

# Sport and Performance Psychology

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## Minor Contact

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## Minor Code - U214

The Sport and Performance Psychology minor is designed for students interested in exploring the various psychological factors that affect performance in sport (e.g., athletes, coaches) and other settings, such as business, law, medicine, the military, and the performing arts. Students in this minor have an opportunity to engage in self-exploration while learning sport and performance psychology basics, such as understandings of leadership, group dynamics, motivation, and a range of psychological skills that help performers achieve excellence while supporting their well-being. The Sport and Performance Psychology minor is a complement to a range of careers in diverse settings.

Code	Title	Hours
An average GPA of 2.0 is required across courses counted toward the minor.		
Students must take a minimum of 9 unique credit hours, distinct from any other academic credential, to earn the minor.		
<b>REQUIRED COURSES</b>		
SEP 272	Introduction to Sport and Performance Psychology	3
SEP 371	Sport in American Society	3
SEP 385	Performance Psychology of Teams and Groups	3
SEP 420	Sport and Performance Enhancement	3
SEP 425	Psychology of Injury and Rehabilitation	3
or HWB 359	Mindfulness for Health and Well-being	
Total Hours		15