



BACHELOR of ARTS in Psychology (#760)

Sport Psychology Concentration

Department of Psychology
 College of Education and Behavioral Sciences
 Western Kentucky University

The suggested program of study shown below should be used in consultation with your advisor(s). Every student will finish with a unique plan of his/her own depending on the electives selected.

Finish in Four Plan

| FIRST YEAR | | | |
|---|-----------|--|-----------|
| Fall Semester | | Spring Semester | |
| ENG 100 or ACT >28 (Foundations WC) | 3 | COM 145 (Foundations OC) | 3 |
| HIST 101 or 102 (Foundations SB) | 3 | MATH 183 or PHIL 215 (Foundations QR) | 3 |
| World Language 101 or 102 (unless Language Proficiency already met; for more information see: https://www.wku.edu/colonnade/worldlanguageproficiency.php) | 3 | World Language 102 or elective | 3 |
| PSY or PSYS 100 (Explorations SB) Need C or better. | 3 | Explorations AH (Arts & Humanities) | 3 |
| Explorations NS (Natural/Physical Sciences (no lab) | 3 | BIOL 131 Human Anatomy and Physiology (Explorations NS; Natural/Physical Sciences with lab; choose from a different discipline from your first Explorations NS course) | 4 |
| TOTAL CREDIT HOURS | 15 | TOTAL CREDIT HOURS | 16 |

| SECOND YEAR | | | |
|--|-----------|---|-----------|
| Fall Semester | | Spring Semester | |
| ENG 200 (Foundations AH) | 3 | PSY or PSYS 313 Statistics (formerly 301) | 3 |
| Connections (Systems) | 3 | Psy category course | 3 |
| PSY or PSYS 210. Need C or better. | 3 | PE 122 Foundations of Kinesiology | 3 |
| Psy or Psys 211 Lab. Need C or better. | 1 | HMD 211 Human Nutrition (Connections: Social & Cultural). | 3 |
| PSY 340 Sport Psychology | 3 | Elective Course (e.g., PSY290) | 3 |
| 2nd Major, Minor & Elective Courses | 3 | | |
| TOTAL CREDIT HOURS | 16 | TOTAL CREDIT HOURS | 15 |

| THIRD YEAR | | | |
|---|---|--|---|
| Fall Semester | | Spring Semester | |
| ENG 300 or COMM 200 (WC) | 3 | PSY category course | 3 |
| Connections (Local to Global; choose from a different discipline from your first Connections course). | 3 | PSY 412 Psychology of Motivation and Emotion | 3 |

| | | | |
|-----------------------------|-----------|---------------------------------|-----------|
| Psy category course | 3 | HMD 364 Sports Nutrition | 3 |
| PSY 440 Abnormal Psychology | 3 | PE 313 Motor Development | 3 |
| PE 311 Exercise Physiology | 3 | Elective Course (e.g., PSY 490) | 3 |
| TOTAL CREDIT HOURS | 15 | TOTAL CREDIT HOURS | 15 |

| FOURTH YEAR | | | |
|-------------------------------------|-----------|-------------------------------------|-----------|
| Fall Semester | | Spring Semester | |
| PSY 481 History of Psychology | 3 | 2nd Major, Minor & Elective Courses | 15 |
| Psy category course | 3 | | |
| 2nd Major, Minor & Elective Courses | 9 | | |
| | | | |
| | | | |
| TOTAL CREDIT HOURS | 15 | TOTAL CREDIT HOURS | 15 |

Total Credit Hours: 122

For more details and courses offered in the Colonnade General Education program visit the [website](#).

World Language Requirement: Language Proficiency of novice-high before completing 60 credit hours is required (or completion of 2nd level of a language). Two credits (or equivalent) of a single world language in High School satisfies this WKU requirement.

For more Information: **Department:** Psychology
Website: <https://www.wku.edu/psychology/>
Phone: (270) 745-2695
Email: psychology@wku.edu
Course Descriptions: <http://www.wku.edu/undergraduatecatalog/>