

Minor in Exercise and Sport Psychology

Grade Requirements

- 2.5 GPA or higher required for admission, retention, and graduation
- Minimum grade of C in all courses used for the minor
- At least half 12 credits must be acquired at SIUe

Core Requirements (12 Credits)

Course #	Course Name	Completed
KIN 401	Sport Medicine and Rehabilitation Psychology	
KIN 310	Exercise Psychology	
KIN 308	Human Development Across the Lifespan	
KIN373	Sport Psychology	

Electives (6 credits)

Course #	Course Name	Completed
KIN 334	Early Childhood Physical Education	
KIN 355	Sports Nutrition and Supplementation	
KIN 417	Exercise for Special Populations	
PBHE 230	Emotional Health and Stress Management	
PBHE 240	Introduction to Applied Nutrition	
PBHE 355	Introduction to Public Health	
PBHE 405	Health Coaching	
PBHE 462	Special Topics in Public Health (Different semesters will have different topics.)	