

Interdisciplinary Major Proposal

Sport and Exercise Psychology

Wyvonne Hawkins

248687

Junior

In the world of athletics, the key to improving physiologically and psychologically is having valid and reliable information about the mind-body processes that drive peak performance. Sport and Exercise Psychology is the program which teaches you how to obtain that key. In order to complete this program one must become educated, have basic knowledge, and have the ability to experientially learn and volunteer. As an athlete, I have always strived to enhance my personal development, emotionally and mentally, as well as my body to reach new levels of achievement. My goal is to understand and enhance thoughts, feelings, and behaviors related to planned and repetitive bodily movement used to improve fitness and well-being as well as participation in the unique context of competitive sport.

When thinking of the many different fields of interest I have, I am constantly drawn to the field of athletics in some capacity. I would like to thank Neil Groat for introducing Sport Psychology to me as a Hendrix prospect my senior year of high school, because I did not know what I wanted to do as career until I spoke with him. Ever since that day, I have been interested in Sport Psychology. Because of my interest in Psychology and Kinesiology, I am proposing an Interdisciplinary Major in Sport and Exercise Psychology with an emphasis in Sports Management. My major is contained within three departments of study: Psychology, Kinesiology, and Business and below is the following coursework that is the proposed plan for this Interdisciplinary Major that I have already taken or plan to take. Within the Psychology Department, these courses provide a valuable insight to understand the psychological effects

derived from participation in physical activity or within a group as well as to understand the social-psychological factors that influence people's behavior and performance in physical activity or within a group.

Within the Kinesiology Department aspect of this major, these courses are beneficial because the courses addressed the need for better care of people or athletes and the physically active and how to train someone's body as well as his or her mind. Also, the courses give me an introduction on how not only to tell a client what to do, but to help implement the idea, set bigger goals, create plans, and keep the client focused while helping maximize his or her weight loss through exercise. Through the nutrition class, I will learn how to apply nutrition principles to benefit an athlete's training and performance that are needed for selected endurance sports and strength power spots as well as focus on how people behave or act in physical activity situations as a result of different ways of thinking and feeling.

Within the Business Department, Sports Management is what I plan to pursue. The courses provide an understanding of how to organize and manage a business while undertaking and assuming risks for the sake of profit. Also, they provide me with a strong working knowledge of marketing, promotions, budgeting, basic accounting, interviewing, etc, that will assist me in providing a base level to the athletes I represent in the agent world. Through business law, I will learn the necessities I need to know in order to be an entrepreneur and how to function in the world of business.

Major Courses

Psychology

Introduction to Psychology 110- Spring 2007
Social Psychology 230- Fall 2007
Psychology Statistics 290- Fall 2010
Research Methods 295- Spring 2010
Applied Psychology 345 or Health Psychology 351- Fall 2009

Kinesiology

Care/Prevention of Exercise & Sport Injury 200- Fall 2007
Health and Wellness 220- Spring 2009
Foundations of Kinesiology 230- Fall 2007
Nutrition 260- Summer 2009
Motor Development 290- Fall 2009
Physiology of Exercise 360 & 360L- Fall 2008
Fitness Assessment and Exercise Prescription 370- Spring 2010
Independent Study 498 (will serve as capstone) - Spring 2010

Sports Management

The Art of Public Speaking- Spring 2008
Contemporary Issues in Business & Entrepreneurship 100- Spring 2007
Fundamentals of Accounting and Business 200- Fall 2010
International Marketing 290- Fall 2007
Internship (Sports Agent) 398- Spring 2008

General Education Requirements

I. The Collegiate Center

LBST 100 Journeys- Fall 2006
LBST 101 Explorations- Spring 2007
CW: Business 100 Cont Issues in Business & Entrepreneurship- Spring 2007

II. Learning Domains

A. EA: Tart 110 The Art of Public Speaking- Spring 2008
B. HP: History 290 African American History to 1865- Fall 2008
C. LS: English 361 The Black Writer- Fall 2009
D. NS: Chemistry 100 Concepts of Chemistry- Summer 2009
 NS-L: Physiology of Exercise 360 & 360L- Fall 2008
E. SB: Psychology 110 Introduction to Psychology
F. VA: Religion 232 Concepts of God- Spring 2009

III. Capacities

A. WI: English 110 Intro to Academic Writing- Spring 2007
 WII: Physiology of Exercise 360 & 360L- Fall 2008
B. FL: Spanish 120 Basic Sequence II- Spring 2007
 Spanish 110 Basic Sequence I- Fall 2006
C. QS: Math 120 Functions and Models- Fall 2006

D. PA: Kinesiology Women's Golf- Spring 2007
PA: Kinesiology 160 99 Tennis- Spring 2008

Odyssey Credits

Service to the World- (New York Mission Trip) - Spring 2007
Professional and Leadership Development- (AR Travelers BB) - Summer 2008
Special Project- (Sports Psychologist)- to be determined


Senior Capstone Experience

The senior capstone experience for the major in Sport and Exercise Psychology will be an independent study. The capstone will be an independent study, where the student will culminate the experience by exploring the growing popularity of Sports Psychology and its contribution to an athlete's success. The student will write a paper on the project and present the material. The project may also include journals of experiences or other relevant learning experiences. The capstone grade will be determined by my interdisciplinary studies committee comprised of Dr. Rupert, Dr. Mayo, and Dr. Maxwell based upon an assessment by Dr. Gregg Steinberg. The overall experience will consist of learning the principles of Sport Psychology, what a Sport Psychologist does, the entrepreneurialship and sport psychology, and marketing yourself as a Sports Psychologist.

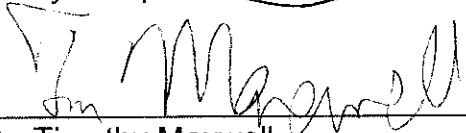
I have many interests in this field-character development, persona understanding, morality review, mental versus emotional versus physical advancement, coping strategies, and team unity-just to name a few. I am intrigued by the interpersonal relationships which evolve in such a competitive environment. I inherently understand that it takes the "whole person" to be a star athlete, just as Hendrix assists students in becoming "whole persons" by teaching criteria which become more than the sum of its parts. For that reason, by earning a Bachelor of Arts in Sport and Exercise Psychology from Hendrix College, it will provide me with the necessary areas of training and knowledge in order to further my studies in graduate school as well as strengthen my resume and credibility as a professional in the field.

This is my goal, my future.

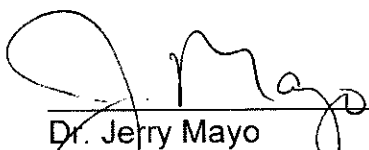
Faculty Advisory Committee



Dr. Lyle Rupert **CHAIR** 1/21/09
Date



Dr. Timothy Maxwell 1/22/09
Date



Dr. Jerry Mayo 1-28-09
Date



Wyvonne Hawkins-248687 1-21-09
Date