Sport, Exercise, and Performance Psychology, B.S.

Degree Offered

- Bachelor of Science

Nature of the Program

The undergraduate degree in sport, exercise, and performance psychology is the only major of its kind in the state of West Virginia and one of the few undergraduate programs in the nation that allows students to specialize in this knowledge area. Students explore the psychological and social factors influencing performance in sport and a range of additional performance domains, including business, military, and performing arts. Students also explore the psychological and social factors influencing exercise and physical activity behavior toward health and wellness. In spanning sport, exercise, and other performance contexts, students are prepared with knowledge and skills applicable to a range of careers and graduate programs in and around the sport industry.

Graduates of this program have pursued careers and advanced degrees in sport, exercise, and performance psychology, counseling, physical therapy, occupational therapy, public health, public administration, exercise science, business, law, and many other disciplines. Students opting to pursue an accelerated pathway can pursue a bachelor's in sport, exercise, and performance psychology and online master's in sport and performance psychology or sport management in less time. Students wishing to pursue a career directly in the sport, exercise, and performance psychology field (e.g., as a Certified Mental Performance Consultant or licensed sport psychologist) are prepared to pursue the graduate degree or degrees required for those paths. Through a capstone experience, all students in the major apply their knowledge and skills in an experiential learning setting (e.g., internship or graduate school preparatory course in research) to prepare them for a career of their choice.

Admissions for 2027-2028

First time students who meet the University admission requirements are directly admitted into the SEPP program.

Students admitted from other majors within WVU must be in good academic standing (2.0 GPA).

Students transferring from another institution must be in good academic standing (2.0 GPA).

Major Code: 5546

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (http://registrar.wvu.edu/gef/)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research	
or ENGL 103	Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		**31-37**

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Degree Requirements

Code	Title	Hours
University Requirements		66
Professional and Career Development Sequence*		
Sport, Exercise, and Performance Psychology Major Requirements		54
Total Hours		**120**

University Requirements

Code	Title	Hours
General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)		
Outstanding GEF Requirements 1, 2, 3, 5, 6 and 7		22
CAHS 191	First-Year Seminar	2
General Electives		42
Total Hours		**66**

Professional and Career Development Sequence

Code	Title	Hours
Sequence *		
CAHS 191	First-Year Seminar	
CAHS 300	Career Exploration in Applied Human Sciences	
CAHS 489	Capstone Experience in AHS	

Sport, Exercise, and Performance Psychology Major Requirements

Code	Title	Hours
SOC 101	Introduction to Sociology (GEF 8)	3
PSYC 101	Introduction to Psychology (GEF 8)	3
PSYC 241	Introduction to Human Development (GEF 8)	3
PSYC 251	Introduction to Social Psychology	3
PSYC 281	Introduction to Psychological Disorders	3
COUN 303	Introduction to Helping Professions	3
ACE 149	Introduction to Applied Anatomy	3
ACE 307	Applied Sport Physiology	3
ACE 327	Applied Biomechanics	3
A grade of C- or higher must be earned in all the following courses.		
SEP 272	Introduction to Sport and Performance Psychology (GEF 4)	3
SEP 283	Introduction to Exercise Psychology	3
SEP 371	Sport in American Society	3
SEP 385	Performance Psychology of Teams and Groups	3
SEP 415	Physical Activity Promotion in Diverse Settings	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	
CAHS 300	Career Exploration in Applied Human Sciences	3
CAHS 489	Capstone Experience in AHS	3
Total Hours		**54**

* CAHS 191 is accounted for in the University Requirements, CAHS 300 and CAHS 489 as part of the Major Requirements.

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
CAHS 191		2 SEP 283	3
SEP 272 (GEF 4)		3 ACE 149	3
PSYC 101 (GEF 8)		3 SOC 101 (GEF 8)	3
ENGL 101 or 103 (GEF 1)		3 GEF 3	3
GEF 2		4 GEF 5	3
		15	**15**

Second Year

Fall	Hours	Spring	Hours
PSYC 241		3 SEP 385	3
ENGL 102 or 103 (GEF 1)		3 PSYC 251	3
GEF 6		3 PSYC 281	3
GEF 7		3 Elective	3
Elective		3 Elective	3
		15	**15**

Third Year

Fall	Hours	Spring	Hours
CAHS 300		3 SEP 371	3
ACE 307		3 ACE 327	3
COUN 303		3 SEP 425 or HWB 359	3
Elective or Professional Minor Course 1		3 Elective or Professional Minor Course 2	3
Elective		3 Elective or Professional Minor Course 3	3
		15	**15**

