

# Bowling Green State University

## School of Human Movement, Sport and Leisure Studies

Eppler Complex  
Bowling Green, OH 43403-0248

**Contact:** Bonnie Berger

**Title:** Professor

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**Email:** bberger@bgsu.edu

**Website:** www.bgsu.edu

**Area of Interest:** Psychological well-being associated with diverse physical activities; individual and environmental factors that influence the exercise-mood relationship especially in obese populations; factors leading to exercise enjoyment; exercise and quality of life

**Contact:** Vikki Krane

**Title:** Professor

**Phone:** 419.372.7233

**Fax:** 419.372.0383

**Email:** vkrane@bgsu.edu

**Website:** www.bgsu.edu

**Area of Interest:** Feminist sport psychology, heterosexism in sport, body image

**Contact:** David Tobar

**Title:** Associate Professor

**Phone:** 419.372.6917

**Fax:** 419.372.0383

**Email:** dtobar@bgsu.edu

**Website:** www.bgsu.edu

**Area of Interest:** Psychological changes associated with physical activity with an emphasis on overtraining, role of personality in sport and exercise

### PROGRAM RATING

1 2 3 4 5 6 7

1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation

#### DEGREE OFFERED:

M.Ed.

#### NUMBER OF STUDENTS IN PROGRAM:

5 to 8 in sport and exercise psychology/30 to 40 in the School of Human Movement, Sport and Leisure Studies

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

100% M.Ed.

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

60%

#### ADMISSION REQUIREMENTS:

Admission to the Kinesiology Masters Program is contingent upon the candidate's academic experiences. It is recommended that candidates have a Bachelor's degree in Exercise Science, Kinesiology, or Psychology. Further application requirements include 3.0 GPA, GRE scores of 500 for each section, 3 letters of recommendation, personal statement, and a resume.

#### AVAILABLE FOR QUALIFIED STUDENTS:

Research assistantships, teaching assistantships, other forms of financial aid

#### ASSISTANTSHIPS:

0% fellowships, 20% research assistantships\*, 60% teaching assistantships\*, 80% tuition waivers, 20% other forms of financial aid

\*Graduate assistantships account for approximately 60% of all graduate students. These assistantships usually include both teaching and research possibilities.

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

No

#### NUMBER OF HOURS REQUIRED:

The minimum credit hours for graduation vary between Plan I and Plan II. Plan I – (Thesis Research option) is 32 hours. For Plan II – (Master's Project), the minimum is 33 credit hours. For the most current information on courses and hour requirements, visit the School of Human Movement, Sport, and Leisure Studies website at <http://www.bgsu.edu/colleges/edhd/hmsls/>.

**CORE GRADUATE CLASSES:**

An emphasis in a particular cognate (e.g., exercise and sport psychology, exercise science, and motor performance) is developed with an assigned academic advisor. Students are required to take a Seminar in Kinesiology and Research Methods in HMSL. Students also select from a set of courses depending on their interests and needs. Selection can include Social Psychology of Sport, Exercise Psychology: Research and Practice, and Applied Sport Psychology.

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Previous students have conducted psychological skills interventions with varsity athletic teams, administered psychological inventories, and collected data in behavioral weight loss programs. Students also have worked individually, where appropriate, with individual athletes on psychological skills training. Other opportunities may exist, and students should consult with faculty mentors to tailor internship experiences.

**COMMENTS:**

The sport and exercise psychology emphasis in the Kinesiology Program takes an interdisciplinary approach to exercise science. Sport and exercise psychology is one of several concentrations within the program. Course work in this emphasis includes Social Psychology of Sport; Applied Sport Psychology; Exercise Psychology: Research and Practice; and independent study in sport and exercise psychology. Additionally, many students become involved in ongoing research. Other requirements include four of seven classes in the flexible core. Upon completion of core requirements, the remainder of the academic experience is developed in consultation with the student's mentor /advisor.

Throughout the graduate program students work closely with nationally and internationally recognized faculty on both research and applied projects. The sport and exercise psychology emphasis places equal importance on theory research and applied sport psychology skills. Students may choose a thesis or directed project as a capstone experience and often present their research at regional and national conferences.

# California State University, Fullerton

## Department of Kinesiology

800 North State College Boulevard  
Fullerton, CA 92634-6870

**Contact:** Lenny Wiersma  
**Title:** Associate Professor  
**Phone:** 657.278.3806  
**Email:** lwiersma@exchange.fullerton.edu  
**Website:** <http://hdcs.fullerton.edu/knew/carys/home.htm>  
**Area of Interest:** Youth sport; applied sport psychology; psychology of extreme sport

**Contact:** Andrea Becker  
**Area of Interest:** Psychology of coaching; applied sport psychology

**Contact:** David Chen  
**Area of Interest:** Stress management; self-regulated learning and performance

**Contact:** Patti Laguna  
**Area of Interest:** Psychology of coaching; coaching education; feedback and modeling

**Contact:** Matthew Llewellyn  
**Area of Interest:** History/Philosophy of sport; history of modern Olympic games

**Contact:** Ken Ravizza  
**Area of Interest:** Applied sport psychology

**Contact:** Clay Sherman  
**Area of Interest:** Youth sport; pedagogy

**Contact:** Traci Statler  
**Area of Interest:** Elite performance; study of performance excellence; applied sport psychology

**Contact:** Kathleen Wilson  
**Area of Interest:** Psychosocial aspects of physical activity

### PROGRAM RATING

1   2   3   **4**   5   6   7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

#### DEGREE OFFERED:

Master of Science in Kinesiology; Specialized Coursework in Performance Enhancement/Sport Psychology or Sport Studies (History, Philosophy, Sociology, Coaching)

#### NUMBER OF STUDENTS IN PROGRAM:

10-15 sport and exercise psychology students admitted per year

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

100% Master of Science in Kinesiology

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

Varies/10-15 accepted

#### ADMISSION REQUIREMENTS:

Undergraduate Degree in Kinesiology (or related field) or completion of 15 units of Pre-Requisites in Kinesiology for Non-Majors; GPA of 3.20 in major/last 60 units of coursework; GRE; 500 word essay describing academic/professional interests; 2 academic letters of reference

#### AVAILABLE FOR QUALIFIED STUDENTS:

Graduate assistantships; teaching assistantships; out-of-state tuition waivers

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

No

**NUMBER OF HOURS REQUIRED:**

N/A

**CORE GRADUATE CLASSES:**

REQUIRED: Statistical Methods in Kinesiology; Research Methods in Kinesiology; Project/ Thesis or Comprehensive Exam; ELECTIVES: Advanced Study in Sport & Exercise Psychology; Applied Sport Psychology; Consultation in Applied Sport Psychology; Advanced Study in Philosophical Perspectives; Advanced Study in Socio-Cultural Perspectives; Applied Exercise Psychology; Gender and Sport; Issues in Youth Sport; Legal & Ethical Issues in Kinesiology

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Using applied sport psychology techniques/interventions with university athletic teams

**COMMENTS:**

The program is designed to prepare students for: (a) a doctoral program in sport psychology; (b) an effective approach to performance enhancement in a multitude of settings; (c) consultation with athletes, coaches, and group and personal clients; or (d) a more effective approach to coaching and teaching. Students will be able to gain valuable experience inside and out of the classroom. CSUF is home to a number of professors with experience at every level of sport ranging from youth to the professional and Olympic levels. Coursework in this degree program is designed in part to prepare students for AASP certification, with opportunities to take coursework in the Counseling and Psychology departments on campus. Although the degree also covers issues in ethics, counseling, and research, the program is not recommended for those interested in clinical psychology. Students can also get involved with a variety of academic research centers, such as the Center for Sport Performance and the Center for the Advancement of Responsible Youth Sport.

