

# COLLEGE OF LETTERS AND SCIENCES

## NATIONAL UNIVERSITY

*The University of Values*

- CONVENIENT LOCATIONS
- ONE COURSE PER MONTH
- EVENING CLASSES
- ON CAMPUS AND ONLINE
- NONPROFIT UNIVERSITY



### NOW ENROLLING!

Earn your Bachelor of Arts in Sport Psychology degree at National University

#### WHO SHOULD ENROLL?

You will benefit from this program if you:

- Strive to be your best and enjoy helping others do the same
- Plan to pursue graduate studies in sport psychology, clinical psychology, or a related field
- Seek a career that offers good pay and growth potential

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### Bachelor of Arts in Sport Psychology

## Learn to Achieve Peak Performance and Work in Coaching Environments

If you've ever dreamed of a career in coaching or wellness, National University can help you make that dream a reality with a Bachelor of Arts in Sport Psychology.

The program offers a comprehensive introduction to the contemporary discipline of sport psychology, with a focus on the critical areas of coaching, wellness, and peak performance. Concentrations available within this program include Applied Sport Psychology and Professional Golf Management. The BA in Sport Psychology from National University will prepare you for advancement within the fields of coaching, training, and rehabilitative medicine as well as for graduate education in sport psychology, clinical psychology, or a related field.

This is one of the few undergraduate sport psychology programs in the country and the only BA in Sport Psychology that can be completed completely online. Get started today on career helping others be their best. Earn a Bachelor of Arts in Sport Psychology degree from National University.

Contact an Admissions Advisor today.

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# ■ BACHELOR OF ARTS DEGREE, 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 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.

### Preparation for the Major

(2 courses; 9 quarter units)

MTH 210\* Probability and Statistics  
*Prerequisite: Placement evaluation*

PSY 100\* Introduction to Psychology

\* May be used to meet a General Education requirement

### Requirements for the Major

(12 courses; 54 quarter units)

PSY 302 Foundation of Sport Psychology  
*Prerequisite: ENG 100, and ENG 101, PSY 100*

PSY 448 History of Sport and Sport Psych  
*Prerequisite: ENG 100, ENG 101, and PSY 100*

PSY 300 Social Psychology of Sport  
*Prerequisite: ENG 100, ENG 101, 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, and ENG 101, PSY 100*

PSY 440 Sport Psychology for Coaches  
*Prerequisite: ENG 100, ENG 101, and PSY 100*

PSY 443 Culture and Sport Psychology  
*Prerequisite: ENG 100, ENG 101, PSY 100*

BIO 385 Biomechanics of Sport  
*Prerequisite: BIO 100/100A*

or

BIO 386 Exercise Physiology  
*Prerequisite: BIO 100, and BIO 100A*

All students in the BA Sport Psychology are required to choose an emphasis and completed all courses specified in the emphasis as part of the Requirements for the Major. Each Emphasis required a Senior Project.

### Emphasis in Applied Sport Psychology

(4 courses; 18 quarter units)

Designed for students wishing to prepare for entry into professional coaching, this specialization focuses upon the application of psychological principles to athletics. The specialization includes a senior project and practicum designed to give students practical experiences in the field of applied sport psychology.

PSY 340A Counseling Techniques I  
*Prerequisite: ENG 100, ENG 101, and PSY 100*

PSY 445 Applied Sport Psychology  
*Prerequisite: ENG 100, ENG 101, and PSY 100*

PSY 442 Sem Applied Sport Psychology  
*Prerequisite: ENG 100, ENG 101, PSY 100*

PSY 485 Sport Psychology Sr. Project  
*Prerequisite: ENG 100, ENG 101, PSY 100, and 10 core courses*

### Emphasis in Professional Golf Management

(4 courses; 18 quarter units)

This emphasis is designed to prepare students for entry into the field of professional golf management and coaching. These courses are designed to include practical experiences in coaching, instruction, and player development as well as introduce students to contemporary issues in golf management.

PGM 444 Instruction/Player Develop.  
*Prerequisite: ENG 100, and Recommended Preparation: ENG 101*

PGM 447 Prof. Golf Management Seminar  
*Prerequisite: ENG 100, and ENG 101*

PGM 445 Player Development II Seminar  
*Prerequisite: ENG 100, and ENG 101*

PGM 448 Senior Project in PGM  
*Prerequisite: ENG 100, ENG 101*

### Upper-Division Electives

(4 courses; 18 quarter units)

Choose four upper-division electives from available offerings within the College of Letters Sciences. It is STRONGLY RECOMMENDED that students in the Applied Sport Psychology track 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, PSY 100*

 Entire program can be completed online.

For more complete information, see the National University Addendum 74A, published 2/15/11