













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 - A 0 - 7 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"> • Completion of ASU 10 or ASU 11 or ASU 42 is highly recommended prior to beginning your first session of classes at ASU. • ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students. • Select your career interest communities and play me3@ASU.
ASU 101-CLS: The ASU Experience	1		
ENG 101 or ENG 102: First-Year Composition OR			
ENG 105: Advanced First-Year Composition OR	3	C	
ENG 107 or ENG 108: First-Year Composition			
Term hours subtotal:	7		
Term 1 - B 7 - 13 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 MAT 119: Finite Mathematics (MATH OR MA) OR MAT 170: Precalculus (MATH OR MA)	3	C	<ul style="list-style-type: none"> • View ASU Online first-year student registration information here.
 PSY 101: Introduction to Psychology (SOBE OR SB)	3	C	
Term hours subtotal:	6		
Term 2 - A 13 - 19 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CAP 220: Self in a Multicultural Society (SOBE OR C)	3	C	
ENG 101 or ENG 102: First-Year Composition OR			
ENG 105: Advanced First-Year Composition OR	3	C	
ENG 107 or ENG 108: First-Year Composition			
Term hours subtotal:	6		
Term 2 - B 19 - 26 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 PSY 230: Introduction to Statistics (QTRS OR CS)	3	C	
Scientific Thinking in Natural Sciences (SCIT)	4		
 Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	7		
Term 3 - A 26 - 35 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
 CAP 240: Counseling Skills	3	C	
CAP 221: Introduction to Sport, Exercise and Performance Psychology (SOBE OR SB)	3	C	
Humanities, Arts and Design (HUAD)	3		
Term hours subtotal:	9		
Term 3 - B 35 - 42 Credit Hours	Hours	Minimum Grade	Notes

CAP 290: Research Methods in Counseling and Psychology	4	C
Elective	3	
Complete Mathematics (MATH) requirement.		
Term hours subtotal:	7	

- Secure a part-time job or volunteer experience.


Term 4 - A 42 - 49 Credit Hours Critical course signified by 	Hours	Minimum Grade	Notes
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 BIO 181: General Biology I (SCIT OR SQ)	4	C
CED 250: Career Development (L)	3	C
Term hours subtotal:	7	

Term 4 - B 49 - 57 Credit Hours	Hours	Minimum Grade	Notes
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CAP 222: Mental Performance	3	C
Global Communities, Societies and Individuals (GCSI)	3	
Elective	2	
Term hours subtotal:	8	


Term 5 - A 57 - 66 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
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 CAP 310: Addictions I: Foundations and Basic Principles	3	C
CAP 325: Professional Practice and Ethics in Counseling	3	C
Governance and Civic Engagement (CIVI)	3	
Term hours subtotal:	9	

Term 5 - B 66 - 75 Credit Hours	Hours	Minimum Grade	Notes
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CAP 345: Social Issues in Counseling and Psychology	3	C
PSY 366: Psychological Disorders (SOBE OR SB)	3	C
Humanities, Arts and Design (HUAD)	3	
Term hours subtotal:	9	

Term 6 - A 75 - 84 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
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 CAP 320: Theories of Counseling and Psychotherapy	3	C
CAP 340: Multicultural Counseling Theory and Practice	3	
American Institutions (AMIT)	3	
Term hours subtotal:	9	

Term 6 - B 84 - 93 Credit Hours	Hours	Minimum Grade	Notes
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Sustainability (SUST)	3	
Complete 2 courses:	6	
Upper Division Elective		
Term hours subtotal:	9	

Term 7 - A 93 - 99 Credit Hours Necessary course signified by 	Hours	Minimum Grade	Notes
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 CAP 323: Psychology of Coaching	3	C
Upper Division Elective	3	
Term hours subtotal:	6	

Term 7 - B 99 - 105 Credit Hours	Hours	Minimum Grade	Notes
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Complete 2 courses:	6	
Upper Division Elective		

- Use Handshake to research employment opportunities.

Term hours subtotal: 6

Term 8 - A 105 - 114 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ CAP 484: Internship	3	C	
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Complete 2 courses:

Elective	6		
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Term hours subtotal: 9

Term 8 - B 114 - 120 Credit Hours	Hours	Minimum Grade	Notes
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Complete 2 courses:

Upper Division Counseling and Applied Psychological Sciences Courses	6	C	
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Term hours subtotal: 6

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

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 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 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.