














## 2024 - 2025 Major Map

### Counseling and Applied Psychological Science (Sports and Performance Counseling), **BS**

School/College: College of Integrative Sciences and Arts  
LSCAPSSPBS

Term 1 0 - 15 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CAP 120: Introduction to Counseling (SOBE OR SB)	3	C	<ul style="list-style-type: none"> <li>ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students</li> <li>Select your <b>career interest communities</b> and play <b>me3@ASU</b>.</li> </ul>
 MAT 119: Finite Mathematics (MATH OR MA) OR MAT 170: Precalculus (MATH OR MA)	3	C	
 PSY 101: Introduction to Psychology (SOBE OR SB)	3	C	
ASU 101-CLS: The ASU Experience	1		
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
Elective	2		
Term hours subtotal:	15		
Term 2 15 - 31 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CAP 220: Self in a Multicultural Society (SOBE OR C)	3	C	<ul style="list-style-type: none"> <li>Join a <b>student club</b> or professional organization.</li> </ul>
 PSY 230: Introduction to Statistics (QTRS OR CS)	3	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
Humanities, Arts and Design (HUAD)	3		
Scientific Thinking in Natural Sciences (SCIT)	4		
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	16		
Term 3 31 - 47 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CAP 240: Counseling Skills	3	C	<ul style="list-style-type: none"> <li>Secure a <b>part-time job</b> or <b>volunteer experience</b>.</li> </ul>
 CAP 221: Introduction to Sport, Exercise and Performance Psychology (SOBE OR SB)	3	C	
CAP 290: Research Methods in Counseling and Psychology	4	C	
Humanities, Arts and Design (HUAD)	3		
Elective	3		
Complete Mathematics (MATH) requirement.			
Term hours subtotal:	16		
Term 4 47 - 63 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 BIO 181: General Biology I (SCIT OR SQ)	4	C	
CAP 222: Mental Performance	3	C	
CED 250: Career Development (L)	3	C	

Global Communities, Societies and Individuals (GCSI)	3
Sustainability (SUST)	3
Term hours subtotal:	16

Term 5 63 - 78 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ CAP 310: Addictions I: Foundations and Basic Principles	3	C	
CAP 325: Professional Practice and Ethics in Counseling	3	C	
CAP 345: Social Issues in Counseling and Psychology	3	C	
PSY 366: Psychological Disorders (SOBE OR SB)	3	C	
Governance and Civic Engagement (CIVI)	3		
Term hours subtotal:	15		

Term 6 78 - 93 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ CAP 320: Theories of Counseling and Psychotherapy	3	C	
CAP 340: Multicultural Counseling Theory and Practice	3	C	
American Institutions (AMIT)	3		
Complete 2 courses:	6		
Upper Division Elective			
Term hours subtotal:	15		

- Use Handshake to research employment opportunities.

Term 7 93 - 105 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ CAP 323: Psychology of Coaching	3	C	
Complete 3 courses:	9		
Upper Division Elective			
Term hours subtotal:	12		

- Gather professional references.
- Apply for full-time career opportunities

Term 8 105 - 120 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ CAP 484: Internship	3	C	
Complete 2 courses:			
Upper Division Counseling and Applied Psychological Sciences Course	6	C	
Complete 2 courses:	6		
Elective			
Term hours subtotal:	15		

- Choose Counseling and Applied Psychological Sciences Courses from the list at the bottom of the major map.

#### Hide Course List(s)/Track Group(s)

Counseling and Applied Psychological Sciences Courses

CAP 315: Trauma and Crisis Intervention

CAP 330: Group Counseling

CAP 342: Community Outreach, Prevention and Intervention

CAP 400: Advanced Counseling Research Methods

CAP 420: School Counseling

CAP 494: Combat Trauma

CAP 494: Counseling Military Veterans

COM 394: Soccer: The Global Game

COM 494: Fans, Ultras, & Hooligans:  
Global Appeal of Soccer

COM 494: Sports Films & Documentaries

FAS 331: Modern Family Relationships  
(SOBE OR SB)

FAS 370: Family Ethnic and Cultural  
Diversity (CIVI OR SB & C)

HON 394: Soccer, Politics, and Identity

JUS 305: Principles of Justice Studies (SB)

NEW 300: International Cities Barcelona

PSY 304: Effective Thinking (L)

PSY 315: Personality Theory and Research  
(SOBE OR SB)

PSY 320: Learning and Motivation

PSY 323: Sensation and Perception

PSY 324: Memory and Cognition

PSY 325: Physiological Psychology

PSY 330: Statistical Methods (QTRS OR  
CS)

PSY 341: Developmental Psychology  
(SOBE OR SB)

PSY 369: Biology of Human Sexuality

PSY 370: Interpersonal Relationships (SOBE  
OR SB)

PSY 385: Psychology of Gender (SOBE OR  
SB)

PSY 399: Supervised Research

PSY 425: Biological Bases of Behavior (L)

PSY 444: Adolescent Psychology and  
Psychopathology

PSY 447: Psychology of Aging (SB)

PSY 465: Psychology of Stress and Coping

PSY 472: Clinical Psychology

PSY 499: Individualized Instruction

SOC 315: Sociology of Dating,  
Relationships and Marriage (SOBE OR SB)

- **Total Hours:** 120
- **Upper Division Hours:** 45 minimum
- University Undergraduate Graduation Requirements

**Notes:**

Mathematics Placement Assessment score determines placement in first mathematics course.

General Studies designations listed next to courses on the major map were valid for the 2024 - 2025 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.