

## HHP 275 Sport and Exercise Psychology

2 hours

### Majors, Minors & Degrees:

#### **Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Sport Management (B.S.)

#### **Minors**

Coaching

Sport Management

### Departments/Programs:

Health and Human Performance

An in-depth look at the psychological factors relative to physical movement and competition. This course will examine the nature and scope of sport as an institutionalized game.

(Normally offered each spring semester.)