY 390 (1-5, 15 max)—Credit for participating in research under the supervision of a faculty member.

Extracurricular Requirements—Sciences & Mathematics

One of the two following sequences is required:

- BIOS 103 Human Biology I (5)
- BIOS 203, 204 Human Biology II (5)
- BIOS 205, 206, 225, or any other 200-level or higher BIOS course
- or
- BIOS 170, 171 Introduction to Zoology (10)
- BIOS 301A, B Human Anatomy (5)
- BIOS 345, 346 Human Physiology (7)

The following is required:

- PESS 125 Human Movement (4)

At least two of the following are required:

- MATH 113 Algebra (5)
- MATH 147 Game Theory (4)
- MATH 150 Finite Mathematics (4)
- MATH 163A, B Intro to Calculus (7)
- MATH 263A, B Calculus (8)

Recommended Courses—Sciences & Mathematics

- PESS 345 Foundations of Exercise Physiology (4)
- PESS 405 Motor Learning (4)