

SPORTS PSYCHOLOGY MINOR

The sports psychology minor provides students interested in psychology and physical education with an interdisciplinary approach to the study of sport, physical activity, health psychology, exercise psychology or coaching. The minor ideally prepares the student for careers in coaching or sport psychology. Students may seek advisement from the Psychology Department or the Department of Kinesiology.

Minors are an important part of the undergraduate curriculum. If students declare a minor by sophomore year, they can usually complete it in a timely manner. Students should work with their advisor to determine if it is possible that the minor can be completed by graduation.

To receive a minor, a student must complete at least 9 credit hours of coursework distinct from their major(s) and from other minors, and students must complete more than 50% of the coursework required for the minor at Canisius. Please note that “ancillary/supporting” courses required for a major may still count as distinct courses as long as the remaining coursework still meets the 30 credit-hours required for a major. For more information about minor policies, please see the Declaring Majors and Minors (<http://catalog.canisius.edu/undergraduate/academics/student-records/declaring-majors-minors/>) page in the catalog.

Curriculum

Code	Title	Credits
Required Courses		
KIN 361	Psychology of Sport and Mental Health	3
PSY 101	Introduction to Psychology I	3
PSY 102	Introduction to Psychology II	3
PSY 329	Leadership and Motivation ¹	3
PSY 373	Behavior Modification	3
PSY 391	Biopsychology of Stress	3
PED 380	Concepts of Teaching Sport Skills	3
Total Credits		21

¹ Please note that PSY 101 or PSY 102 and junior or senior standing are prerequisites for PSY 329