# Florida State University

## Department of Educational Research

Program in Educational Psychology, B-197  
Tallahassee, FL 32306

**Contact:** Gershon Tenenbaum  
**Title:** Benjamin S. Bloom Professor of Educational Psychology  
**Phone:** 850.644.8791  
**Fax:** 850.644.8776  
**Email:** gtenenbaum@fsu.edu  
**Area of Interest:** Methodological and measurement perspectives and methods in sport and exercise psychology, cognition and decision making in the development of motor skills and expertise, motivation and exertion in physical tasks: a social-cognitive perspective enhancement across the life span emotion-cognition-performance linkage

**Contact:** Jodi Yambor  
**Area of Interest:** Applied sport psychology issues.

**Contact:** David Eccles  
**Title:** Assistant Professor  
**Phone:** 850.644.5465  
**Email:** decceles@lsi.fsu.edu  
**Area of Interest:** Perception and cognition in skilled and expert sport performers, cognition, coordination, and communication in sports teams, psychological skills training; the role of domain general skills in the acquisition of skill, psychological factors in performance of skill, psychological factors in performance

**Contact:** Bob Eklund  
**Phone:** 850.645.2909  
**Email:** erobert@fsu.edu  
**Website:** www.epls.fsu.edu/edpsych/sportpsych.htm  
**Area of Interest:** Athlete and coach burnout, social psychology of sport and exercise, the physical self and self presentation and physical activity participation.

### PROGRAM RATING

1 2 3 4 5 6 7

*1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation*

#### DEGREE OFFERED:

M.S., Ph.D.

#### NUMBER OF STUDENTS IN PROGRAM:

35 to 40

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

50% M.S./50% Ph.D.

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

40-70 apply/10-15 accepted

#### ADMISSION REQUIREMENTS:

Minimum GPA of 3.00, minimum GRE score of 1000, sound personal statement, 3 recommendations

#### AVAILABLE FOR QUALIFIED STUDENTS:

Teaching assistantships, research Assistantships, other forms of financial aid

#### ASSISTANTSHIPS:

10% fellowships, 10% research assistantships, 10% teaching assistantships, 10% tuition waivers, 10% other forms of financial aid

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

Yes, for the Ph.D.

#### NUMBER OF HOURS REQUIRED:

A minimum of 8 semester hours

#### CORE GRADUATE CLASSES:

PET 5216 Sport Psychology, PET 5255 Social Bases of Physical Activity, PET 6217 Stress and Performance in Sport, PET 5390 Measurement in Sport Psychology, PET 5240 Applied Sport Psychology, EDF 5215 Cognitive Processes in Sport Psychology, EDF 6937 Seminar in SP -The Self in Sport and Physical Activity, EDF 6937 Advanced Seminar -Theories in Psychology (3)

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Assignment to athletic teams at Florida State University; Tallahassee Community College, local high schools, or sport clubs.

**COMMENTS:**

Psychological processes and conditions associated with sport and exercise situations are studied in the graduate program. Although the academic side (i.e., research, theory) of sport psychology is emphasized, students are offered practical applied experiences in various sport programs. Students prepared to teach at the university level, to conduct research, and to consultant with athletes, coaches, and sport organizations.

# James Madison University

## Psychological Sciences Program, Department of Graduate Psychology

70 Alumnae Dr., MSC 7401  
Harrisonburg VA, 22807

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**Contact:** Robert J. Harmison

**Title:** Kibler Professor of Sport Psychology

**Phone:** 540.568.7959

**Fax:** 540.568.4747

**Email:** harmisrj@jmu.edu

**Website:** <http://www.psyc.jmu.edu/gradpsyc/people/harmison.html>

**Area(s) of Interest:** Mental toughness in sport, performance enhancement, peak performance, characteristics of effective consultants

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### Program Rating:

1 2 3 4 5 **6** 7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

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#### **DEGREE OFFERED:**

M.A. in Psychological Sciences

#### **NUMBER OF STUDENTS IN PROGRAM:**

20-25

#### **NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

20-25 (2-4 students pursuing sport psychology interests)

#### **NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**

60-75 apply; 10-12 accepted

#### **ADMISSION REQUIREMENTS:**

Entering students begin work in the Psychological Sciences Program each fall. To receive full consideration for fall admission, application materials should be submitted no later than JANUARY 20 that year.

#### **REQUIREMENTS TO BE CONSIDERED FOR ADMISSION:**

- Completion of a baccalaureate degree with a satisfactory grade point average;
- Some undergraduate psychology courses, including at least one statistics course and one research methods course;
- Satisfactory scores on the general GRE, Psychology area GRE score optional (official score reports required);

- Three letters of recommendation from faculty members familiar with previous academic performance and potential for graduate work;
- Transcripts from all undergraduate and graduate programs attended;
- Completed application forms, including a statement detailing goals for graduate study and beyond, research interest and experience, and how the Program can help meet these goals.

#### **AVAILABLE FOR QUALIFIED STUDENTS:**

#### **ASSISTANTSHIPS/SOURCES OF FINANCIAL SUPPORT:**

The Psychological Sciences Program has been very successful in helping students secure Graduate Assistantship (GA) positions. All GAs are expected to work 20 hours per week in exchange for a stipend, which is paid in semi-monthly installments and a tuition waiver for 9 credits of graduate coursework (a typical full-time course load) each semester. A number of GA positions are available in the Department of Graduate Psychology and students are considered for these positions automatically if they indicate interest in an assistantship on their application. These positions typically involve assisting faculty with undergraduate teaching. However, there are many other GA positions that Psychological Sciences students successfully secure, mostly involving assisting with program assessment and research related activities. Over the past 5 years, 95% of our students have secured GA positions.

**TO MAXIMIZE THEIR CHANCES OF RECEIVING SUPPORT, STUDENTS ARE ENCOURAGED TO PURSUE ALL OF THE FOLLOWING:**

- Federal and State financial aid
- Assistantship with the Centennial Scholars Program (<http://www.jmu.edu/centscholars/>)
- Graduate or Teaching Assistantships in other departments on campus via JMU Job Link website (<http://www.jmu.edu/humanresources/emp/joblink.shtml>)

**INTERNSHIP POSSIBILITY:**

Yes; students can elect to complete a practicum experience as part of their degree program

**INTERNSHIP REQUIRED:**

Yes

**NUMBER OF HOURS REQUIRED:**

3 credit-hours

**CORE GRADUATE CLASSES:**

Methodology and Research Core (15 credits)

- PSYC 605 - Intermediate Inferential Statistics (3 credit hours)
- PSYC 606 - Measurement Theory (3 credit hours)
- PSYC 608 - Multivariate Statistics for Psychology (3 credit hours)
- PSYC 700 - Thesis (6 credit hours)

Content Courses (9 credit hours chosen from the following)

- PSYC 610 - Applied Behavior Analysis (3 credit hours)
- PSYC 613 - Cognitive Science (3 credit hours)
- PSYC 616 - Social Psychology (3 credit hours)
- PSYC 624 - Neuroscience (3 credit hours)

Concentration Courses (9 credit hours)

- PSYC 661 - Counseling Techniques (3 credit hours)
- PSYC 695 - Practicum – Clinical (3 credit hours)
- PSYC 805 - Single-case Experimentation -- OR --
- PSYC 830 - Structural Equation Modeling -- OR --
- PSYC 834 - Hierarchical Linear Modeling (3 credit hours)

Electives (3 credit hours; approved by advisor; possible courses listed below)

- PSYC 601 - Performance Psychology (3 credit hours)
- KIN 644 - Metabolic and Cardiovascular Aspects of Exercise
- KIN 645 - Muscular, Hormonal and Environmental Aspects of Exercise

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Students that elect to complete a 3 credit-hour clinical practicum experience will have the opportunity to work with individual athletes and/or teams under the supervision of a faculty member. The practicum consists of didactic instruction in the application of psychology to sport for the purpose of improving athletic performance, observation and shadowing of professionals providing applied sport psychology services to university student-athletes, meeting with individual student-athletes, and presenting psychoeducational workshops to university teams.

