**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** |  |
|  | | | | | |
| **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** |  |