

# APPLIED SPORT PSYCHOLOGY AND COUNSELING, B.S.

## Degree Requirements (120 hours)

### Program of Study

Requirements	Credit Hours
1. Carolina Core	31-45
2. College Requirements	0
3. Program Requirement	25-39
4. Major Requirements	50

### Founding Documents Requirement

All undergraduate students must take a 3-credit course or its equivalent with a passing grade in the subject areas of History, Political Science, or African American Studies that covers the founding documents including the United State Constitution, the Declaration of Independence, the Emancipation Proclamation and one or more documents that are foundational to the African American Freedom struggle, and a minimum of five essays from the Federalist papers. This course may count as a requirement in any part of the program of study including the Carolina Core, the major, minor or cognate, or as a general elective. Courses that meet this requirement are listed here (<https://academicbulletins.sc.edu/undergraduate/founding-document-courses/>).

## 1. Carolina Core Requirements (31-45 hours)

**CMW - Effective, Engage and Persuasive Communication: Written (6 hours)**

*must be passed with a grade of C or higher*

- any two CC-CMW courses (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**ARP - Analytical Reasoning and Problem Solving (6-8 hours)**

- any two CC-ARP courses (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**SCI - Scientific Literacy (7 hours)**

- any two CC-SCI courses (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>) (one must include a lab)

**GFL - Global Citizenship and Multicultural Understanding: Foreign Language (0-6 hours)**

To meet the GFL requirement, students in the BA in Special Education complete the Carolina Core approved courses in Foreign Language (GFL) or by achieving a score of 2 or better on a USC foreign language placement test.

- CC-GFL courses (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**GHS – Global Citizenship and Multicultural Understanding: Historical Thinking (3 hours)**

- any CC-GHS course (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**GSS – Global Citizenship and Multicultural Understanding: Social Sciences (3 hours)**

- PSYC 101

**AIU – Aesthetic and Interpretive Understanding (3 hours)**

- any CC-AIU course (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**CMS – Effective, Engaged, and Persuasive Communication: Spoken Component<sup>1</sup> (0-3 hours)**

- any overlay or stand-alone CC-CMS course (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**INF – Information Literacy<sup>1</sup> (0-3 hours)**

- any overlay or stand-alone CC-INF course (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

**VSR – Values, Ethics, and Social Responsibility<sup>1</sup> (0-3 hours)**

- any overlay or stand-alone CC-VSR course (<https://academicbulletins.sc.edu/undergraduate/carolina-core-courses/>)

<sup>1</sup> **Carolina Core Stand Alone or Overlay Eligible Requirements** – Overlay-approved courses offer students the option of meeting two Carolina Core components in a single course. A maximum of two overlays is allowed. The total Carolina Core credit hours must add up to a minimum of 31 hours. Some programs may have a higher number of minimum Carolina Core hours due to specified requirements.

## 2. College Requirements (0 hours)

*No college-required courses for this program.*

## 3. Program Requirements (25-39 hours) Supporting Courses (25 hours)

Course	Title	Credits
SOCY 101	Introductory Sociology	3
PSYC 220	Psychological Statistics	3
PSYC 221	Research Methods in Psychology	4
Select one course in exceptionalities from:		3
EDEX 205	Understanding the Foundations of Disability	
EDEX 523	Introduction to Exceptional Children	
Select one social work course from below or another as approved by advisor.		3
SOWK 222	Social Welfare Policies and Programs	
SOWK 303	Social Work With Children, Youth, and Families	
SOWK 305	Gender, Race and Social Justice	
SOWK 331	Diversity and Social Justice in Contemporary Society	
SOWK 341	Theories for Understanding Individuals, Families, and Groups	
Select 3 psychology courses from below or others as approved by advisor.		9
PSYC 300	Human Sexual Behavior	

PSYC 301	Psychology of Marriage
PSYC 330	Psychology and the African-American Experience
PSYC 350	Industrial Psychology
PSYC 360	Applied Psychology
PSYC 400	Survey of Learning and Memory
PSYC 405	Cognitive Psychology
PSYC 410	Behavioral and Mental Disorders
PSYC 420	Survey of Developmental Psychology
PSYC 430	Survey of Social Psychology
PSYC 440	Survey of Personality
PSYC 450	Sensation and Perception
PSYC 455	Introduction to Neuroscience
PSYC 465	Health Psychology
PSYC 475	Survey of Clinical Psychology
PSYC 503	Psychology of Drug Use and Effects
PSYC 507	Cognitive Neuroscience
PSYC 510	Child Behavioral and Mental Disorders
PSYC 520	Psychology of Child Development
PSYC 526	Prevention of Psychological Problems in Children and Youth at Risk
PSYC 583	Psychological Tests and Measurement
PSYC 589	Selected Topics in Psychology
<b>Total Credit Hours</b>	<b>25</b>

### Minor (0-18 hours) *optional*

A student may choose to complete a minor consisting of 18 credit hours of prescribed courses. The minor is intended to develop a coherent basic preparation in a second area of study. Courses applied toward general education requirements cannot be counted toward the minor. No course may satisfy both major and minor requirements. All minor courses must be passed with a grade of C or better.

### Electives (0-14 hours)

The number of elective hours required depends upon the number of hours used to fulfill other degree requirements. Minimum degree requirements must equal 120 hours.

## 4. Major Requirements (50 hours)

*A minimum grade of C is required in all major courses.*

### Physical Education and Coaching (20 hours)

Course	Title	Credits
PEDU 190	Introduction to the Description and Analysis of Human Movement	2
PEDU 275	Functional Musculoskeletal Anatomy	3
PEDU 302	Foundations of Coaching	3
PEDU 420	Motor Learning in Physical Education	3
PEDU 515	Physical Education for Inclusion	3
PEDU 520	Observational Analysis of Sports Techniques and Tactics	3
PEDU 570	Human Child/Adolescent Growth	3
<b>Total Credit Hours</b>		<b>20</b>

### Sport Psychology and Counseling (30 hours)

Course	Title	Credits
EDCE 340	Counseling Through a Multicultural Lens: Understanding Self and Others	3
EDCE 350	Interpersonal Communication Skills	3
EDCE 360	Introduction to the Counseling Profession	3
EDCE 520	Wellness and Mental Health	3
EXSC 410	Psychology of Physical Activity	3
PSYC 380	Sport Psychology	3
PEDU 511	Effective Applied Sport and Performance Psychology	3
PEDU 516	Diversity and Cultural Perspectives in Sport & Performance	3
PEDU 647	Coaching Ethics, Law and Compliance <sup>1</sup>	3
PEDU 660	Counseling Student Athletes <sup>1</sup>	3
<b>Total Credit Hours</b>		<b>30</b>

<sup>1</sup> PEDU 647 and PEDU 660 are required in the undergraduate major. Students who apply for and meet the requirements for the Accelerated Bachelor's/Masters Plan will receive credit toward both the BS in Sport Psychology and Counseling and the MS in Coaching Education for these two courses plus up to two additional courses. Students must seek permission and receive all required approvals before taking courses intended to count in both the bachelor and master's program. Students must also apply for and be admitted to any graduate program they plan to complete.