

About the Association for Applied Sport Psychology / Our Mission

The Association for Applied Sport Psychology (AASP) promotes science and ethical practice in the field of sport and performance psychology and offers accredited certification to qualified professionals. AASP works to ensure every performer has the resources to strengthen their inner edge through the advancement and application of excellence in mental performance and mental health.

Founded in 1985 and with over 3,000 members in 50+ countries, AASP cultivates an inclusive field of Certified Mental Performance Consultants® (CMPC), licensed mental health professionals, educators, and researchers. We support people at every age and level across the performance spectrum – including sport, exercise, tactical, business, and performing arts populations – and elevate their ability to perform and thrive.

AASP is a worldwide leader, sharing research, best practices, and resources with members and the public via its website, www.appliedsportpsych.org.

How AASP Serves the Field of Sport and Performance Psychology

- Supporting and disseminating original and relevant scholarship and research that informs evidence-based practice of sport and performance psychology
- Providing an engaging professional forum for networking and information sharing among members committed to scholarship and/or evidence-based practice
- Promoting the expertise and services of professionals in the field of sport and performance psychology for use by athletes, coaches, non-sport performers (e.g., dancers, musicians), business professionals, and high-risk occupations (e.g., military, firefighters, police)
- Mentoring professionals in all stages of their careers
- Upholding professional standards for competent and ethical practice
- Fostering societal awareness of the value of professionals with expertise in sport and performance psychology

Who Are AASP Members?

AASP members include professionals and students from the fields of sport science and psychology.

- Sport science consists of many sub-disciplines, including kinesiology, biomechanics, sport management, sport physiology, sport nutrition, athletic training, and others
- Psychology, as applied to sport and performance, includes areas of clinical, counseling, developmental, educational, and social psychology

What Is Sport and Performance Psychology?

Today, achieving peak performance involves more than reaching peak physical fitness. Potential isn't realized by chance, and we know that natural ability is only part of the equation. The field of sport and performance psychology focuses on providing every performer the resources to power their inner competitive edge. By

researching, training, and serving performers' comprehensive mental needs, we elevate their performance and well-being so they can realize their greatest potential.

Effective practice in the field of sport and performance psychology involves the use of evidence-based approaches, methods, and interventions. It also includes a consideration of relevant cultural variables that may be impacting one's experience. Sport and performance psychology practice utilizes a combination of individual and group consulting or counseling, depending on the style of the professional conducting the intervention and the needs of the client. Although there are many potential intervention targets (e.g., goal setting, concentration, motivation, relaxation, imagery), the general objective is to teach mental skills necessary to perform consistently.

Certified Mental Performance Consultant® – Accredited Credential in US & Canada

Many sport and performance psychology professionals obtain the [Certified Mental Performance Consultant® \(CMPC\) credential](#). This certification 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, agreeing to adhere to ethical principles and standards, and committing to ongoing professional development. CMPCs make a difference by helping athletes and performers reduce performance anxiety, improve concentration and communication, build confidence, and set goals.

The CMPC certification program is accredited through the National Commission for Certifying Agencies (NCCA). Currently, AASP is the only sport and performance psychology association in the United States and Canada that offers an accredited certification program to qualified professionals.

A Valuable Public Resource: www.appliedsportpsych.org

In addition to providing information for members, AASP's website includes a variety of valuable resources for the general public with articles that address common sport-related situations and issues that athletes and other performers, coaches, and parents encounter. The [Find a Certified Mental Performance Consultant® directory](#) assists consumers in locating a CMPC based on a variety of search criteria.

Media Inquiries:

Media seeking more information or wishing to arrange an interview may contact the AASP public relations agency office directly. You can expect a speedy response, usually within 24 hours.

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