

EXERCISE AND SPORT SCIENCE MINOR: SPORT PSYCHOLOGY CONCENTRATION

This minor consists of 18 credits including:

Code	Title	Credits
ESS 320	Psychology of Sport and Physical Activity	3
ESS 340	Mental Training for Peak Performance	3
ESS 346	Psychology of Coaching	3
ESS 355	Psychology of Injury	3
One of the following:		3
ESS 275	Motor Development and Learning	
ESS 490	Sociology of Sport and Physical Activity	
One of the following:		3
PSY 368	Psychopathology	
PSY 369	Health Psychology	
Total Credits		18