Fourth Year

Fall	Hours	Spring	Hours
SEP 415		3 CAHS 489	3
SEP 420		3 Elective or Professional Minor Course 5	3
Elective or Professional Minor Course 4		3 Elective	3
Elective		3 Elective	3
Elective		3 Elective	3
		15	**15**

Total credit hours: 120

Accelerated Program

- B.S. Sport, Exercise, and Performance Psychology and M.S. Executive Sport Management (p. 4)
- B.S. Sport, Exercise, and Performance Psychology and M.S. Sport and Performance Psychology (p. 5)

Accelerated B.S. Sport and Exercise Psychology/M.S. Executive Sport Management Program

Students in this accelerated bachelor's to masters (ABM) program have the opportunity to concurrently complete their undergraduate degree in Sport and Exercise Psychology and their master's degree in Sport Management via an accelerated pathway. Students may apply for admission to this ABM in the fall semester following completion of a minimum 60 credits and/or at least three semesters of full-time coursework. Only enrolled WVU Sport and Exercise Psychology majors may be considered for admission to the program. Transfer students must complete at least 24 credit hours as degree-seeking students at WVU before applying. The minimum standard for admission is a cumulative undergraduate GPA of 3.0, with no provisional admissions allowed. Regular admission will not be offered to students with less than two semesters to complete the bachelor's degree. Students may apply using a Qualtrics application form that requires a resume and personal statement. Applications are due by October 15th with program admission decisions communicated by the end of the fall semester. Applications will be reviewed by an established ABM admissions work group.

Students in this ABM program must maintain a minimum cumulative GPA of 3.0 throughout their enrollment in both the undergraduate and graduate programs. Students in this ABM will complete all 30 credits of master's degree courses, 12 credits of which will count toward elective credit at the undergraduate level. Grades from selected courses (i.e., 12 credits) will be counted toward the students' GPA at both the bachelor's and master's

degree levels for the purposes of determining satisfactory performance. Unless given specific permission by the Dean's Office, students admitted to this ABM program must maintain full-time continuous enrollment during fall and spring terms. Enrollment requirements in the summer term include the completion of 6 credits at the graduate level across consecutive years. Students' eligibility to remain in this ABM program will be evaluated at the end of each semester. Students failing to meet program or University standards will be placed on program probation for no more than one semester, after which they will be terminated from the ABM program. Terminated students as well as students who choose not to continue the ABM program will be eligible to receive their bachelor's degree after completing the traditional bachelor's degree requirements.

Accelerated Bachelors/Masters Degree Requirements

Students must fulfill all degree requirements for the B.S. in Sport, Exercise and Performance Psychology and the M.S. in Executive Sport Management. Students must also meet all the requirements of the ABM.

ABM Requirements

Code	Title	Hours
Sport, Exercise, and Performance Psychology Major Requirements		108
Shared Bachelor's/Master's Curriculum Requirements		12
Master of Science Executive Sport Management Requirements		18
Total Hours		**138**

Shared Bachelor's/Master's Coursework Requirements

Code	Title	Hours
Select four of the following courses:		**12**
SM 527	Navigating Legal Issues in Sport Management	
SM 535	Management of Human Resources in Sport Organizations	
SM 540	Sport Policy and Governance	
SM 546	Sport Consumer Behavior and Marketing	
SM 570	Financial Decision-Making in Sport	
SM 575	Sport Development and Fundraising	
SM 580	Social and Ethical Responsibility in Sport	
SM 586	Sport Facility Operations	
Choose ONE Area of Emphasis		
Sport Industry Management Area of Emphasis		
SM 516	Applied Research in Sport Management	
SM 545	Current Issues & Applications in Sport Management	
OR		
Interscholastic Athletic Administration Area of Emphasis		
SM 571	Interscholastic Sport Organization and Administration	
SM 578	Leadership in Interscholastic Athletic Administration	
Total Hours		**12**

Suggested Plan of Study

First Year				
Fall	**Hours**	**Spring**	**Hours**	
CAHS 191		2 SEP 283		3
SEP 272		3 ACE 149		3
PSYC 101		3 SOC 101		3
ENGL 101 (GEF 1)		3 GEF 3		3
GEF 2		4 GEF 5		3
		15		**15**
Second Year				
Fall	**Hours**	**Spring**	**Hours**	
PSYC 241		3 SEP 385		3
ENGL 102 (GEF 1)		3 PSYC 251		3