**COMMENTS:**

The Psychological Sciences Program at James Madison University fosters the development of students interested in becoming research scientists by providing rigorous training to produce graduates who are well versed in substantive content areas in psychological science and who are highly trained to independently conduct, critique, and report psychological research. Students who complete our program earn a Master of Arts degree in psychology and are prepared for further training at the doctoral level or for immediate employment in research settings. At the core of the program is coursework in multiple content areas within psychology; coursework in statistics, measurement, and research design; a research apprenticeship; and a thesis. Students develop expertise in a specialty area through selected coursework and closely mentored research experiences with a faculty advisor. Faculty advisors provide regular support and consultation regarding progress in the program and preparation for applying to doctoral programs.

Students with interests in sport psychology are encouraged to pursue the Concentration in Clinical Research. This concentration is designed for students interested in pursuing a doctoral degree in Clinical, Counseling, or School psychology. Students working on this concentration will learn a scientist-practitioner orientation to the field of behavioral health in general and sport psychology in particular. Empirical approaches to treatment and intervention are emphasized and methods of studying treatment/intervention outcome and other clinical and/or sport psychology research are taught. Students work throughout their two years on research focusing on clinical and/or sport psychology issues, and many work directly with clinical and/or athletic populations.



# Michigan State University

## Department of Kinesiology

201 1M Sports Circle  
East Lansing, MI 48824

**Contact:** Dan Gould

**Area of Interest:** Stress and burnout, talent development, parental influences, youth sports, life skills

**Contact:** Martha Ewing

**Phone:** 517.353.4652

**Fax:** 517.353.2944

**Website:** www.educ.msu.edu/

**Area of Interest:** Achievement motivation, gender issues, youth in sports, early specialization

**Contact:** Deborah Feltz

**Area of Interest:** Self-efficacy, collective efficacy

### PROGRAM RATING

1 2 3 4 5 **6** 7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

**DEGREE OFFERED:**

M.S., Ph.D.

**NUMBER OF STUDENTS IN PROGRAM:**

24

**NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

40% M.S / 60% Ph.D.

**NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**

15-20 apply/2-3 accepted – Ph.D. Program

10-15 apply/8 –10 accepted – Masters Program

**ADMISSION REQUIREMENTS:**

Minimum score of 1000 on GRE (verbal + quantitative or verbal + analytic or quantitative + analytic), major or minor in physical education or kinesiology, thesis in master's program

**AVAILABLE FOR QUALIFIED STUDENTS:**

Fellowships, research assistantships, teaching assistantships, other forms of financial aid (Dean's Scholars, Dissertation Grants, etc.)

**ASSISTANTSHIPS:**

20% fellowships, 5% research assistantships, 90% teaching assistantships, 5% other forms of financial aid

**INTERNSHIP POSSIBILITY:**

Yes

**INTERNSHIP REQUIRED:**

No

**NUMBER OF HOURS REQUIRED:**

Ph.D. Program: 36 credits of coursework and 24 dissertation credits

M.S. Program: 30 credits

**CORE GRADUATE CLASSES:**

KIN 840, Psychosocial Aspects of Physical Activity; KIN 841, Stress Management; KIN 857, Promoting Positive Youth Development Through Sport, KIN 940, Special Topics in Sport Psychology (e.g., Pediatric Sport and Exercise Psychology)

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Each doctoral student receives the opportunity to do applied work with a college, high school, or club sport team in a supervised experience. The department has a strong focus on studying children and youth in sport and physical activity. Many sport psychology students become involved with the Institute for the Study of Youth Sports' outreach projects dealing with youth leadership and coaching education.

**COMMENTS:**

Michigan State University was the first land-grant university in the United States. Given that tradition, the sport psychology graduate degree program in kinesiology places major emphasis on conducting research but both faculty and students are engaged in community outreach aspects designed to facilitate positive youth development. Global understanding is another strong tradition and support exists for all doctoral students to travel abroad to study sport and exercise psychology.

Athletic training staff have a strong interest in neuropsychology, concussions, and the psychology of injury.

A teaching in higher education certification program at MSU with opportunities for coursework in teaching and supervised training in a small size courses in the undergraduate major courses in kinesiology is available.

An interdepartmental master's degree with urban studies is also available for interested students. Qualified students may complete a master's degree in rehabilitation psychology or a dual doctoral degree in psychology.

# Springfield College

## Psychology Department

Springfield, MA 01109

**Contact:** Judy L. Van Raalte  
**Title:** Professor of Psychology  
**Phone:** 413.748.3388  
**Fax:** 413.748.3854  
**Email:** jvanraal@spfldcol.edu  
**Website:** www.spfldcol.edu/AthleticCounseling  
**Area of Interest:** Self-awareness, psychological barriers

**Contact:** Delight Champagne  
**Title:** Professor of Psychology  
**Phone:** 413.748.3329  
**Fax:** 413.748.3854  
**Email:** dchampag@spfldcol.edu  
**Area of Interest:** Career development of athletes

**Contact:** Britton W. Brewer  
**Title:** Professor of Psychology  
**Phone:** 413.748.3696  
**Fax:** 413.748.3854  
**Email:** bbrewer@spfldcol.edu  
**Area of Interest:** Pain and injury in sport and exercise

**Contact:** Burt Giges  
**Title:** Clinical Professor of Psychology  
**Phone:** 914.234.1231  
**Fax:** 413.851.0556  
**Website:** www.BurtGiges.com  
**Area of Interest:** Self-talk, body image, professional issues

**Contact:** Al Petitpas  
**Title:** Professor of Psychology  
**Phone:** 413.731.3408  
**Fax:** 413.748.3854  
**Email:** apetitpa@spfldcol.edu  
**Website:** www.spfldcol.edu  
**Area of Interest:** Personal and career development of athletes, youth development through sport

### PROGRAM RATING

1 2 3 4 5 6 7

1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation

#### DEGREE OFFERED:

M.Ed./M.S./CAGS (Certificate of Graduate Study)

#### NUMBER OF STUDENTS IN PROGRAM:

24

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

20% M.S./80% M.Ed.

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

45 apply/12 accepted

#### ADMISSION REQUIREMENTS:

Psychology or physical education majors preferred; applied experience helpful Completed application, three letters of support, personal statement required

#### AVAILABLE FOR QUALIFIED STUDENTS:

Fellowships, research assistantships, teaching assistantships, other forms of financial aid

#### ASSISTANTSHIPS:

15% fellowships, 15% research assistantships, 30% teaching assistantships, 15% tuition waivers, 0% other forms of financial aid

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

Yes, for all degrees

#### NUMBER OF HOURS REQUIRED:

Minimum of 300 hours required.

**CORE GRADUATE CLASSES:**

PSYC 545 Imagery, Hypnosis, and Self-Hypnosis  
PSYC 570 Psychology of the College Age Adult  
PSYC 622 Principles of Counseling  
PSYC 630 Adventure Therapy: Facilitating Life Skills Through Experiential Learning  
PSYC 654 Issues and Techniques in Counseling Athletes  
PSYC 657 Professional Studies in Athletic Counseling  
PSYC 672 Laboratory in Counseling Athletes  
PSYC 674 Counseling For Enhanced Performance  
PSYC 685 Counseling Practicum  
PSYC 686 Fieldwork and Seminar  
RSCH 610 Foundations and Methods of Research

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Academic/athletic counseling at colleges and universities, counseling youth sport athletes, career and personal development with athletes in sport agencies, work with college athletic teams

**COMMENTS:**

The athletic counseling program offers course work in psychology, physical education, and counseling. The primary job market for graduates has been academic athletic counseling positions at major universities. Approximately 10-15% of students complete the athletic counseling curriculum to bolster their credentials for careers in coaching. About 25% of graduates go directly into doctoral programs to gain the credentials necessary to become licensed psychologists and develop independent practices with emphases in sport psychology or to become college professors or researchers. Students enrolled in the athletic counseling program in the Department of Psychology at Springfield College can complete the requirements to become Certified Consultants, Association for Applied Sport Psychology (CC-AASP).

