# Lifetime Phys 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:** This course is designed to focus on the psychology of performance excellence. Specifically, it will highlight the relationship between mental toughness and performance and will explore the ways in which the psychological skills training can be applied to a variety of performance setting (e.g. business, music, drama and sport). LPCR 200 is excluded and cannot be substituted or used to meet the University LPAP Requirement for graduation. Instructor Permission Required.

**LPCR 238 - Special Topics**
- **Short Title:** SPECIAL TOPICS
- **Department:** Lifetime Physical Activity
- **Grade Mode:** Standard Letter
- **Course Type:** Internship/Practicum, Lecture, Seminar, Laboratory
- **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.