

LIFETIME PHYSICAL ACTIVITY CREDIT (LPCR)

LPCR 200 - ADVANCED MENTAL TRAINING**Short Title:** ADVANCED MENTAL TRAINING**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Lecture**Credit Hours:** 2**Restrictions:** Enrollment is limited to Undergraduate, Undergraduate Professional or Visiting Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Focused on the psychology of performance excellence, this course highlights the relationship between mental toughness and performance, and teaches students how to utilize the practices and tools associated with mindfulness, cognitive behavioral therapy, and sport/performance psychology to support their own performance goals. Instructor Permission Required.**LPCR 238 - SPECIAL TOPICS****Short Title:** SPECIAL TOPICS**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Internship/Practicum, Laboratory, Lecture, Seminar, Independent Study**Credit Hours:** 1-4**Restrictions:** Enrollment is limited to Undergraduate, Undergraduate Professional or Visiting Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Topics and credit hours may vary each semester. Contact department for current semester's topic(s). Repeatable for Credit.**LPCR 477 - SPECIAL TOPICS****Short Title:** SPECIAL TOPICS**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Seminar, Lecture, Laboratory, Internship/Practicum**Credit Hours:** 1-4**Restrictions:** Enrollment is limited to Undergraduate, Undergraduate Professional or Visiting Undergraduate level students.**Course Level:** Undergraduate Upper-Level**Description:** Topics and credit hours may vary each semester. Contact department for current semester's topic(s). Repeatable for Credit.