GEF 6		3 PSYC 281		3	
GEF 7		3 Elective		3	
Elective		3 Elective		3	
		15		**15**	

Third Year

Fall	Hours	Spring	Hours	Summer	Hours
CAHS 300		3 SEP 371		3 ABM	3
ACE 307		3 ACE 327		3 ABM	3
COUN 303		3 SEP 425 or HWB 359		3	
Elective or Professional Minor Course 1		3 ABM		3	
Elective		3 ABM		3	
		15		**15**	**6**

Fourth Year

Fall	Hours	Spring	Hours	Summer	Hours
SEP 415		3 CAHS 489 or SEP 474		3 ABM	3
SEP 420		3 Elective or Professional Minor Course 4		3 ABM	3
Elective or Professional Minor Course 2		3 Elective or Professional Minor Course 5		3	
Elective or Professional Minor Course 3		3 Elective		3	
ABM		3 ABM		3	
ABM		3 ABM		3	
		18		**18**	**6**

Total credit hours: 138

Accelerated Bachelors/Masters Degree Requirements

Students must fulfill all degree requirements for the B.S. in Sport, Exercise, and Performance Psychology and the M.S. in Sport and Performance Psychology. Students must also meet all the requirements of the ABM.

ABM Requirements

Code	Title	Hours
Sport, Exercise, and Performance Psychology Major Requirements		108
Shared Bachelor's/Master's Curriculum Requirements		12
Master of Science Sport and Performance Psychology Requirements		18
Total Hours		**138**

Share Bachelor's/Master's Coursework Requirements

Code	Title	Hours
Select four of the following courses:		**12**
SEP 515	Research Methods and Statistics	
SEP 518	Helping Relationships in Performance Domains	
SEP 519	Basic Techniques for Performance Enhancement	
SEP 520	Advanced Techniques for Performance Enhancement	
SEP 521	Psychopathology and Performance	
SEP 524	Understanding the Psychological Bases of Individual Differences	
SEP 525	Cultural Competencies in Sport and Performance Psychology	
SEP 527	Ethical and Legal Issues in Sport and Performance Psychology	
SEP 540	Theoretical Sport and Performance Foundations for Practice	
ACE 522	Motor Behavior for Sport Coaches	

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
CAHS 191	2	SEP 283	3
SEP 272	3	ACE 149	3
PSYC 101	3	SOC 101	3
ENGL 101 (GEF 1)	3	GEF 3	3
GEF 2	4	GEF 5	3
	15		**15**

Second Year

Fall	Hours	Spring	Hours
PSYC 241	3	SEP 385	3
ENGL 102 (GEF 1)	3	PSYC 251	3
GEF 6	3	PSYC 281	3
GEF 7	3	Elective	3
Elective	3	Elective	3
	15		**15**

Third Year

Fall	Hours	Spring	Hours	Summer	Hours
CAHS 300	3	SEP 371	3	ABM	3
ACE 307	3	ACE 327	3	ABM	3
COUN 303	3	SEP 425 or HWB 359	3		
Elective or Professional Minor Course 1	3	ABM	3		
Elective	3	ABM	3		
	15		**15**		**6**

Fourth Year

Fall	Hours	Spring	Hours	Summer	Hours
SEP 415	3	CAHS 489 or SEP 474	3	ABM	3
SEP 420	3	Elective or Professional Minor Course 4	3	ABM	3
Elective or Professional Minor Course 2	3	Elective or Professional Minor Course 5	3		
Elective or Professional Minor Course 3	3	Elective	3		
ABM	3	ABM	3		
ABM	3	ABM	3		
	18		**18**		**6**

Total credit hours: 138

Major Learning Outcomes

SPORT, EXERCISE, AND PERFORMANCE PSYCHOLOGY

The goal of this program is to prepare students with essential knowledge and skills to successfully pursue graduate programs and careers within sport, exercise, and performance psychology and related industries of their choice.

- **Content Knowledge:** Students will integrate knowledge, skills, and dispositions and apply them to professional issues in sport, exercise, and performance psychology.
- **Reflection and Professional Readiness:** Students will reflect on their professional readiness and think critically about the continued refinement of the disciplinary knowledge, skills, and dispositions learned across the sport, exercise, and performance psychology curriculum.
- **Professionalism and Ethics:** Students will model professional and ethical behaviors that are consistent with the industry standards and the related recommendations for best practice learned across the sport, exercise, and performance psychology curriculum.