



# HENDERSON

STATE UNIVERSITY

## *Sports Psychology Certificate*

### Psychology

### College of Performing Arts and Social Sciences

Sports Psychology Certificate, a 12-13 credit-hour program that introduces the field of sports psychology focusing on three academic areas ([www.apa.org/ed/graduate/specialize/sports](http://www.apa.org/ed/graduate/specialize/sports)) 1) Cognitive and behavioral skills training for performance enhancement, 2) Counseling and clinical interventions, and 3) Consultation and training. The goal of this certificate program is to provide an understanding about sports psychology to undergraduate students interested in pursuing their careers in fields related to sports or sports psychology. The program will also offer professionals in the field who would like to brush up on any of these courses offered in the program or take these courses for CE credits. Two required and two elective courses one from each group are needed to complete the certificate.

#### Required Courses (6 credit hours)

Course Number	Course Title	Hours
HHP3003	Sports Psychology	3
PSY3153	Cognitive Psychology	3

#### Elective Courses (Group A)

HPR2023	Sport Officiating	3
HHP2043	Prevention & Treatment of Athletes	3
HHP3084	Therapeutic Modalities	3
HHP3123	Health & Human Performance	3
HHP3273	General Medical Conditioning with Pharmacology	3

#### Elective Courses (Group B)

PSY2023	Abnormal Psychology	3
PSY2263	Developmental Psychology	3
PSY3003	Special Topics: Cognitive Neuroscience	3
PSY3003	Special Topics: Health Psychology	3
PSY3303	Motivation	3
PSY3533 & 3541	Learning and Lab	4
PSY4293	Physiological Psychology	3
PSY4743	Counseling Theories & Techniques	3

Total Certificate Requirements: 12-13 hours

#### Student Learning Outcomes

CLO1 Knowledge and Basic Concepts: Students will demonstrate knowledge of historical foundations, fundamental theories, and basic concepts in psychology.

CLO2 Understanding and Application: Students will demonstrate understanding and application of psychological principles, theories, concepts, and empirical findings to individual, social, and real world problems.

CLO3 Oral and Written Skills: Students will demonstrate effective oral and written communication skills.

#### Contact information

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Psychology

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**Contact information**

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