NOTE: A new Psy.D. program will be offered soon including 3 specialization areas: Athletic Counseling, Clinical Mental Health Counseling, and Marriage and Family Therapy. Please check website/contact Dr. Van Raalte for details.

# Springfield College

## School of Graduate Studies

Springfield, MA 01109

**Contact:** Mimi Murray  
**Title:** Professor and Program Director  
**Phone:** 413.748.3168  
**Email:** mmurray@spfldcol.edu  
**Area of Interest:** Sport & exercise psychology

**Contact:** Tracey Matthews  
**Title:** Professor and Department Chair for Exercise Science and Sport Studies (ESSS)  
**Phone:** 413.748.3397  
**Email:** tmatthews@spfldcol.edu  
**Area of Interest:** Measurement, research design, structural equation modeling, scale development

### PROGRAM RATING

1 2 3 **4** 5 6 7

1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation

#### DEGREE OFFERED:

M.S. (thesis required), Ph.D. (specialization in sport psychology)

#### NUMBER OF STUDENTS IN PROGRAM:

18 M.S./12 Ph.D. in Physical Education (specialization in sport psychology)

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

60% M.S./40% Ph.D.

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

25-30 M.S. apply/8-10 M.S. accepted; approximately 10 Ph.D. apply/ 4-7 Ph.D. accepted

#### ADMISSION REQUIREMENTS:

M.S.: GPA, references, applicant's statement of objectives.  
D.P.A.: GPA, GRE, references, applicant's statement of objectives

#### AVAILABLE FOR QUALIFIED STUDENTS:

Associateships (fellowships), graduate assistantships, other forms of financial aid

#### ASSISTANTSHIPS:

20% fellowships (include all forms of research/teaching assistantships and tuition waivers), 0% research assistantships, 0% teaching assistantships, 0% tuition waivers, 0% other forms of financial aid

#### INTERNSHIP POSSIBILITY:

Sport psychology consulting internship experience is required for students in the doctoral program.

#### INTERNSHIP REQUIRED:

#### NUMBER OF HOURS REQUIRED:

#### CORE GRADUATE CLASSES:

#### DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:

#### COMMENTS:

The sport psychology concentration at the master's level is designed for students who have a scholarly interest in the field and wish to pursue the interest further in doctoral programs of study. The intent of the program is to provide a theoretical understanding of sport from a philosophical, sociological, psychological, and physiological perspective, particularly as this knowledge may be practically applied to helping athletes maximize sport performance. A thesis is required. The doctoral concentration in sport psychology has been designed to allow students, upon the completion of the degree, to meet requirements for certification by the AASP. In addition to theory-based and applied sport psychology course work, a series of seminars is offered, concerning current issues and trends in the field, including model building, race, gender, and ethics. Students also complete course work in athletic counseling and psychopathology, as well as in related areas of physical education, including motor learning and control, motor development, exercise physiology, and sociology. Students in the department are working on a variety of research topics. Some of the current research includes: self-perception of children following resistance training, state anxiety and performance within objective and subjective sports, competitive orientation and goal orientation among intercollegiate athletes, effects of weekly stressors on athletic injury, sport confidence and the home advantage, imagery

and injury rehabilitation, sport goal orientation differences by gender and athletic level of college students in Taiwan, use of performance enhancement techniques with visually impaired athletes, comparing leadership preferences and perceptions of intercollegiate athletes, coaches, and directors of athletics, the relationship between personality characteristics and likelihood of seeking medical attention, continuity and retention of female coaches.

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# Temple University

## Department of Kinesiology

(048-00)  
Philadelphia, PA 19122

**Contact:** Melissa Napolitano

**Title:** Associate Professor

**Phone:** 215.204.1947

**Fax:** 215.204.4414

**Email:** melissa.napolitano@temple.edu

**Website:** [www.temple.edu/chpsw/departments/Kinesiology/kinepsychhumanmovement.htm](http://www.temple.edu/chpsw/departments/Kinesiology/kinepsychhumanmovement.htm)

**Area of Interest:** Exercise psychology, health psychology behavior change, behavior change theories, technology & interventions, women's health, obesity

**Contact:** Michael L. Sachs

**Title:** Professor

**Phone:** 215.204.8718

**Fax:** 215.204.4414

**Email:** msachs@temple.edu

**Website:** [http://www.temple.edu/chplfacultyhuman\\_mov.htm/Dr\\_MichaelSachs.html](http://www.temple.edu/chplfacultyhuman_mov.htm/Dr_MichaelSachs.html)

**Area of Interest:** Exercise psychology, of running, exercise addiction/dependence, professional and ethical issues

### PROGRAM RATING

1 2 3 4 5 6 7

1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation

#### DEGREE OFFERED:

M.S./Ph.D.

#### NUMBER OF STUDENTS IN PROGRAM:

28

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

60% M.S. / 40% Ph.D.

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

25 apply/10 accepted

#### ADMISSION REQUIREMENTS:

Undergraduate GPA of 3.00 and MAT or GRE for M.S. program (GRE for Ph.D. program), but specific score not required for standardized tests; Portfolio approach emphasized wherein the totality of student's academic, work, life, and exercise/sport experiences is considered. Telephone or personal interview may be required. TOEFL required for students whose undergraduate degree was from an institution where the language of instruction was not English

#### AVAILABLE FOR QUALIFIED STUDENTS:

Fellowships (university-wide competition), graduate assistantships, research assistantships

#### ASSISTANTSHIPS:

0% fellowships, 0% research assistantships, 20% teaching assistantships (include tuition waivers), 0% tuition waivers, 10% other forms of financial aid

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

Yes, strongly recommended for the Ph.D.; optional for the M.S. (Please see note in Comments on clinical internship/practicum option.)

#### NUMBER OF HOURS REQUIRED:

At least 3 credit hours; usually 6 credit hours

#### CORE GRADUATE CLASSES:

Psychology of Kinesiology, Sociology of Kinesiology, Psychosocial Testing in Exercise and Sport Psychology, Intro Applied Sport Psychology Class, Research Methods, Statistics

## **DESCRIPTION OF TYPICAL INTERNSHIP**

### **EXPERIENCE:**

Quite varied and typically developed by the student. Internship can include work with individuals or teams ranging from youth to Olympic-level competitors in exercise/wellness and sport psychology settings.

### **COMMENTS:**

Each student develops as personal a program of study as is possible. There are some specific course requirements (especially at the doctoral level, where a core set of courses is required). An internship is "required" for each student's program of study at the doctoral level and is often taken by students at the master's level as well. The master's program has three options: thesis, project, and clinical internship/practicum. The clinical internship/practicum is a 300-hour, supervised internship experience designed to provide the student with a quality applied experience in exercise and sport psychology. Each student assists in selecting/obtaining an internship site. Students have worked: in athletic academic advising, at the Velodrome in Allentown, PA; with two gymnastics schools in PA and NJ; at a local tennis center; with national-level triathletes and swimmers; with varsity teams at area colleges; with Temple's fencing, field hockey, football, lacrosse, basketball, softball, volleyball, and tennis teams. There is also an applied sport psychology/research/discussion group-ESPATU -Exercise and Sport Psychology in Action at Temple University, part of the Exercise and Sport Psychology Division (ESPD) of the Biokinetics Research

Laboratory. The group has put on programs to advance public awareness of sport psychology (such as work at Penn Relays). The group also critiques members' applied (as part of supervision) and research efforts, helping members to prepare for upcoming conference presentations and providing them a sounding board for research ideas. The Carole A. Oglesby Endowed Scholarship provides a significant level of financial support for graduate students interested in work on African American women in sport. The graduate program attempts to offer students as much flexibility as possible in meeting their goals for graduate study. The doctoral program provides an opportunity to prepare for AASP certification, if the student has this as one of her or his goals. The graduate students are diverse in age, racial/cultural backgrounds, and experience (athletic training, social work, counseling psychology, coaching, etc.), providing an enriching experience for students and faculty. The program has had an international flavor over the years, with students (some currently in the program) from Australia, Canada, England, India, Indonesia, Israel, Greece, and several Caribbean nations. Dr. Melissa Napolitano is a clinical psychologist who works extensively in areas of exercise promotion and health behavior change. Her research and applied experience, in addition to her work on grants at the foundation and national (i.e., NIH) levels, bring a strong and exciting research focus in the exercise psychology area to the program. Temple University and Philadelphia provide an exciting experience for those who choose the Temple challenge!



