Ball State University Sport & Exercise Psychology Program  
Frequently Asked Questions

- What makes the BSU SEP program unique?
  - We have a strong relationship with the counseling psychology department, so our students often get either a minor in counseling (is completed in 2 years) or do a dual-master’s in clinical mental health counseling or rehabilitation counseling (both take 3 years to complete with the SEP degree).
  - We have a ‘team’ approach to our program. With 2 main faculty and typically 12-18 students (including doctoral students who are completing cognates in SEP), we really work in a team atmosphere. Students assist each other with research projects and practical work; a lot of peer mentoring and collaborating happens.
  - We offer an opportunity for students to learn about the sport psychology AND exercise psychology sides of the field. Most students come in feeling drawn to sport, but some, after being exposed to exercise psychology, leave focusing on this part of the field.
  - We offer students an opportunity to work both on the practical side and the research side of the field.

- What is the difference between the M.A. and M.S. degrees? What is each degree course more geared towards in terms of careers?
  - An M.A. is a Master of Arts that requires completion of some sort of research project to graduate. An M.S. is a Master of Science that requires completion of a complete master’s thesis. An M.A. will be better for those interested in going straight into applied roles, whereas an M.S. will be better suited for those who wish to go on to further education or an academic route (e.g., professor).

- Is the program more research oriented or application based (where there is a practicum and an internship)?
  - We offer both opportunities. We feel that it is important at the master’s level for students to get experience in both sides to better make a decision about their future path. Students are required to complete a thesis/research project as well as a practicum (no internship).

- What types of research opportunities are available for graduate students?
  - Our students do a lot of research in this program, if they want this experience. Students assist professors, assist each other, do their own work, and complete a thesis/research project. You can get experience in qualitative and quantitative methodology, as well as lab and applied research.

- How many students apply?
  - The numbers are continuing to increase each year, but recently it has been between 50-70 students per year. We typically have cohorts of 4 – 6 students.

- What is the percent job placement for students post-graduation?
  - This is a tricky question because students go a variety of directions. We aim to prepare students to be competitive to get into doctoral programs, so they have that option, as well as to go into the work field.

- What type of jobs do students work in after completing the program?
  - Students work in a variety of different jobs depending on their career interest. Some have gone on to work in the military using performance psychology, which is the highest employer of master-level SEP practitioners; others have even gone into physical therapy, athletic academic advising, wellness, athletic training, and coaching. Others have also gone into nonprofit work in sport for development, in fitness settings, and counseling settings.

- My undergraduate major was not sport & exercise psychology. Can I still apply?
  - You can most certainly still apply. Many of our students actually do not have experience with sport and exercise psychology, rather different aspects of psychology (e.g., social, developmental, cognitive), and exercise studies.

- Who should I contact to confirm that my application has been received?
  - Amy Vold at avold@bsu.edu.
- Can I reapply if I have been declined admission in the past?
  - Yes, you most certainly can and it is also encouraged.
- Is a master’s thesis required?
  - A master’s thesis is not required, but at least some sort of research project is.
- Are there applied opportunities?
  - There are some applied opportunities for students with Ball State athletic teams, Ball State performing artists, military science students, and other athletic teams across the community, but students are proactive to create those opportunities.
- Is financial aid available?
  - Financial aid is available in the format of loans; one must fill out a FAFSA before April 1st and award information is released before the academic school year. For more information please visit http://cms.bsu.edu/admissions/scholarshipsandfinancialaid
- Who makes the admissions decisions?
  - Drs. Blom and Razon jointly make admissions decisions after carefully reading through applications and interviewing potential students.
- What is a typical size of a master’s course?
  - Master’s course for the SEP program have class sizes as small as 6 individuals to as big as 25. There is a good variety in class size but still small in comparison to other programs.
- Can I make a visit to Ball State before applying?
  - It is encouraged to visit Ball State before applying or accepting an offer. To arrange a visit, please contact Amy Vold at avold@bsu.edu.
- How important are the writing samples?
  - Writing samples can be a helpful part of the application process as the admissions committee is able to familiarize themselves with a potential student’s writing ability.
- How well does the program prepare students to apply for doc school?
  - The program is designed to prepare students for doctoral programs through a balance of applied and research opportunities. Recent students have continued their education in doctoral programs in counseling psychology, school psychology, exercise psychology, health and wellness, human performance, and sport and exercise psychology at universities like Boston University, West Virginia University, The Ohio State University, Florida State University, University of Southern Mississippi, and Iowa State University.
- Can I speak with any current students in the program?
  - Any potential student is more than welcome to speak to any of the current students. To set up a contact with a current student, please contact Amy Vold at avold@bsu.edu or Dr. Blom at lcbloom@bsu.edu.
- When do you apply for graduate assistantships and when are the applications due?
  - There is a GA application for the department that is due when you complete the full application (You can get this through Amy Vold). Other GA opportunities come up throughout the year and you would apply after you received notice of your acceptance into the program (so late April – July before the fall semester).
- What graduate assistantships will be available for upcoming Fall?
  - We do not know for sure, but are hoping to have at least 1 new position within the program for a student to teach fitness walking classes as well as help with research with a faculty member. We will also help students look across campus for opportunities.
- What is an average GRE score for students accepted into the program?
  - Typically students are over 50% in all three main areas.