

## Exercise and Sport Psychology Minor (KPSY)

The Department of Applied Health offers a minor in Exercise and Sport Psychology, which may be declared by **majors in any field**. Students need to have a 2.50 GPA to declare the minor.

Course Requirements [pre-req in brackets]	Semester Offered	Courses Completed (semester/grade)
<b>Courses Required (12 hours)</b>		
KIN 310 Exercise Psychology	FA, WT, SP, SU	
KIN 373 Sport Psychology	SP	
KIN 308 Human Development Across the Lifespan	SP	
KIN 401 Sport Medicine and Rehabilitation	FA	
<b>Elective Choices (Need 6 hours)</b>		
KIN 334 Early Childhood Physical Education	Not currently being offered	
KIN 355 Sports Nutrition & Supplementation [NUTR 250 or KIN 350]	FA, SP	
KIN 417 Exercise for Special Populations [KIN 350]	FA, SP, WT, SU	
NUTR 250 Introduction to Human Nutrition	FA, SP, WT, SU	
PBHE 230 Emotional Health and Stress Management	SP	
PBHE 305 Introduction to Community & Public Health	FA, SP	
PBHE 405 Health Counseling [PBHE 305]	FA	
PBHE 462 Special Topics in Health Education - Aging		
SOC 390 Sociology of Sports ( <i>can be used as substitute for KIN 308 or KIN 401</i> )	FA	

### Retention

To remain in good standing in the Exercise and Sport Psychology minor students must maintain a 2.50 GPA. A student falling below the required 2.50 GPA will be placed on departmental probation for one year. Students not regaining the required 2.50 GPA following this period will be dropped from the minor. Students may reapply to the Exercise and Sport Psychology minor once their GPA has reached 2.50. Students may only be on probation from the Exercise and Sport Psychology minor once during their academic career and if a student's GPA falls below the required 2.50, he or she will not be allowed to reapply to the minor.

### Graduation Requirements

- Obtain a grade of C or higher in all minor classes
- Students need to complete at least 12 credits from SIUE

*All courses must have a major/field of study override for registration. Contact the Minor Advisor for course overrides prior to registration.*

Academic Advisor:

Autumn Ismail [auwetzl@siue.edu](mailto:auwetzl@siue.edu), 618-650-3940