# University of Denver

## Graduate School of Professional Psychology

2460 S. Vine St.  
Denver, CO 80208-4101

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**Contact:** Mark Aoyagi

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**Fax:** 303.871.4220

**Email:** maoyagi@du.edu

**Website:** <http://www.du.edu/gssp/degree-programs/sport-and-performance-psychology/overview/index.html>

**Area of Interest:** Sport and performance psychology; team effectiveness; training and ethics in sport psychology; individual growth, development, and fulfillment through sport; sport as a mechanism for social change; multicultural/diversity issues

**Contact:** Artur Poczwardowski

**Title:** Director of Field Placements; Associate Professor

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**Email:** apoczwar@du.edu

**Website:** <http://www.du.edu/gssp/degree-programs/sport-and-performance-psychology/overview/index.html>

**Area of Interest:** Models in sport psychology service delivery for performance enhancement and psychological well-being; professional philosophy in sport psychology consulting; coach-athlete relationships; coping strategies in elite performers in sports and arts; scientific methodology in sport and performance psychology

**Contact:** Steve Portenga

**Title:** Director of Sport Psychology, Division of Athletics & Recreation

**Phone:** 303.960.5711

**Fax:** 303.871.4220

**Email:** sporteng@du.edu

**Website:** [www.denverpioneers.com](http://www.denverpioneers.com)

**Area of Interest:** Coaching & leadership, Team development, Performance enhancement, Injury, Training, practice, & ethics issues in sport psychology

**Contact:** Jamie Shapiro

**Title:** Assistant Professor

**Phones:** 303.871.3583

**Fax:** 303.871.4220

**Email:** Jamie.Shapiro@du.edu

**Website:** <http://portfolio.du.edu/jshapi26>

**Area of Interest:** Psychology of sport injury; exercise psychology; psychological skills training; counseling athletes; learning life skills through sport; ethics and training in sport and exercise psychology

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### PROGRAM RATING

1 2 3 4 5 6 7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

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**DEGREE OFFERED:**

M.A. in Sport & Performance Psychology/Psy.D.

**NUMBER OF STUDENTS IN PROGRAM:**

~45

**NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

90% M.A.; 10% Psy.D.

**NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**

70-80 apply, 20-24 accepted

**ADMISSION REQUIREMENTS:**

Admission to the Sport and Performance Master's program is contingent upon the candidate's academic, and sport/performance experiences. It is recommended that candidates have a Bachelor's degree in Psychology, Exercise & Sport Science/Kinesiology, or in one of the performing arts. Please note that in special cases the course work requirement will be waived for applicants with exceptional practical experience. The GRE is required, but there is no specific cut-off score. We attempt to assess not only a candidate's academic ability, but also their character and fitness to engage in the profession of sport and performance consulting. Telephone or personal interview required. TOEFL required for students whose undergraduate degree was from an institution where the language of instruction was not English.

**AVAILABLE FOR QUALIFIED STUDENTS:**

Fellowships (university-wide competition), work-study positions

**ASSISTANTSHIPS:**

Available to assist faculty.

**INTERNSHIP POSSIBILITY:**

Yes

**INTERNSHIP REQUIRED:**

Yes

**NUMBER OF HOURS REQUIRED:**

90 credit hours (quarter system)

**CORE GRADUATE CLASSES:**

I. General Psychology Core (30 credits): (a) Statistics and Research Methodology (6 hours)-Statistics, Research methods; (b) Scientific and Professional Ethics and Standards (3 hours)-Ethical and Legal Issues; (c) History and Systems (3 hours). Foundations of Counseling Theories: (d) Psychological Measurement & Assessment (3 hours)-Assessment in Sport & Performance Psychology; (e) Biological Bases of Behavior (3 hours)-Psychophysiology and Biofeedback; (f) Cognitive/Affective Bases of Behavior (3 hours)-Motivation, Emotion, and Learning; (g) Social Bases of Behavior (3 hours) Sport in American Society; (h) Individual Behavior (6 hours)-Human

Growth and Development, Clinical Issues: Interviewing and Diagnosis.

II. Sport & Performance Psychology Core: (60 credits, exclusive of and in addition to the General Psychology Core): (a) Historical and Research Foundations (3 hours), Applied Sport & Performance Psychology; (b) Human Diversity (3 hours)-Multicultural Issues; (c) Intervention Procedures (9 hours)-Counseling Methods and Practices, Applied Sport & Performance Psychology, Consulting Methods and Practices; (d) Groups (6 hours)-Group Interventions, Team and Organizational Dynamics; (e) Kinesiology Basis of Performance (6 hours) Applied Motor Learning, Movement Principles for Performance; (f) Leadership (3 hours)-Coaching and Leadership for Performance; (g) Excellence/Expertise (3 hours)-Psychology of Excellence; (h) Electives (9 hours)-Practice Development/Business Principles, Scholarly Writing; (i) Practicum (9 hours)-Students are encouraged to obtain at least 200 clock hours for the practicum experience, of which at least 150 hours are to be in direct service experience and at least 75 hours in formally scheduled supervision.

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Students will have opportunities to work in numerous settings across the metro-Denver area. We will attempt to tailor these opportunities based on student's experiences and interests. Consistent with our philosophy of working from the perspective of coaching and teaching, we require all students to work/volunteer as a coach their first year. This allows students to be put in the position of being directly responsible for their performers' development. It also is part of our civic commitment to give back to the Denver community. Additionally, there are opportunities for well-qualified students in the Psy.D. program to work within the athletic department.

**COMMENTS:**

This degree is intended for individuals in the sport, performing arts, health and fitness, or mental health fields that want to develop their ability improve the performance and lives of those with whom they work. We are particularly encouraging those involved in coaching and teaching in sport and performance settings to add to their skills and abilities. There are four areas in which this program truly stands out from other educational opportunities for those who wish to actively practice sport and performance psychology. These areas are our applied focus, curriculum, practicum opportunities, and faculty.

A True Applied Focus: This program focuses extensively on the practice of sport psychology. More than the learning of basic textbook principles that exists in most sport psychology programs, this curriculum teaches the student how to apply these principles. There are many great programs that teach the science of sport psychology, but this program specializes in the art of using this science.

Extensive SPP Curriculum: Our curriculum is designed solely for sport and performance psychology. This is not a program where a few courses have been added to the core curriculum. This program was built from the ground up specifically for learning how to practice sport and performance psychology.

Diverse Practical Opportunities: This program offers diverse practical opportunities for students to put their learning to the test in the “real world” of sport and performance settings. These settings in the Denver metropolitan area are incredibly numerous. The program has established formal practicum sites, yet allows the flexibility for students to create their own practicum to meet their particular interests. Some examples include: private high school academies, collegiate athletic departments, the DU Lamont School of Music, and exercise and health related industries.

