Sport & Exercise Psychology: Paths, Opportunities, & Next Steps

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Sport & Exercise Psychology (SEP)
scientific study of behavior and people in sport, exercise, and human movement and the practical applications of that knowledge

Applied Sport Psychology
One facet of sport psychology involving identifying and understanding how psychological theories and interventions can be applied to sport to enhance performance and personal growth of the athlete
1) Understand how psychological factors influence physical performance

2) Understand how participating in sport and exercise affects psychological development, well-being, & health
Roles of SEP Professionals

1) Researching

2) Teaching

3) Consulting/Applied work
**What does SEP work look like?**

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<tr>
<th>Sport Performance Enhancement</th>
<th>Exercise Adherence</th>
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<td>* Increasing optimal performance</td>
<td>* Commitment to exercise</td>
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<td>* Team building</td>
<td>* Exercise adoption</td>
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<td>* Improving coach-athlete relationships</td>
<td>* Exercise addiction</td>
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<td><strong>Performance Psychology</strong></td>
<td>* Intrinsic motivation to exercise</td>
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<tr>
<td>* Increasing optimal performance</td>
<td>* Personal meaning of exercise</td>
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<td>* Understanding mental states impact on performing artists, military, service workers</td>
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<th>Youth Sport Positive Development</th>
<th>Exercise and Psychotherapy</th>
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<tr>
<td>* Coach education</td>
<td>* Exercise recommendation for clinical issues</td>
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<td>* Parent engagement</td>
<td>* Exercising during counseling session</td>
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<td>* Psycho-social aspects of youth sport climate</td>
<td>* Holistic focus of person’s health</td>
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<td>* Holistic youth development</td>
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<td>* Life skills training through sport</td>
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**SEP and Special Populations**

| * Older adults |
| * Children |
| * Individuals with disabilities |
| * Individuals with health problems (e.g. obesity, cardiac limitations) |
Career Paths
Directory of Graduate Programs in Applied Sport Psychology

- **Career Track I: Teaching/Research in Sport Sciences** and work with athletes on performance enhancement
  - Doctoral degree in sport sciences with significant course work in psychology/counseling
  - Academic Positions in Kinesiology, Researcher, Coach Educator
  - Salary: $50,000 - $125,000

- **Career Track II: Teaching/Research in Psychology** and also interested in working with athletes
  - Doctoral degree in psychological field with significant course work in exercise and sport sciences
  - Academic Positions in Psychology, Researcher
  - Salary: $50,000 - $125,000

- **Career Track III: Provide Clinical/Counseling services to various populations, including athletes**
  - Doctoral degree in APA accredited counseling/clinical program with significant course work in sport psychology/sport science
  - Private practice, University Counseling Center, Sports Medicine Clinic, University Substance Abuse Specialists, Athletic Department
  - Salary: $50,000 - $150,000

- **Career Track IV: Health Promotion and working with athletes but not necessarily directly in sport psychology**
  - Masters Degree with counseling and SEP course work
  - Coach, Health Promotion Worker, Academic Athletic Advisor, Instructor
  - Salary: $30,000 - $50,000
Mental Skills Training for the Army

Exercise & Cognition Researcher

Sport Psychologist-Chicago Bulls

SEP Professor at a teaching university

Work in University Counseling Center w/ Athletes

College Coach

Student-Athlete Support Services

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Student-Athlete Support Services
Educational Opportunities

- **Undergraduate Level**
  - Sport and Exercise Psychology Courses
  - Sport and Exercise Psychology Major (12) or Minor (8)

- **Master’s Level (49)**
  - MS/MA in Kinesiology/Sport Sciences, emphasis in exercise psychology or sport psychology
  - MS/MA in Sport and Exercise Psychology, 1-3 specific courses in exercise psychology
  - MA Counseling

- **Doctoral Level (42)**
  - Ph.D./Ed.D. in Sport and Exercise Psychology, 1-3 specific courses in exercise psychology
  - Ph.D./Ed.D. in Kinesiology/Exercise Science, emphasis in exercise psychology
  - PsyD in Clinical Psychology, with courses in sport psychology
  - Ph.D in Counseling Psychology, with courses in sport psychology
Ball State’s Program

Master’s Program
- MS/MA in Physical Education with specialization in Sport and Exercise Psychology
  - Courses: Sport Psychology, Sport Sociology, Exercise Psychology, Group Processes/Team Dynamics, Psychology of Injury, Practicum
  - Practicum and Research Project/Thesis
  - 2 year program
  - 2 SEP faculty, 10-15 students
- Additional Degree Options
  - Minor in Clinical Mental Health Counseling or Rehabilitation Counseling (12 extra hours)
  - Dual degree with MA Clinical Mental Health Counseling or Rehabilitation Counseling (3 years, eligible for licensure)
  - Dual degree with MA in Social Psychology (2 years)
  - Double major with Cognitive and Social Processes (2 years)
  - Double major with Athletic Coaching (2 years)

PhD Cognate
Certification

* Certified Consultant, established in 1991
* Recognized by the Association for Applied Sport Psychology (AASP)
* Describes adequate and necessary coursework and practicum experience to serve as an educational exercise or sport psychology consultant
* Does not equal psychologist licensure
* Revised 2017: Includes 400 practical hours, specific courses, certification exam
Organizations

- Association of Applied Sport Psychology (AASP)- http://appliedsportpsych.org/
- American Psychological Association (APA) Division 47- Sport and Exercise Psychology- http://www.apa47.org/index.php
- European Federation of Sport Psychology- http://www.fepsac.com/
- International Society of Sport Psychology (ISSP)- http://www.issponline.org/
Journals

* International Journal of Sport Psychology - first journal
* Journal of Applied Sport Psychology - official journal of AASP
* Sport, Exercise, and Performance Psychology journal
* The Sport Psychologist (TSP)
* Psychology of Sport and Exercise (PSE)
* Journal of Clinical Sport Psychology
* Case Studies in Sport and Exercise Psychology
* Research Quarterly in Sport & Exercise
* Qualitative Research in Sport, Exercise, and Health
* International Journal of Coaching Science
Interested?

Next Steps . . .

- Check for undergraduate course options or consider ways to incorporate SEP into your current courses
- Check for research opportunities, regardless of the topic
- Become a student member of AASP, Division 47 of APA, or another SEP organization
- Watch an AASP or Div. 47 webinar
- Attend a regional SEP conference (Midwest is in February-Miami University (Ohio) in 2018)
- Read SEP related journal articles on a topic of interest
- Buy the Directory of Graduate Programs in Applied Sport Psychology
Takeaways

It is not just sport
There is not just one path
I have to take initiative in developing my path
Get the *Directory of Graduate Programs in Applied Sport Psychology*