



## SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY MINOR

The Sport, Exercise and Performance Psychology (SEPP) minor lays the groundwork for students preparing for careers as coaches, sport practitioners, and sport administrators with the knowledge of psychological theory and skill proficiency to enhance human behavior in sport and exercise settings and performing arts. The minor explores social-psychological concepts such as motivation, self-confidence, goal setting, anxiety or burnout, and its influence on sport environments and performance. This program prepares students to work in a wide range of sport-related fields or further their education in sport and exercise psychology by continuing into a graduate program and certification. Graduates of the SEPP minor are part of a rigorous program, to learn, apply and access the market of growing field.

**COMPLETE YOUR  
MINOR EITHER  
100% ONLINE OR  
ONLINE AND  
IN-PERSON!**

### COMPELLING CLASSES

Students can enroll in many engaging classes including:

- ▶ Motivation in Sport, Performance and Movement Settings
- ▶ Stress: Recognition and Management
- ▶ High Performance Athletes in Sport
- ▶ Psychology of Exercise

### EMPLOYMENT

Graduates of our program work in a wider range and settings:

- ▶ Club sports teams
- ▶ Fitness and recreation centers
- ▶ Youth sport organizations
- ▶ High schools, colleges or universities
- ▶ Recreational, amateur and elite level of competition

- ▶ For more information about the Sport, Exercise and Performance Psychology minor, please visit **CATALOG.** **KENT.EDU/COLLEGES/EH/TLC/SPORT-EXERCISE-PERFORMANCE-PSYCHOLOGY-MINOR/**. You may also contact Dr. Marta Guivernau at **MGUIVERN@KENT.EDU**.

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Services