

# Sport and Performance Psychology (M.S.)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor as needed and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including number of courses successfully completed each semester.

<b>Spring Admits</b>						
<b>Required Courses (21 Credits)</b>		<b>Fall</b>	<b>Spring</b>	<b>Summer 1 (extended)</b>	<b>Summer 2</b>	<b>Summer 3</b>
SPPP500: Research Methods in SPPP	K6		X			
SPPP503: Mental Health in Sport & Performance Setting	K4		X			
SPPP510: Foundations of SPPP	K2-1		X			
SPPP512: Sport Psychology for Performance Enhancement	K2-2				X	
SPPP513: Psychology of Athletic Injury & Recovery	K2-3	X				
SPPP516: Professional Ethics in SPPP	K1	X				
SPPP530: Capstone in SPPP		X (Req 12 credits)		X (the 2 <sup>nd</sup> summer)		
<b>Electives (9 Credits)</b>						
SPPP504: Cognitive & Affective Bases of Human Behavior	K7	X				
SPPP511: SPPP Across the Lifespan						
SPPP514: Stress Management for the Physically Active	K2					
SPPP515: Seminar in Sport and Performance Psychology						
SPPP517: Cultural & Ethnic Diversity for SPPP	K8					
SPPP518: Counseling Skills for SPPP	K5					X
SPPP519: Gender and Sport	K3				X	
SPPP531: Mentored Experience in SPPP		X				

Students who wish to complete the MS SPPP degree in one academic year and who wish to maximize the “knowledge area content courses” for the CMPC exam must take the courses indicated with X where they fall on the above chart. Failure to do so, may jeopardize your ability to graduate in one year. X indicates possible elective courses you may be interested in taking.

### **Campus Locations:**

**Bloomsburg**  Online;  In-person;  Blended | **Lock Haven**  Online;  In-person;  Blended | **Mansfield**  Online;  In-person;  Blended | **Clearfield**  Online;  In-person;  Blended