

# Sport & Performance Psychology

## Master of Science

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including and the number of courses successfully completed each semester.

### Sample 1-Year Plan

First Year					
Fall Courses	Credits	Spring Courses	Credits	Summer Courses	Credits
SPPP500 Research Methods in Sport & Performance Psychology	3	SPPP510 Foundations of Sport and Performance Psychology	3	SPPP530 Capstone in Sport & Performance Psychology	3
SPPP503 Mental Health in Sport & Performance Settings	3	SPPP513 Psychological Aspects of Athletic Injury & Recovery	3	SPPP512 Sport Psychology for Performance Enhancement	3
SPPP516 Professional Ethics in Sport & Performance Psychology	3	SPPP Elective	3	SPPP Elective	6
Semester Total	9	Semester Total	9	Semester Total	12

# Sport & Performance Psychology

## Curriculum Checklist

### **Required Courses (21 credits)**

- \_\_\_ SPPP500: Research Methods in Sport and Performance Psychology (3)
- \_\_\_ SPPP503: Mental Health in Sport and Performance Settings (3)
- \_\_\_ SPPP510: Foundations of Sport and Performance Psychology (3)
- \_\_\_ SPPP512: Sport Psychology for Performance Enhancement (3)
- \_\_\_ SPPP513: Psychological Aspects of Athletic Injury & Recovery (3)
- \_\_\_ SPPP516: Professional Ethics in Sport and Performance Psychology (3)
- \_\_\_ SPPP530: Capstone in Sport and Performance Psychology (3)

### **Elective Courses (9 credits)**

- \_\_\_ SPPP504: Cognitive and Affective Bases of Behavior (3)
- \_\_\_ SPPP511: Sport and Performance Psychology Across the Lifespan (3)
- \_\_\_ SPPP514: Stress Management for the Physically Active (3)
- \_\_\_ SPPP515: Seminar in Sport and Performance Psychology (3)
- \_\_\_ SPPP518: Counseling Skills for Sport & Performance Psych (3)
- \_\_\_ SPPP519: Gender and Sport (3)
- \_\_\_ SPPP531: Mentored Experience in Sport & Performance Psychology (3)

## Degree Requirements

All students must obtain a minimum of 30 credits including all required courses and 9 credits of elective courses. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

*A minimum GPA of 3.0 is required.*

## Campus Locations

**Bloomsburg**    ☒ Online; ☐ In-person; ☐ Blended

**Lock Haven**    ☒ Online; ☐ In-person; ☐ Blended

**Mansfield**    ☒ Online; ☐ In-person; ☐ Blended

**Clearfield**    ☒ Online; ☐ In-person; ☐ Blended