

SPORT AND FITNESS PSYCHOLOGY, CERTIFICATE

Program Description

The online Sport and Fitness Psychology Certificate Program addresses a growing demand for using psychological knowledge to enhance sports performance, teamwork, fitness, and well-being. Five online psychology courses comprise the Sport and Fitness Psychology Certificate Program. Coursework covers principles, research and applications which will expand and enhance participants' skill sets. Courses provide university credit of 3 units each at the 400-level which may be used for graduate-level credit subject to approval of department accepting the units. Students may enroll in individual courses or the certificate program.

Features

Courses in the certificate program are offered online so that participants can access materials, study and complete the assignments anywhere, anytime. The internship course affords an opportunity to practice acquired skills and knowledge in a community near home. A Certificate is provided upon successful completion of program requirements.

Who Should Attend

Coaches, athletes, trainers, fitness instructors, and health professionals and counselors will gain valuable skills from the courses in the Sport and Fitness Psychology Certificate Program.

Career Possibilities

The program is designed to increase knowledge of this developing field, to enhance employability of participants and to advance the careers of those currently employed in sport and fitness occupations.

Requirements

Code	Title	Hours
PSY 480	Sport Psychology	3
PSY 481	Applied Sport & Fitness Psychology	3
PSY 482	Psychology of Coaching and Team-Building	3
PSY 483	Contemp Issues in Sports and Fitness Psychology	3
PSY 486	Internship in Sport and Fitness Psychology	3
Total Hours		15

Note: For course descriptions, refer to the Psychology section of this catalog.