ABOUT THE UNIVERSITY

Ball State University is redefining education by providing relevant, immersive learning experiences that engage high-caliber students in intense, interdisciplinary projects both in and out of the classroom. Our expert, collaborative faculty members mentor students and encourage innovation and creativity in education. Located in Muncie, Indiana, a mid-sized city one hour northeast of Indianapolis, Ball State’s vibrant campus is home to about 22,000 undergraduate and graduate students from across the country and abroad. Learn more at www.bsu.edu.

CONTACT US

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Sport and Exercise Psychology
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FACULTY

With extensive academic and professional experience, our faculty members are leaders in the field of sport and exercise psychology. These accessible, collaborative educators will support your academic pursuits and advise you along your career path.

Lindsey Blom
Associate professor of sport and exercise psychology
Doctoral education: EdD, West Virginia University
Research areas: sport for development, psychosocial aspects of youth sport, athlete-coach relationships; psychology of coaching

Selen Razon
Assistant professor of sport and exercise psychology
Doctoral education: PhD, Florida State University
Research areas: exercise tolerance, psychophysiological responses to exercise, and strategies for coping with acute exertive pain

Ball State University practices equal opportunity in education and employment and is strongly and actively committed to diversity within its community.

Ball State wants its programs and services to be accessible to all people. For information about access and accommodations, please call the Office of Disabled Student Development at 765-285-5293 (TTY users only 765-285-2206) or visit www.bsu.edu/dsd.

The information presented here, correct at the time of publication, is subject to change.
To begin graduate study, you must apply and be admitted to both the Graduate School and the School of Physical Education, Sport, and Exercise Science. Complete the following steps to be considered for admission.

1. Apply to the Graduate School. Visit bsu.edu/gradschool for details.
2. Apply to our program by February 1. Visit bsu.edu/sportpsychology for details.
3. Send the following materials to the School of Physical Education, Sport, and Exercise Science—Sport and Exercise Psychology Specialization, Health and Physical Activity Building, Room 360P, Muncie, IN 47306:
   • official transcripts from all institutions where degrees were earned or course work completed
   • résumé or curriculum vitae
   • three letters of recommendation
   • statement of purpose (1,000 words)
   • Graduate Record Exam (GRE) scores.

International students must apply for admission through the Rinker Center for International Programs. Visit bsu.edu/international for details.

Degree Requirements
To earn a master of arts (MA) or master of science (MS) degree in sport and exercise psychology specialization, you must complete at least 33 credit hours, including core courses and a research component.

Note: Each course is 3 credit hours unless otherwise noted after the course title.

Core Courses, 18 Hours
- Sport Psychology
- Psychosocial Aspects of Sport and Physical Activity
- Psychology of Exercise and Health
- Psychology of Injury Rehabilitation
- Sport Sociology
- Practicum in Sport and Exercise Psychology

Research Requirements, 9-12 Hours
- Research Methods
- Statistical Methodology or Intermediate Statistics
- Research Project (3)/Thesis (6)

Directed Electives, 3-6 Hours
- Counseling Minor, 15 Hours*
  - Introduction to School Counseling, Community Mental Health Counseling or Introduction to Rehabilitation Counseling
  - Theories and Techniques of Counseling
  - Prepracticum Interviewing Skills
  - Process/Techniques Group Counseling
  - Practicum in Counseling
  *The optional counseling minor is strongly recommended.

Double Major Options^ (MA)
- SEP and Cognitive & Social Processes, 45-48 hours
- SEP and Clinical Psychology, 57 hours
- SEP and Rehabilitation Counseling, 72-75 hours
- SEP and Clinical Mental Health Counseling, 72-81 hours
^Must apply and be accepted to both programs

Degree offered
Master of Science (MS)
Requires completion of a thesis

Master of Arts (MA)
Requires completion of a research project

About the Program
The sport and exercise psychology (SEP) specialization will outfit you with theoretical foundations, research knowledge and real-world experiences related to the psychology of sport performance and exercise behavior. Our comprehensive program covers sport psychology, group dynamics, sociology of sport, psychology of exercise behavior, and research methods. Active membership and participation in related professional organizations is strongly encouraged to enhance your education and professional exploration.

Applied Opportunities
Apply classroom study to practical fieldwork through our versatile, distinctive applied program experiences. Opportunities include working with athletic teams and individuals to address performance enhancement issues and/or exercise adherence consultation. These real-world experiences will provide you with professional networks and acquaint you with best practices in the field.

Graduate Assistantships
We offer several graduate assistantships each year. These assistantships require you to teach one to three physical activity classes per semester and assist a faculty member with research, for a total of 20 hours per week. We offer a partial tuition waiver during the academic year and following summer as well as a stipend (approximately $10,000). Students are responsible for other fees. There are also other assistantship opportunities across campus.