

# APPLIED SPORT PSYCHOLOGY AND COUNSELING, B.S.

## Overview of Applied Sport Psychology and Counseling

Sport psychology and counseling is the use of psychological techniques to improve the performance, mental health, emotional health, and general well-being of performers so they can thrive. Performers and their educators stand to benefit from mental performance literacy ultimately because of its connection to mental health.

Students in the B.S. in Applied Sport Psychology and Counseling complete courses from psychology, social work, and physical education which provide critical foundational knowledge. Students build on this foundation in major courses in sport psychology and counseling.

While the B.S. in Applied Sport Psychology and Counseling is designed to facilitate matriculation into the Mental Performance Coaching concentration of the M.S. in Coaching Education, graduates might also be interested in pursuing Athletic Coaching concentration of the M.S. in Coaching, the Ed.S. in Counselor Education, or other related graduate programs. Program advisors will guide students to the graduate programs that best meet their professional goals. Students must apply for and meet criteria for any graduate level program they plan to complete.

### Accelerated Bachelor/Masters and Senior Privilege

Students in the B.S. in Sport Psychology and Counseling who meet specific academic criteria are able to complete the Master of Science (M.S.) in Coaching Education with a concentration in Mental Performance Coaching in as few as 18 additional credit hours. This master's degree prepares students with a knowledge base for enhancing optimal performance, personal growth and wellbeing through the development of mental and emotional skills, attitudes, perspectives and strategies. Coursework in the M.S. in Coaching Education with a concentration in Mental Performance Coaching prepares students to sit for the Association of Applied Sport Psychology's Certified Mental Performance Consultant (CMPC) certification exam.

## Learning Outcomes

1. Differentiate affordances and limitations of counseling and consulting paths in applied sports psychology
2. Appraise theoretical foundations of psychological processes influencing human performance
3. Evaluate the effectiveness of scientifically informed applied sport psychology interventions for enhancing performance and wellness in a variety of domains
4. Appraise theoretical and scientifically informed principles of the psychology of physical activity
5. Explain factors related to the trajectories of human development and their effects on performance
6. Explain biomechanical foundations and motor control processes underlying learning movement skills and athletic performance
7. Theories of psychopathology and etiology of mental disorders, recognize theories and assessments of psychopathology, and counseling strategies for ameliorating psychopathology
8. Apply effective interviewing and communication techniques such as questioning, paraphrasing, and reflecting, to establish rapport, trust, and safe and open communication with clients
9. Describe a personal consultation model for working with student athletes, including effective consultation qualities, consultation processes, and a discussion of professional roles and boundaries and the purpose and function of documents.
10. Interpret basic types of research methods and design (e.g., qualitative, quantitative), issues related to tests and measurement (e.g., reliability, validity), descriptive techniques, inferential statistics, and parametric procedures and ethical application of research methods and analyses
11. Identify the biological, cognitive, affective, social, and individual factors that influence behavior
12. Evaluate conceptual frameworks for sociopolitical and cultural factors that impact human behavior, dimensions of personal identity, and individual differences (e.g., race, ethnicity, sexual orientation) that influence the professional helping relationship, and intervention strategies for addressing needs of individuals from unique racial/ethnic backgrounds, religious affiliations, gender identity, etc., and culturally-competent approaches to counseling and consultation