

SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY - MINOR

In Workflow

1. TLC Agenda Role (saugusti@kent.edu)
2. TLC Director (asandman@kent.edu)
3. EH CCC Agenda Role - Undergraduate (saugusti@kent.edu;%20hapettit@kent.edu)
4. EH Dean - Undergraduate (acrowe@kent.edu;%20hapettit@kent.edu;%20saugusti@kent.edu)
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6. Educational Policies Council (jkellog7@kent.edu;%20dvan@kent.edu)
7. Final Catalog Review (Final%20Catalog%20Review@kent.edu)

Approval Path

1. Tue, 19 Nov 2019 16:10:41 GMT
Susan Augustine (saugusti): Approved for TLC Agenda Role
2. Wed, 20 Nov 2019 18:48:05 GMT
Alexa Sandmann (asandman): Approved for TLC Director
3. Fri, 06 Dec 2019 20:31:22 GMT
Hilda Pettit (hapettit): Rollback to Initiator
4. Sat, 11 Jan 2020 03:29:33 GMT
Susan Augustine (saugusti): Approved for TLC Agenda Role
5. Mon, 13 Jan 2020 16:16:49 GMT
Alexa Sandmann (asandman): Approved for TLC Director
6. Fri, 17 Jan 2020 15:02:17 GMT
Hilda Pettit (hapettit): Approved for EH CCC Agenda Role - Undergraduate
7. Fri, 17 Jan 2020 15:04:15 GMT
Hilda Pettit (hapettit): Approved for EH Dean - Undergraduate

New Program Proposal

Date Submitted: Sat, 11 Jan 2020 03:25:27 GMT

Viewing: Sport, Exercise and Performance Psychology - Minor

Last edit: Mon, 09 Mar 2020 19:30:30 GMT

Changes proposed by: ikim2

Reviewer Comments

Susan Augustine (saugusti) (Tue, 19 Nov 2019 16:10:37 GMT): Approved by TLC School Curriculum Committee 11/19/2019.

Hilda Pettit (hapettit) (Fri, 06 Dec 2019 20:31:22 GMT): Rollback: This proposal was tabled for further discussion by the EHHS Curriculum Committee on Dec. 6, 2019, .

Susan Augustine (saugusti) (Sat, 11 Jan 2020 03:29:30 GMT): revised to address EHHS CCC concerns; resubmitted

Hilda Pettit (hapettit) (Fri, 17 Jan 2020 15:02:15 GMT): Approved by EHHS Curriculum Committee 1/17/2020.

Program Type:

Minor

College:

College of Education Health and Human Services

Department/School:

Teaching, Learning and Curriculum Studies

Level:

Undergraduate

Program Name:

Sport, Exercise and Performance Psychology - Minor

Degree:

Minor

List the delivered modes for the program:

100% Online

More than 50% Online

Fully Offered At: List all campuses/locations and methods (e.g., online, accelerated) for which a student can fully complete the program.

- Online
- Hybrid

Lead administrator for this proposal:

Insook Kim

Explain the need for this program:

The Sport, Exercise, and Performance Psychology (SEPP) minor will be administrated by the Physical Education and Sport Performance (PESP) program area housed in the School of Teaching, Learning and Curriculum Studies (TLC) within the College of Education, Health and Human Services (EH or EHHS) and will be open to all majors.

This minor will provide students, athletes, and those preparing for careers as coaches, sport practitioners, and sport administrators with the knowledge of psychological theory and skills to enhance human behavior in the sport and exercise settings and artistic performance. By exploring social-psychological concepts such as motivation, self-confidence, concentration, anxiety, or burnout, among others, and how these concepts can influence a sport environment (e.g., losing focus under pressure or having self-doubts during a game), this minor will prepare students to work in wide-ranging sport-related fields or to further their education in their chosen careers via graduate programs and certification.

With high demand for SEPP programs, the proposed newly developed SEPP minor fills a void within the existent programs at Kent State at a time in which sport, exercise and performance is becoming even more visible within the field. An illustration of that, is that the Association of Applied Sport Psychology (AASP) -the leading organization for sport psychology consultants and professionals-, has just received accreditation this month by the National Commission for Certifying Agencies (NCCA). The NCCA has been accrediting certifying programs based on the highest quality standards in professional certification to ensure the programs adhere to modern standards of practice in the certification industry. AASP program is the only nationally accredited certification for mental performance consultants in the world; joining the 300+ NCCA-accredited programs that certify individuals in a wide range of professions and occupations including athletic trainers, strength and conditioning coaches, counselors, nurses, and emergency technicians. Graduates of the new SEPP minor will have an opportunity to be part of a rigorous program in sport, exercise and performance psychology at Kent State to learn, apply and be able to access the market of growing field.

