

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, athletecoach 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

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 midsized 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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bsu.edu/sportpsychology facebook.com/BallStateSEP



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. 10183-13 umc

SCHOOL OF PHYSICAL EDUCATION, SPORT, AND EXERCISE SCIENCE

SPORT AND EXERCISE PSYCHOLOGY MASTER'S PROGRAM

BALL STATE UNIVERSITY EDUCATION REDEFINED



bsu.edu/sportpsychology

OUR PROGRAM

DEGREES 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.

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

*The optional counseling minor is strongly recommended.

DOUBLE MAJOR OPTIONS ^ (MA)

Practicum in Counseling

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

APPLICATION PROCESS

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.
- 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.



EXPERIENCE+SUCCESS