

# MOVEMENT PSYCHOLOGY CERTIFICATE

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Designed for students, health and fitness professionals, and sport coaches, the Movement Psychology Academic Certificate provides individuals with the knowledge and skills needed to assist individuals engaging in physical activity and/or sport with mental performance enhancement.

## Program Requirements

Code	Title	Credits
<b>Program Electives</b>		
HLTH-248	BEHAVIOR CHANGE	1.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
HLTH-454	WELLNESS COACHING	2.00
KIN-410	SPORTS PSYCHOLOGY	3.00
KIN-411	EXERCISE PSYCHOLOGY	3.00
PSYC-226	BIOLOGICAL BASES OF BEHAVIOR	3.00
<b>Total Credits</b>		<b>14.00</b>