Faculty With Expertise in Applied SPP: In addition to teaching sport and performance psychology, all of our faculty are engaged in sport psychology service delivery on an ongoing basis. DU is one of a few select programs where one of its faculty members (Dr. Steve Portenga) works directly for the university’s athletic department and brings this unique experience to share with the students

# University of North Carolina at Greensboro

## Department of Kinesiology

Greensboro, NC 27402-6170

**Contact:** Diane L. Gill  
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**Area of Interest:** Social psychology of sport and exercise, physical activity and wellness

**Contact:** Jennifer L. Etnier  
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**Area of Interest:** Exercise psychology, exercise/physical activity, cognition

**Contact:** Renee Newcomer Appaneal  
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**Website:** [www.uncg.edu/ess/faculty/reneenewcomer.html](http://www.uncg.edu/ess/faculty/reneenewcomer.html)  
**Area of Interest:** Psychology of sport injury prevention and rehabilitation

### PROGRAM RATING

1 2 3 4 5 **6** 7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

#### DEGREE OFFERED:

M.S., Ph.D.

#### NUMBER OF STUDENTS IN PROGRAM:

25

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

60% M.S./40% Ph.D.

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

60 apply/8 accepted (6-8 M.S. students; 0-3 Ph.D. students)

#### ADMISSION REQUIREMENTS:

Admission is based on previous academic performance (GPA), GRE scores, letters of reference, a statement of career goals and objectives, past experience, and accomplishments. A visit to campus is strongly recommended for all candidates and highly recommended for Ph.D. candidates.

#### AVAILABLE FOR QUALIFIED STUDENTS:

Research assistantships, teaching assistantships

#### ASSISTANTSHIPS:

5% fellowships, 25% research assistantships, 25% teaching assistantships, 50% of funded students also receive tuition waivers (out-of-state waiver only awarded with research and/or teaching assistantships), 0% other forms of financial aid

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

No. Practicum/internship is an elective track, and course availability is dependent on faculty/staff resources to provide supervision

**NUMBER OF HOURS REQUIRED:**

Not required, but students typically enroll in the practicum course (i.e., KIN 746) each semester. However, only a maximum of 10 credit hours may be counted towards degree requirements

**CORE GRADUATE CLASSES:**

Sport and Exercise Psychology, Applied Sport Psychology, Practicum in Applied Sport Psychology, Psychological Aspects of Sport Injury & Rehabilitation, Exercise Psychology, Social Psychology, Advanced seminars and special topics courses typically offered alternate years

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Applied graduate training begins first with foundation coursework (i.e., KIN 644 & 744) then practicum (KIN 746). Students may enroll in practicum/internship courses up to a maximum of six (MS practicum) or twelve (Ph.D. practicum + internship). Students may begin training through observation or assisting current student consultants. Sport psychology consultation typically involves providing mental skills training to area youth, adolescents, and collegiate student-athletes. Additional practicum opportunities exist in athletic training and exercise adherence settings. Supervision is provided to students by Dr. Newcomer Appaneal who is a Certified Consultant-AASP), and methods of supervision include peer consultation, group and individual meetings, as well as review of videotape. Visiting lecturers who are AASP-certified have also supervised students through teaching the practicum class.

**COMMENTS:**

The UNCG graduate program in sport and exercise psychology offers M.S. and Ph.D. degrees and prepares students for careers as teachers, researchers, coaches, exercise leaders, or sport and exercise psychology consultants. The UNCG program is staffed by three full-time faculty with expertise in three complementary areas within the field, providing depth and breadth of knowledge in sport and exercise psychology. Extensive research training and experience are provided, with the goal of developing top-flight sport and exercise psychology scholars. In addition, students have the opportunity to develop applied sport and exercise psychology consulting competencies (based on a scientist-practitioner model). The Ph.D. program enables students to pursue in-depth, research-oriented study in sport and exercise psychology, in a program designed to meet individual career goals and needs. Several graduate sport and exercise psychology courses are offered on a regular basis, and special-topics courses and independent studies are often available. The department also offers graduate courses in exercise physiology, sports medicine, pedagogy, motor behavior, and sociohistorical sport studies. Many students take graduate courses offered through other departments and programs across campus, including UNCG's highly regarded psychology and counseling Ph.D. programs. Our Sport and Exercise Psychology Laboratory is adjacent to other departmental labs (i.e., Applied Neuromechanics and Exercise Physiology), and collaborative projects are common.

# University of North Texas

## Department of Psychology

### Center for Sport Psychology and Performance Excellence, Department of Psychology

1155 Union Circle, # 311280  
Denton, TX 76203-5017

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**Contact:** Trent Petrie

**Title:** Professor, Director -Center for Sport Psychology

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**Email:** trent.petrie@unt.edu

**Website:** www.sportpsych.unt.edu

**Area of Interest:** Eating disorders and body image, antecedents and consequences of athletic injuries, counseling athletes, youth sport, life skills training

**Associated Faculty:**

Scott Martin

Christy Greenleaf

Department of KHPR

University of North Texas

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**PROGRAM RATING**

1 2 3 **4** 5 6 7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

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**DEGREE OFFERED:**

Ph.D. in counseling psychology, with specialization in applied sport psychology through the Sport and Exercise Psychology Elective Cluster

**NUMBER OF STUDENTS IN PROGRAM:**

Eight students are admitted annually into the counseling psychology doctoral program. Of these, between one and four pursue the specialization in sport psychology.

**NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

N/A

**NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**

One hundred to 120 students apply each year to the counseling psychology doctoral program. Of these, approximately 30 are invited for on-campus interviews. From those 30, 8 are offered positions in the program.

**ADMISSION REQUIREMENTS:**

For up-to-date information on admission requirements, visit the Department of Psychology's website at: <http://www.psyc.unt.edu/>

**AVAILABLE FOR QUALIFIED STUDENTS:**

Research assistantships, teaching assistantships, university and departmental fellowships, tuition scholarships, other forms of financial aid

**ASSISTANTSHIPS:**

Students admitted to the doctoral program are guaranteed a minimum of two-years of assistantships plus out of state tuition waivers. Some students will be awarded university fellowships that will provide funding for the duration of their studies. Other studies will receive full tuition scholarships. Funding is determined on an annual basis.

**INTERNSHIP POSSIBILITY:**

Yes. Students who enter the counseling psychology program will complete three to four years of general practicum training prior to their pre doctoral clinical internship. In addition, students specializing in sport psychology will complete three to four years of applied sport psychology practica through the Center for Sport Psychology and Performance Excellence.

**INTERNSHIP REQUIRED:**

As part of the doctoral counseling psychology requirements, all students will complete a one-year predoctoral internship at an APA-accredited site. This internship generally is completed during the student's final year of school, following completion of all coursework, comprehensive examinations, and dissertation. Former students have completed their internships at university counseling centers, medical centers, VAs, and community mental health centers.

**NUMBER OF HOURS REQUIRED:**

For the most current information on courses and hour requirements, visit the Department of Psychology's website at <http://www.psyg.unt.edu/> and the Center for Sport Psychology's website at <http://www.sportpsych.unt.edu>

**CORE GRADUATE CLASSES:**

For the most current information on courses and hour requirements, visit the Department of Psychology's website at <http://www.psyg.unt.edu/> the Center for Sport Psychology's website at <http://www.sportpsych.unt.edu>

**DESCRIPTION OF TYPICAL INTERNSHIP****EXPERIENCE:**

During students' applied sport psychology practicum training, they will have opportunities to work with individual athletes, intact teams, coaches, athletic trainers, and athletic department administrators. Although most of this work will be done at the college level, students may have opportunities to work with athletes and teams at the youth, recreational, or elite level. In the practica, students will be embedded with a team or organization for several years and will provide comprehensive sport psychology services, including performance enhancement interventions, team building, systems analysis, coach mentoring, and individual counseling.

