

## BOUNDLESS OPPORTUNITIES

### SPORT PSYCHOLOGY IS A WINNING CAREER!

Sports-related activities, from weekend warriors to professional athletes, generate \$400 billion in revenue in a typical year. Career opportunities extend beyond athletics too. Professional performance counseling and mental preparation now include performers, business executives, creative artists and more.

- » 27 of 30 Major League Baseball teams employ “mental skills coaches” to help players deal with the mental challenges of the game.
- » The National Basketball Players Association has launched a new Mental Health and Wellness Program to assist players with mental health challenges.
- » In the military, performance enhancement specialists are employed to work with soldiers and their families as they face the stresses of deployment.
- » In private practice, sport psychologists can develop a thriving career working with clients ranging from promising high school athletes to golfers, tennis players, or anyone seeking to gain an edge in their performance.
- » Sport psychologists in university athletic departments can earn \$60,000 to \$80,000 a year; the highest salaries can exceed \$100,000 annually.

*From the American Psychological Association*

### APPLY NOW

Visit [uwgb.edu/sepp](http://uwgb.edu/sepp) for admission requirements.

### REQUEST INFORMATION

Complete the **Contact Us** form at [uwgb.edu/admissions/graduate](http://uwgb.edu/admissions/graduate)

### OR CONTACT

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Higher Education Partner  
of the Green Bay Packers

# MASTER OF SCIENCE IN SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY

OPTIMIZING PERFORMANCE AND WELL-BEING



UNIVERSITY of WISCONSIN  
**GREEN BAY**

# SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY


## FIND YOUR EDGE IN PERFORMANCE PSYCHOLOGY


In the world of athletics, from Olympians to “weekend warriors,” enhancing focus and decreasing anxiety has become just as important as physical conditioning. Even beyond the professional, collegiate or recreational level, the field of performance psychology continues to expand to include business, the arts and more.





We live in a sports-minded culture that typically generates \$400 billion in revenue. Add to that a growing interest in enhancing mindfulness and performance skills in professions as diverse as musicians, dancers and entrepreneurs. Exercise psychology consultants work in both Fortune 500 corporations and private practice to assist clients to become more physically active, mentally focused and improve performance. Consultants can also pursue clinical research by studying behavioral change strategies, including individual and population interventions, such as goal setting and exercise programming, to help people live healthier and happier.

## ABOUT THE PROGRAM

 Designed for both working professionals and recent graduates seeking advancement

 Provides specialization opportunities for professionals in psychology, human biology and kinesiology fields

 Cohort-based program = support, teamwork and shared resources

 Two tracks  
*Applied path:* Includes internships to prepare for work in performance enhancement and health improvement fields

*Thesis track:* Advanced research work to prepare for Ph.D. path

 39 credit hours

## LEARNING OUTCOMES

The curriculum includes specialized knowledge in the eight knowledge areas identified by the Association for Applied Sport Psychology as critical for the development of competence in Sport, Exercise and Performance Psychology:

- » Professional Ethics and Knowledge
- » Sport Psychology
- » Sports Science
- » Psychopathology
- » Counseling/Consulting
- » Research Methods and Statistics
- » Behavioral Psychology
- » Diversity and Culture

## SPORT, EXERCISE AND PERFORMANCE PSYCHOLOGY AT A GLANCE

**\$60,000 - 80,000+**

with highest salaries exceeding \$100,000

(American Psychological Association)

Average annual sport psychologist salary in university athletic departments

**480,000+ 13,500**

NCAA Athletes (ncaa.org)  
Professional Athletes (Bureau of Labor Statistics)

Growing demand for sport psychologists is

**#3**

in 10 trends to watch in 2019

(American Psychological Association)

**2 YEARS**

Projected time to degree

Time students with a baccalaureate degree (with prerequisite courses) will complete the degree, including summers.

## PARTNERS IN PERFORMANCE

As a legendary sports-rich community, Green Bay and Northeast Wisconsin offers a wealth of opportunities for students' research and/or to serve as internship placements. Community partners include the Green Bay Packers, Bellin Health Titletown, Aurora Baycare, Green Bay District Schools, UWGB Division I Athletics, UWGB Music Department and more.

**bellinhealth**  
Sports Medicine & Orthopedics at Titletown

**Aurora BayCare**  
Sports Medicine



## FUTURE CERTIFICATION

The Applied Track includes all the foundation courses and various supervised internship opportunities to put you on the path to become a Certified Mental Performance Consultant®

Certification as a Certified Mental Performance Consultant (CMPC®) demonstrates to clients, employers, colleagues and the public at large that an individual has met the highest standards of professional practice, including completing a combination of educational and work requirements, successfully passing a certification exam.

For more information: [appliedsportpsych.org](http://appliedsportpsych.org)

