

# COACHING & SPORT PSYCHOLOGY (BA TRADITIONAL)

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The Coaching and Sport Psychology major focuses on effective coaching and the application of foundational psychology concepts in sport settings. Students learn sport and psychological theory and have numerous opportunities to bridge theory into practical applications. This degree prepares students for careers in individual athlete, team, fitness, and wellness coaching. The program also serves as preparation for post-baccalaureate study in areas such as sport psychology, human growth, aging, exercise physiology, and sport management.

## General Education Requirements

All degree seeking undergraduate students must complete the general education (<http://catalog.csp.edu/undergraduate/academic-information/general-education-requirements/>) requirements.

## Degree Requirements

A bachelor of Arts degree consists of a major of typically 30 to 44 credits or two minors, general education courses, upper-level requirements, and elective courses totaling a minimum of 120 credits.

Code	Title	Credits
<b>Required</b>		
KHS 472	Athletic Training, Injury Prevention, and Safety	4
KHS 473	Biomechanics	4
KHS 474	Exercise Physiology	4
KHS 479	Coaching Pedagogy	2
KHS 220	Research Methods	4
KHS 400	Health Psychology	4
KHS 310	Drug Education	2
KHS 320	Human Life Experience	3
KHS 375	Sociology of Sport and Exercise	4
KHS 420	Program Administration	2
KHS 435	Sport and Exercise Psychology	4
KHS 436	Motor Development, Control & Motor Learning	4
KHS 498	Internship	3
<b>Total Credits</b>		<b>44</b>