There is an opportunity for growth in educational programs available for individuals interested in learning about the principles of SEPP as well as the application of those principles to students' personal lives and professional careers. To date, there are few universities in the country that offer a minor in SEPP that provide young students with an overview of the area and skill development of how to apply that knowledge to their chosen sport career. Within the few existing programs, only a minority of those have a focus on sport and exercise instead of mostly a psychology component. Lastly, only a few of those programs can be completed fully online.

The SEPP minor at Kent State is unique and necessary because:

- It allows students an opportunity to incorporate application and instruction in the field of sport, exercise, and psychology; and to do so in accordance with proficiency guidelines of the Association for Applied Sport Psychology (AASP) as well as those of the American Psychological Association (APA).
- It lets students choose exercise, coaching, or sport as their primary area of interest within their SEPP program. This program caters to a wide variety of students in programs from sport administration to education, psychology or exercise science, an angle that currently KSU does not have.
- It facilitates students to complete a short program that would let them to follow two different paths; (a) to incorporate and apply their new knowledge into their chosen sport-related field or, (b) continuing further study into a graduate program in sport and exercise psychology.
- It is distinct from the typical structure of minors in that this proposed minor allows students to complete it entirely online. This is a new option that appeals to diverse students; the 100% delivery allows them to interact with professors in a virtual environment while having complete flexibility and autonomy to balance their studies with their jobs (or other responsibilities), while retaining the same excellence in quality curriculum and teaching with the latest online learning technology.

Given the growing challenges in university enrollment, there is a clear need for more creative and flexible programs that would fit our demographics without compromising educational quality and rigor. The field of sport and exercise performance is undoubtedly a popular one that attracts students' interest.

While one of the course requirements (PSYC 41584 THE PSYCHOLOGY OF EXERCISE) has a prerequisite (PSYC 11762 GENERAL PSYCHOLOGY) that is not included in the minor, the majors most likely to register for this minor are already required to take PSYC 11762 as part of their major requirements. Therefore, this should not be a barrier at this time..

This minor program will be a foundation to create a fully online SEPP major in the near future.

Are you establishing new or revising courses for this program? If yes, please explain. (You will also need to submit separate course workflows.)

Four new courses, SEPP 20026 Psychological Foundations of Sport and Exercise, SEPP 45033 Motivation in Sport, Performance, and Movement Settings, SEPP 45007 Principles and Application of Sport Psychology, and SEPP 40020 High Performance Athletes in Sport will be added as required or elective courses. Separate course workflows have been submitted.

Explain the current or future resources needed to support this program (e.g., faculty, staff, facilities, fiscal):

Currently, the initial plan is to hire Dr. Brett Nichols (as an adjunct) to teach SEPP 20026 Psychological Foundations of Sport and Exercise and SEPP 40020 High Performance Athletes. SEPP 45033 Motivation in Sport, Performance, and Movement Settings and SEPP 45007 Principles and Application of Sport Psychology will be taught by Dr. Guivernau as part of their current teaching with PESP without increasing her load. If Dr. Nichols is not available another qualified individual will be hired. Since these are an online course, we have a broad range of hiring potential and we have a large established network in the field to draw from. The college and the university is fully committed to this program and will provide the needed support to be sure we can cover classes, advising and support for the SEPP minor/major.

Dr. Marta Guivernau is the logical and acceptable choice for program coordinator. This would benefit the minor, and it makes sense given her expertise in the sport and exercise psychology field, her development of minor courses and her current teaching load within Physical Education and Sport Performance (PESP) program area. However, the specifics of this role need to be further discussed with the FLA/TLC School directors so that her current load can be adjusted. Dean Hannon has committed financial support to hire and adjunct where needed. A key piece though is that Dr. Guivernau's teaching load will not impact FLA. Sport Administration is assured that they will not lose her as she is primarily from the school FLA and is vital to their program. Per Dean Hannon's email (attached), PESP would be able to hire a qualified adjunct to cover any class she cannot teach; if that happens, her current SPAD courses will continue to be part of her load.