**COMMENTS:**

The University of North Texas Center for Sport Psychology and Performance Excellence is a multidisciplinary center devoted to offering sport psychology interventions, research, and training. The M.S. is offered through Kinesiology, Health Promotion, and Recreation; the Ph.D. is offered through the counseling psychology program (APA -approved program).

# University of Tennessee, Knoxville

## Department of Kinesiology, Recreation, and Sport Studies Sport Psychology & Motor Behavior

1914 Andy Holt Avenue  
Knoxville, TN 37996-2700

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**Contact:** Craig Wrisberg  
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**Fax:** 865.974.8981  
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**Website:** <http://web.utk.edu/~sals/default.html>  
**Area of Interest:** Performance enhancement, competition strategies, effects of augmented information on performance, sources of stress, quality of life of athletes

**Contact:** Jeff Fairbrother  
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**Area of Interest:** Motor performance and learning, self-control effects, practice structure, development of sport expertise

**Contact:** Margy Wirtz  
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**Contact:** Leslee Fisher  
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**Email:** lfisher2@utk.edu  
**Website:** <http://web.utk.edu/~sals/default.html>  
**Area of Interest:** Cultural sport psychology, women in sport and physical activity, athletic/gender/moral identity, performance enhancement

**Contact:** Joe Whitney  
**Title:** Mental Training Director and Adjunct Professor  
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**Website:** <http://web.utk.edu/~sals/default.html>  
**Area of Interest:** Performance enhancement, confidence, mental training

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### PROGRAM RATING

1   2   3   4   5   6   7

**1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation**

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**DEGREE OFFERED:**

M.S., Ph.D.

**NUMBER OF STUDENTS IN PROGRAM:**

25 to 30 M.S.; 9-10 Ph.D.

**NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

75% M.S./25% Ph.D.

**NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**

M.S.: 40-50 apply/25-30 accepted (Most do not receive financial support from department); Ph.D.: 20-25 apply/2-3 accepted (all receive teaching assistantships)

**ADMISSION REQUIREMENTS:**

M.S.: minimum 3.00 undergraduate GPA; Ph.D.: minimum 3.00 undergraduate and 3.25 graduate GPA, minimum 50th percentile on verbal component and 50th percentile on quantitative component on the GRE, minimum score of 4.5 on GRE writing sample. Both M.S. and Ph.D applications require completion of a departmental application, an additional writing sample, and three rating forms/recommendation letters.

**AVAILABLE FOR QUALIFIED STUDENTS:**

Graduate assistantships in athletics/sport psychology, research assistantships (when faculty obtain grant money), physical activity program teaching assistantships

**ASSISTANTSHIPS:**

0% Fellowships, 0% research assistantships, 70% teaching assistantships, 20% athletics assistantships, 90% tuition waiver (comes with all assistantships), 10% other forms of financial aid

**INTERNSHIP POSSIBILITY:**

Yes; up to 6 credit hours are possible.

**INTERNSHIP REQUIRED:**

No

**NUMBER OF HOURS REQUIRED:**

M.S.: 30 credit hours.

Ph.D.: 72 credit hours (master's degree required prior to admission to Ph.D. program).

**CORE GRADUATE CLASSES:**

M.S.: 15 credit hours from list of core classes (e.g., Psychology of Sport, Motor Behavior & Skill Acquisition, Health & Exercise Psychology, Expert Performance in Sports, Psychology of Coaching, Professional Practice Issues in Kinesiology).

Ph.D.: 15 credit hours in Kinesiology concentration, 18 credit hours in research; 9 credit hours in Sport Psychology & Motor Behavior specialization; 6 credit hours in cognate (outside major field); 24 credit hours in dissertation.

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Working with teams and/or individual athletes in the local community and schools.

**COMMENTS:**

Degree programs are individually tailored as much as possible to the career goals of students. In addition to a primary focus on performance enhancement, faculty and students in Sport Psychology & Motor Behavior are also concerned about the impact of factors such as gender, race, sexual orientation, class, and power on sport participants. Support for the Sport Psychology & Motor Behavior program is also provided by faculty in clinical, counseling, and experimental psychology, and from personnel associated with the Department of Intercollegiate Athletics. The majority of M.S. students are interested in careers as sport practitioners (e.g., coaches, certified athletic trainers, strength and conditioning specialists, etc.) and seek positions where they can apply what they learn in their graduate program to their future work with athletes. Most M.S. students pursue the non-thesis degree option. The majority of Ph.D. graduates obtain positions as university faculty members although a number have acquired full-time consulting positions in athletic settings. A strong interest in and commitment to research and scholarly activity are an expectation of all Ph.D. students. Doctoral students are exposed to both quantitative and qualitative research methods and are encouraged to participate in projects using both forms of analysis. The focus of faculty research in recent years has included perceptions of mental training services and a role for sport psychology consultants among NCAA D-I athletes, coaches, and administrators; the intersection of cultural studies and sport psychology; and self-control effects on motor performance and learning. Students in the Sport Psychology & Motor Behavior program are provided a unique opportunity to learn about the technical, tactical, and mental aspects of sport performance and other physical activities. This integrated approach allows students to understand sport performance from a broad perspective that recognizes the real-world demands that athletes face. For Ph.D. students, this approach strengthens their marketability for tenure-track positions that require teaching across a range of subjects (e.g., sport psychology, exercise psychology, and motor behavior).

# University of Utah

## Exercise and Sport Science Department

Salt Lake City, UT 84112

**Contact:** Justine Reel  
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**Area of Interest:** Body image and disordered eating in athletes

**Contact:** Melinda Frey  
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**Area of Interest:** Performance enhancement, coach-athlete relationship, psychology of injury, quality training, stress management

**Contact:** Keith Henschen  
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**Email:** khensche@hsc.utah.edu  
**Website:** www.health.utah.edu/ess/  
**Area of Interest:** Performance enhancement

**Contact:** Maria Newton  
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**Email:** maria.newton@health.utah.edu  
**Website:** www.health.utah.edu/less/  
**Area of Interest:** Motivation, youth, caring, climate interventions, optimizing the experience of physical activity

**Contact:** Barry Schultz  
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**Area of Interest:**

### PROGRAM RATING

1 2 3 4 5 6 7

*1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation*

#### **DEGREE OFFERED:**

M.S., Ph.D.

#### **NUMBER OF STUDENTS IN PROGRAM:**

#### **NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

70% M.S./30% Ph.D.

#### **NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**

30 apply/10 accepted

#### **ADMISSION REQUIREMENTS:**

M.S. requires 3.00 GPA, two letters of reference; Ph.D. requires 3.30 GPA, 510 on the MAT or 1000 on the GRE, three letters of recommendation

#### **AVAILABLE FOR QUALIFIED STUDENTS:**

We offer traditional teaching assistantships as well as fellowship opportunities. We hold biweekly research "club"

meetings to facilitate individual and collaborative research. We have established relationships with athletic teams on campus and Olympic training facilities in Park City. These are wonderful opportunities to interact with athletes in a supervised manner. We also offer two sequential courses on the pedagogy of higher education for those interested in teaching in higher education as a profession. We have a very active exercise program for students, faculty, staff, and the community. This program offers student many opportunities to teach a variety of courses.

#### **ASSISTANTSHIPS:**

We have a unique assistantship program. Some TAs teach group exercise classes and assist professors. Another option is to take advantage of our partnership with the Center for Teaching and Learning Excellence. Together we offer a certificate in Teaching in Higher Education. If you follow that tract you will gain excellent experience preparing and teaching lecture courses.

**INTERNSHIP POSSIBILITY:**

**INTERNSHIP REQUIRED:**

**NUMBER OF HOURS REQUIRED:**

M.S. = 36; Ph.D. = Flexible

**CORE GRADUATE CLASSES:**

We have a core set of classes that include Sport Psychology, Motor Learning and Control, Sport Sociology, Motivation Theory, Statistics (2 courses), Research Methods, and Experimental Design. We have many elective classes that rotate on a consistent basis, e.g., Psychology of Injury, Character Development, and Applied Sport Psychology. There are also interesting elective courses in other departments.

