**MS in Sport and Performance Psychology**

**53 credits**

**Name** Click or tap here to enter text. **Phone #** Click or tap here to enter text.

**Advisor Name** Click or tap here to enter text.

**Student Signature** Click or tap here to enter text. **Date** Click or tap to enter a date.

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| **Core Courses** Courses are not available every term.Courses are listed in the preferred sequence of completion |
| **Recommended Quarter** | **Course #** | **Course Name** | **Credits** | **Quarter Planned/Quarter Completed** |
| 1 | COUN6101 | Ethics and Professional Identity *(K1)*  | 4 |  |
| 1 | COUN6550 | Sport Psychology *(K2)* | 4 |  |
| 1-2 | COUN6120 | Research Methods & Program Evaluation *(K6)*  | 4 |  |
| 1-3 | COUN6110 | Personality & Counseling Theories *(K5)* | 4 |  |
| 2-3 | COUN6210 | Psychology of Performance Excellence  | 4 |  |
| 2-3 | COUN6215 | Applied Sport Psychology *(K2)* **Prerequisites:** COUN6101,COUN6550 | 4 |  |
| 2-3 | COUN6155 | Sport in Society (*K3 partial)* | 4 |  |
| 3-4 | COUN6225 | Applied Motor Learning *(K3)* | 4 |  |
| 3-4 | COUN6230 | Psych Prep & Mental Skills Training *(K2)* **Prerequisites:**  COUN6101, COUN6550, COUN6215 | 4 |  |
| **Total Core** | **36** |  |
| 4-5 |  | Elective Option *(See list below.)* **Recommended elective toward CMPC:** COUN6115 (*K7 partial)*  | 4 |  |
| 4-5 |  | Elective Option *(See list below.)***Recommended elective toward CMPC:** COUN6150 *(K8)* | 4 |  |
| 5-6 |  | Elective Option *(See list below.)***Recommended elective toward CMPC:** MSE6500, MSE6220 *(K3)* | 4 |  |
| 5-6 |  | Elective Option *(See list below.)* **Recommended elective toward CMPC:** COUN6145 (*K4)* | 4 |  |
| **Total Elective** | **16** |  |
| 7 | SPP7570 | Capstone Project  | **1** |  |
| **Total Capstone** | **1** |  |
|  |
| **Total for Program** | **53** |  |
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| **Elective Courses** |
| **Course #** | **Course Name** | **Credits** | **Quarter Planned/Quarter Completed** |
| COUN6115 | Human Growth & Development *(K7 partial)* | 4 |  |
| COUN6145 | Psychopathology & Appraisal *(K4)*  | 4 |  |
| COUN6150 | Multicultural Counseling & Advocacy *(K8)*  | 4 |  |
| MSE6500 | Exercise Physiology *(K3)*  | 4 |  |
| MSE6220 | Biomechanics *(K3)* | 4 |  |
| COUN6240 | Applied Health Behavior Theory  | 4 |  |
| COUN6530 | Sports Nutrition | 4 |  |
| COUN6245 | Athletic Nutrition Planning and Supplements | 4 |  |
| LEAD6335 | Positive Coaching  | 4 |  |
| LEAD6340 | Communication in Leadership Positions  | 4 |  |
| LEAD6520 | Leadership and Administration in Athletics | 4 |  |
| LEAD6345 | Positive Leadership in Business | 4 |  |
| COUN6250 | Directed Study in Sport & Performance Psychology | 1-4 |  |
| COUN6255 | Field Problems in Sport & Performance Psychology | 1-4 |  |
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| **POSITIVE COACHING CONCENTRATION**Students who are pursuing this concentration must take the following courses as three of the elective choices.  |

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| **Recommended Quarter** | **Course #** | **Course Name** | **Credit** | **Quarter Planned/Quarter Completed** |
| 5-6 | LEAD6335 | Positive Coaching  | 4 |  |
| 5-6 | LEAD6340 | Communication in Leadership Positions  | 4 |  |
| 6-7 | LEAD6350 | Positive Leadership in Sport **Prerequisites:** LEAD6335 | 4 |  |
|  |  | **Totals**  | **12** |  |