Describe impact on other programs and units. (e.g., duplication issues; enrollment and staffing considerations; need; audience; prerequisites; teacher education licensure):

Enrollment may increase in courses offered by Physical Education Professional (PEP), Athletic Training (ATTR), Health Education (HED), Psychological Sciences, and Sport Administration (SPAD). They have been consulted and approve including their courses in the minor.

Units consulted (other departments, programs or campuses affected by this proposal):

Units Consulted
School of Foundations, Leadership and Administration
College of Arts and Sciences
Department of Psychological Sciences
School of Health Sciences
School of Teaching, Learning and Curriculum Studies

Catalog Copy

Effective Catalog:

2020-2021

Description: Describe the program as you would to a prospective student.

The Sport, Exercise and Performance Psychology minor provides students, athletes and those preparing for careers as coaches, sport practitioners and sport administrators with the knowledge of psychological theory and skills development to enhance human behavior in sport and exercise settings and artistic performance. The minor explores social-psychological concepts such as motivation, self-confidence, concentration, anxiety or burnout, and how these concepts can influence a sport environment (e.g., losing focus under pressure or self-doubt during a game). Students are prepared to work in a wide-range of sport-related fields or to further their education in their chosen careers by continuing to a graduate program and certification.

Admission Requirements: If program does not have additional admission criteria above and beyond the minimum to be admitted to a Kent State associate or bachelor's degree, write "standard admission criteria for the degree." If program has additional admission criteria (e.g., audition, 3.0 high school GPA, 2.75 overall GPA for transfer students), list those requirements.

Admission to a minor is open to students declared in a bachelor's degree, the A.A.B. or A.A.S. degree or the A.T.S. degree (not Individualized Program major). Students declared only in the A.A. or A.S. degree or the A.T.S. degree in Individualized Program may not declare a minor. Students may not pursue a minor and a major in the same discipline.

Program Learning Outcomes: List the specific knowledge and skills directly related to the program's discipline that you expect students to acquire as part of their educational experience in the program. The outcomes must be observable and measurable, rather than what students "demonstrate," "understand," "appreciate," etc.

Graduates of this program will be able to:

1. Gain knowledge and skills on the influences of the psychological aspects of exercise, injury and physical activity on performance.
2. Achieve a greater understanding of performance and achievement within the context of sport at a variety of levels, with diverse populations and in many different sports.
3. Consider a holistic perspective of sport, which includes athlete-centered coaching, cultural competence, development of character and life lessons in youth sport.
4. Demonstrate effective leadership and ethical decision-making skills

Program Requirements:

Code	Title	Credit Hours
Minor Requirements		
PESP 45015	PSYCHOLOGY OF COACHING	3
PSYC 41584	THE PSYCHOLOGY OF EXERCISE ¹	3
SEPP 20026	PSYCHOLOGICAL FOUNDATIONS OF SPORT AND EXERCISE	3
SEPP 45007	PRINCIPLES AND APPLICATION OF SPORT PSYCHOLOGY	3
SEPP 45300	MOTIVATION IN SPORT, PERFORMANCE, AND MOVEMENT SETTINGS	3
Minor Elective, choose from the following:		2-3
ATTR 43018	ETHICAL LEADERSHIP FOR HEALTH CARE (WIC)	
HED 46052	STRESS: RECOGNITION AND MANAGEMENT	
PESP 25033	LIFESPAN MOTOR DEVELOPMENT	
PESP 45020	CONTEMPORARY ATHLETIC COACHING	
SEPP 40020	HIGH PERFORMANCE ATHLETES IN SPORT	
SPAD 25000	SPORT IN SOCIETY (DIVD)	
SPAD 45024	SPORT IN GLOBAL PERSPECTIVE	
Course approved by faculty advisor		

Minimum Total Credit Hours: 17

¹ Course has prerequisite (PSYC 11762) outside of the minor requirements.

Total Credit Hours:

17

Progression Requirements**Graduation Requirements****Graduation Requirements: (i.e., minimum grade in specific courses, passage of specific exam)**

- Minimum 6 credit hours in the minor must be upper-division coursework (30000 and 40000 level).
- Minimum 6 credit hours in the minor must be outside of the course requirements for any major or other minor the student is pursuing.
- Minimum 50 percent of the total credit hours for the minor must be taken at Kent State (in residence).

Additional Documents (e.g., needs assessment, e-mail communication)

Dean's email.pdf

Curriculum Services Information**Administrating Campus**

Kent

Searchable Banner Major Code

SEPP

Key: 613