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

**COMMENTS:**

At the Master's level we have thesis and non-thesis options. We are in a unique setting. Many winter Olympic sports have their training facilities in the area and we have established relationships with many teams. The University of Utah sits on the side of the Wasatch Mountains. The sun shines over 300 days a year. Salt Lake City is a large city (over 500,000 people) that embraces culture (e.g., ballet, theater) as well as the outdoors (e.g., Alta, Snowbird, hiking, and biking). Please visit <http://www.visitsaltlake.com/> to learn more about us.

# West Virginia University

## College of Physical Activity and Sport Sciences, Sport and Exercise Psychology Program

268 Coliseum, PO Box 6116  
Morgantown, WV 26506-6116

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**Area of Interest:** Physical activity promotion, exercise and diet behavior change, applied sport psychology training and practice

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**Area of Interest:** Counseling college student athletes, ethics in sport psychology, career transitions of athletes, sport injury, addictions

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**Area of Interest:** Leadership, cohesion, African-American athlete

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**Area of Interest:** Social psychology, performance enhancement, counseling psychology, professional issues

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**Area of Interest:** Psychology of injury, Professional issues in Sport Psychology and Athletic Training

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**Area of Interest:** Cohesion, youth sport, physical activity promotion, psychology of injury

### PROGRAM RATING

1   2   3   4   5   6   7

1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation

**DEGREE OFFERED:**  
Ph.D. in Sport and Exercise Psychology; M.A. in Community Counseling

**NUMBER OF STUDENTS IN PROGRAM:**  
15 to 18

**NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:**

**NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:**  
40-50 apply/3-5 accepted

**ADMISSION REQUIREMENTS:**  
December 15 deadline for receipt of all credentials; November 15 for International Applicants, 3.0 undergraduate GPA (minimum), 1050 GRE or 55 MAT (minimum), three letters of reference, interview (preferably during the program's Interview Weekend, conducted each spring semester on campus), written professional goals statement

**AVAILABLE FOR QUALIFIED STUDENTS:**

Fellowships, teaching assistantships, other forms of financial aid are available in sport psychology, the CHAMPS/Life Skills program, and other campus organizations.

**ASSISTANTSHIPS:**

We offer three graduate teaching assistantships in sport psychology, and teaching assistantships are available in the physical activity Basic Instruction program in the College. We have had a high success rate in placing our graduate students in other funded assistantships (e.g., academic advising, research positions, CHAMPS/Life Skills program) on the WVU campus. Several students have been awarded the prestigious Arlen Swiger fellowship, which pays an annual stipend of \$20,000 plus a waiver of tuition and all other fees. For detailed information about financial opportunities, click on [http://cpass.wvu.edu/academic\\_programs/doctorate/sep/sep](http://cpass.wvu.edu/academic_programs/doctorate/sep/sep).

**INTERNSHIP POSSIBILITY:**

Yes

**INTERNSHIP REQUIRED:**

As part of their doctoral plan of study, students are required to complete 6 credit hours of internship and 3 credit hours of supervision over three semesters. To earn their Counseling Master's degree, students must also complete a 15-credit internship experience in a community mental health setting.

**NUMBER OF HOURS REQUIRED:**

Students entering from a Bachelor's degree are expected to accumulate enough hours (i.e., 400 total hours) to be eligible for AASP certification upon graduation. For their Counseling degree, students must complete 600 hours in a community mental health setting.

**CORE GRADUATE CLASSES:**

Sport psychology, exercise and health psychology, psychology of injury, performance enhancement, counseling college student athletes, and social psychology. Please see [http://cpass.wvu.edu/academic\\_programs/doctorate/sep/sep](http://cpass.wvu.edu/academic_programs/doctorate/sep/sep)

**DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:**

Students complete internships that are arranged and supervised by the faculty. The majority of these internships are with university athletic teams, university club teams, a university-based CHAMPS/Life Skills program, and high school teams. Students are also encouraged to complete internship hours in exercise and weight loss programs, with chronically ill patients. Internship opportunities typically include group and individual work.

**COMMENTS:**

The doctoral program is recognized as one of the nation's premier graduate training programs.

What makes the doctoral program unique? Students can be admitted into the doctoral program with either an undergraduate degree or master's degree. Students admitted to the doctoral program in sport and exercise psychology are also admitted to the master's degree program in counseling. Thus, upon completion of the doctoral program, students are also awarded a master's degree in counseling and can sit for the licensure examination as a professional counselor. While we do not have a separate master's degree track in sport psychology, students admitted to the doctoral program also earn the master's degree with an emphasis in sport and exercise psychology prior to completing the doctoral program.

The program employs six full-time faculty members, two of whom are psychologists with expertise in athlete counseling and performance enhancement interventions. In fact, one licensed psychologist is a former Olympic gold medalist in shooting and is also the psychologist for the WVU Department of Intercollegiate Athletics. Four of the faculty members are AASP Certified. The Sport Psychology Graduate Student Club promotes close professional and personal relationships among students enrolled in the program. The graduate program in sport psychology has very close ties with the departments of Counseling, Counseling Psychology, and Rehabilitation Psychology, with several faculty members holding adjunct appointments between departments. There is a strong commitment to interdisciplinary graduate education. The program prides itself on having an excellent balance between research training and opportunities for developing applied skills. The Ph.D. program was recently recognized (2009) by the WVU Board of Governor's as a "Program of Excellence." For complete details about the program, visit our extensive website at [http://cpass.wvu.edu/academic\\_programs/doctorate/sep/sep](http://cpass.wvu.edu/academic_programs/doctorate/sep/sep).

# Western Washington University

## Physical Education, Health, and Recreation

516 High St.  
Bellingham, WA 98225-9067

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**Area of Interest:** Performance psychology, mental skills training, quality of life, psychology of athletic performance, exercise psychology, psychology of coaching

### PROGRAM RATING

1 2 **3** 4 5 6 7

1 to 2 Applied Orientation, 3 to 5 Equal Emphasis, 6 to 7 Research Orientation

#### DEGREE OFFERED:

M.S.

#### NUMBER OF STUDENTS IN PROGRAM:

6

#### NUMBER OF STUDENTS IN EACH DEGREE PROGRAM:

6

#### NUMBER OF STUDENTS WHO APPLY/ARE ACCEPTED ANNUALLY:

A cohort group of sport psychology students (3-5) are accepted every other year (2009, 2011, etc.) and 8-12 students apply for each cohort group.

#### ADMISSION REQUIREMENTS:

3.00 GPA in last 90 quarter or 60 semester hours, three letters of recommendation, GRE scores, undergraduate degree appropriate to individual's field of study

#### AVAILABLE FOR QUALIFIED STUDENTS:

Teaching assistantships, other forms of financial aid

#### ASSISTANTSHIPS:

0% fellowships, 5% research assistantships, 25% teaching assistantships, 10% tuition waivers, 25% other forms of financial aid

#### INTERNSHIP POSSIBILITY:

Yes

#### INTERNSHIP REQUIRED:

Yes

#### NUMBER OF HOURS REQUIRED:

6 quarter credits under advisement

#### CORE GRADUATE CLASSES:

Foundations and Ethics of Sport Psychology, Applied Sport and Exercise Psychology, Research Methods, Sociology of Sport, Internship, Thesis

#### DESCRIPTION OF TYPICAL INTERNSHIP EXPERIENCE:

Internships are available with Western Washington University athletic teams, including the athletic training program. Additional community-based internships are available through the WWU Center for Performance Excellence.

#### COMMENTS:

Program emphasis focused on the educational, behavioral, and performance orientations of applied sport and exercise psychology. The WWU Center for Performance Excellence, established in 2000, is operated by graduate sport and exercise psychology students.