



COLLEGE OF LETTERS AND SCIENCES

BACHELOR OF ARTS IN SPORT PSYCHOLOGY

Pursue a Career in Professional Coaching

The Bachelor of Arts in Sport Psychology will give you a comprehensive introduction to the modern and growing field of psychology as it relates to sports and performance. A degree in sport psychology will prepare you for employment as a professional coach, focusing on performance, motivation, and the psychological benefits of sports and athletics. Throughout the program you'll explore the reasons and factors that influence people to participate in physical activity and understand how a person's emotions and mental state can affect athletic performance. Graduates in sport psychology can build a career in coaching or continue on to graduate programs at the master's or doctoral level.

Program highlights:

- Entire program can be completed online
- Explore trends in individual and team sport psychology
- Learn how psychological factors can influence performance
- Apply techniques to increase performance and reduce anxiety
- Examine the history of sport psychology and its role in contemporary psychology
- Learn how diversity and multiculturalism influence group interactions
- Apply psychological theory as a tool for effective coaching
- Learn sport and psychology terminology for effective speaking and writing
- Discuss legal and ethical issues in sports and performance enhancement

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**NATIONAL
UNIVERSITY**

MAJOR IN SPORT PSYCHOLOGY

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The Bachelor of Arts in Sport Psychology program offers a comprehensive introduction to the contemporary discipline of sport psychology. Graduates of this program are well prepared to seek employment in entry-level coaching positions and admission to graduate psychology programs at the master's or doctoral level.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Discuss current trends in psychological research in both individual and team contexts within sport psychology.
- Analyze how psychological factors influence performance in sport, and techniques to increase performance and reduce anxiety.
- Examine the history of sport psychology and its role in contemporary psychological theories and systems.
- Discuss the influences of diversity and multiculturalism on group interactions and performance.
- Apply psychological theory to coaching situations.
- Communicate orally and in writing using proper sport and psychology terminology.
- Discuss the legal and ethical issues in sport psychology and performance enhancement.
- Discuss the physiological and motoric principles of performance in sport and physical activity.

Degree Requirements

To receive a Bachelor of Arts in Sport Psychology degree, students must complete at least 180 quarter units as articulated below, 45 of which must be completed in residence at National University, 76.5 of which must be completed at the upper-division level, and a minimum 70.5 units of the University General Education requirements. In the absence of transfer credit, additional general electives may be necessary to satisfy total units for the degree. The following courses are specific degree requirements. Students should refer to the section on undergraduate admission procedures for specific information on admission and evaluation. All students receiving an undergraduate degree in Nevada are required by state law to complete a course in Nevada Constitution.

Preparation for the Major

(2 courses; 9 quarter units)

- MTH 210* Probability and Statistics
Prerequisite: Accuplacer test placement evaluation or MTH 12A and MTH 12B
- PSY 100* Introduction to Psychology

* May be used to satisfy a General Education requirement.

Requirements for the Major

(13 courses; 58.5 quarter units)

- PSY 302 Foundation of Sport Psychology
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 448 History of Sport & Sport Psych
Prerequisite: PSY 100 and PSY 302
- PSY 300 Social Psychology of Sport
Prerequisite: ENG 100, ENG 101 and PSY 100
- HUB 441 Research Design and Analysis
Prerequisite: ENG 100, ENG 101, MTH 210 and PSY 100
- PSY 303 Motor Learning
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 440 Sport Psychology for Coaches
Prerequisite: PSY 100 and PSY 302
- PSY 443 Culture and Sport Psychology
Prerequisite: PSY 100 and PSY 302
- BIO 385 Biomechanics of Sport
Prerequisite: BIO 100 and BIO 100A
- BIO 386 Exercise Physiology
Prerequisite: BIO 100 and BIO 100A
- PSY 340A Counseling Techniques I
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 445 Applied Sport Psychology
Prerequisite: PSY 100 and PSY 302

- PSY 442 Case Studies Sport Psychology
Prerequisite: Successful completion of 10 courses in the BA Sport Psychology program.

- PSY 485 Sport Psychology Sr. Project
Prerequisite: Satisfactory completion of all major requirements

Upper-Division Electives

(3 courses; 13.5 quarter units)

Choose **three (3)** upper-division electives from available offerings within the College of Letters and Sciences. It is **STRONGLY RECOMMENDED** that students select **AT LEAST 2** of their required electives from the following 7 courses:

- PSY 427 Biological Psychology
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 428 Developmental Psychology
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 429 Intro to Personality Theory
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 430 Intro to Psychopathology
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 432 Social Psychology
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 433 Cognitive Psychology
Prerequisite: ENG 100, ENG 101 and PSY 100
- PSY 446 Positive Psychology
Prerequisite: ENG 100, ENG 101 and PSY 100