

## HHP 2760 Sport and Exercise Psychology

2 hours

### Majors, Minors & Degrees:

#### **Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

#### **Minors**

Coaching

### Departments/Programs:

Health and Human Performance

An in-depth look at the psychological and sociological 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.)