



## PSYCHOLOGICAL SCIENCE (PSYC) - SPORTS PSYCHOLOGY

UNIVERSITY DELL REQUIREMENTS (42 Credits)Core (12 Credits)

COMM 101 Oral Argumentation &amp; Advocacy \_\_\_\_\_

ENGL 123W College Writing Workshop \_\_\_\_\_

Integrative Seminars **NMBR**

DELL 100-level First-Year Seminar \_\_\_\_\_

DELL 400-level Senior-Year Seminar \_\_\_\_\_

Artistic & Creative Thinking\* (3 Credits)Ethics or Civic Engagement\* (3 Credits)Historical Interpretation\* (3 Credits)Language & Intercultural Competence\*\* (6 Credits)Literary Analysis\* (3 Credits)Living Well\* (2 Credits)Quantitative Reasoning\* (3 Credits)Scientific Literacy\* (4 Credits)PSYC 111 Intro to Psychological Science \_\_\_\_\_Social Science Literacy\* (3 Credits)GENERAL ELECTIVES\*\*\* (29-33 Credits)MAJOR REQUIREMENTS (53 Credits)PSYC Science Core (15 Credits)

PSYC 111 Intro to Psychological Science \_\_\_\_\_

PSYC 274 Statistics for Psychologists \_\_\_\_\_

PSYC 275W Research Methodology \_\_\_\_\_

PSYC 308 Abnormal Behavior \_\_\_\_\_

PSYC Capstone Sequence\*\* (5 Credits)*Non-Research Capstone*

PSYC 473W Psychology Non-Research Capstone I \_\_\_\_\_

PSYC 474 Psychology Non-Research Capstone II \_\_\_\_\_

*Research Capstone*

PSYC 475W Psychology Research Capstone I \_\_\_\_\_

PSYC 476W Psychology Research Capstone II \_\_\_\_\_

PSYC Science Sports (23 Credits)

PSYC 341W Psychology of Development \_\_\_\_\_

BIOL 224 Human Anatomy &amp; Physiology I \_\_\_\_\_

BIOL 225 Human Anatomy &amp; Physiology II \_\_\_\_\_

HPE 303W Human and Motor Development \_\_\_\_\_

HPE 304W Sports, Exercise, Performance Psych \_\_\_\_\_

*One of the following:*

PSYC 215 Health Psychology \_\_\_\_\_

HP 292 Psychosocial Health \_\_\_\_\_

PSYC 288 Positive Psychology \_\_\_\_\_

*One of the following:*

^EXPH 325 Physiology of Exercise \_\_\_\_\_

SPMG 285 Sport in American Society \_\_\_\_\_

SPMG 265 Gender &amp; Sport: Issues/Controversies \_\_\_\_\_

EXPH 380 Kinesiology \_\_\_\_\_

PSYC Science Neuro (4 Credits)

PSYC 355 Behavioral Neuroscience \_\_\_\_\_

PSYC 356 Human Neuropsychology \_\_\_\_\_

PSYC Science Applied (6 Credits)

PSYC 243 Psychology of Diversity \_\_\_\_\_

PSYC 267 Theories of Psychotherapy \_\_\_\_\_

PSYC 302 Social Psychology \_\_\_\_\_

PSYC 306 Theories of Personality \_\_\_\_\_

PSYC 344 Cognitive Psychology \_\_\_\_\_

NOTES

\*Refer to class schedule for lists of courses that satisfy University requirements.

\*\*Must take two sequential courses.

\*\*\*Courses that do not satisfy a major or DELL requirement. Can include coursework for a minor.

<sup>a</sup>Strongly recommended

**Total credits required for graduation: 124 Credits**

For graduation with Honors, see Undergraduate Catalog

# Psychological Science - Sports Psychology Major (Bachelor of Science)

## Sample Four-Year Plan

While not all students will take all the courses in the same sequence, the guide below can be used in combination with the online graduation progress report as a pathway to degree completion. See the Academic Regulations in the University of Lynchburg Undergraduate Catalog for all academic degree requirements. Students should consult their major advisor for more specific guidance.

Semester 1	Credits	Semester 2	Credits
Scientific Literacy (PSYC 111)	4	ENGL 123W	3
College Success Strategies (G S 104)	1	COMM 101	3
First-Year Seminar	3	Language & Intercultural Competence II	3
Language & Intercultural Competence I	3	PSYC Science Applied	3
Quantitative Reasoning	3	Elective	3
Elective	3		
<b>Semester Credits:</b>	<b>17</b>	<b>Semester Credits:</b>	<b>15</b>
Semester 3	Credits	Semester 4	Credits
PSYC 274	4	PSYC 275W	4
Historical Interpretation	3	Elective	3
Artistic & Creative Thinking	3	Literary Analysis	3
BIOL 224	4	BIOL 225	4
Elective	3	Elective	3
<b>Semester Credits:</b>	<b>17</b>	<b>Semester Credits:</b>	<b>17</b>
Semester 5	Credits	Semester 6	Credits
PSYC Science Sports	3	PSYC Science Sports	3
PSYC Science Neuro	4	PSYC Science Sports	3
PSYC Science Applied	3	Social Scientific Literacy	3
Ethics or Civic Engagement	3	Elective	3
Elective	3	Elective	3
		Living Well	2
<b>Semester Credits:</b>	<b>16</b>	<b>Semester Credits:</b>	<b>17</b>
Semester 7	Credits	Semester 8	Credits
PSYC Capstone Sequence I	3	PSYC Capstone Sequence II	2
PSYC Science Sports	3	PSYC Science Sports	3
Elective	3	Senior-Year Seminar	3
Elective	3	Elective	3
Elective	3	Elective	3
<b>Semester Credits:</b>	<b>15</b>	<b>Semester Credits:</b>	<b>14</b>

**Minimum Credits Required to Graduate: 124**