

Sport, Health, and Exercise Psychology

The minor is designed to introduce students to the fields of sport, health, and exercise psychology. Depending on one's coursework, this minor can help students prepare for a wide array of jobs, including careers in mental training, clinical/counseling sport psychology, physical therapy, occupational therapy, athletic training, medicine, nursing, health promotion, health studies, teaching, public health, coaching, and sport administration/business. The program is beneficial for those considering graduate study in any of these areas or a closely related field.

Sport, Health, and Exercise Psychology Minor

PS 101	Introductory Psychology	3
PS 390	Critical Perspectives in Sport and Physical Activity	3
Select Two: ¹		6
PS 211	Sport Psychology	
PS 212	Exercise Psychology	
PS 259	Health Psychology: Health & Wellness Applied	
Select Two Electives (one must be a PS course):		6-7.5
PS 210	Stress Management	
PS 286	Biological Psychology	
PS 311	Psychology of Coaching	
PS 315	Psychology of Sport Injury and Rehabilitation	
BA 373	Sports Law	
BA 375	Financing Sports Organizations	
BK 378	Sports Marketing and Promotion	
BI 273	Human Anatomy	
BI 274	Human Physiology	
or BI 374	Integrated Physiology	
BI 355	Exercise Physiology and Biomechanics	
Total Hours		18-19.5

Academic Requirements

A grade of C or above (C- does not count) in each course counted toward the major or minor including PS 101 Introductory Psychology. Students pursuing a major in Psychology (<http://catalog.mtmercy.edu/archives/2018-19/curriculum/psychology>) and a minor in Sport, Health, and Exercise Psychology will only be able to double-count three courses towards both degrees. This includes:

- PS 101 Introductory Psychology
- Two courses from different categories (i.e., "Perspectives," "Focused," or "Topics")

As a result, students must take at least three courses that only count for the SHEP minor.

Students cannot pursue BOTH the psychology minor AND the SHEP minor.

¹ Students can take all three courses and count one toward the elective category.