

Learn more about Sport and Exercise Psychology

Through the Association of Applied Sport Psychology (AASP) and the Proactive Peer Undergraduate Mentoring Program (PPUMP)

What is Applied Sport Psychology?

- Applied sport psychology involves extending theory and research into the field to educate coaches, athletes, and parents with the goals of facilitating optimal sport involvement and performance.
- Although there are many specific concepts within applied sport psychology (e.g., goal setting, concentration, relaxation, imagery), the general goal is to teach athletes the mental skills necessary to perform consistently in training and competition and to help them realize their potential as people and athletes.
- The practice of applied sport psychology usually involves a combination of individual and group consulting or counseling depending on the style of the professional conducting the intervention and the client's needs.
- AAASP Certified Consultants and specially-trained licensed psychologists are typically the most competent practitioners in applied sport psychology.

What is Exercise Psychology?

- Applied exercise psychology focuses on the role of psychological factors and their relationship to disease, injury, coping with stress, and health promotion.
- Primary interests concern the close relationship between mental health and physical health and optimizing health and wellness outcomes in applied exercise settings.

Interested in a Career in Applied Sport Psychology?

How can I determine what schools offer sport and exercise psychology programs?

The Directory of Graduate Programs in Applied Sport Psychology identifies more than 100 M.A./M.S. and Ph.D. programs in the United States, Canada, Great Britain, Australia, and South Africa. The guide includes information about financial assistance, internship opportunities, and faculty interests.

The Directory is available www.fitinfotech.com.

What happens after I obtain a degree in sport psychology?

Williams and Scherzer (2003) asked individuals who graduated from a masters or doctoral program, with an emphasis in sport psychology, about their current position of employment, income, career goals, and sport psychology consulting aspirations. The findings provide some guidance for current and prospective students regarding graduate training and career opportunities.

Some career opportunities include:

- Performance Enhancement Consultant for :
 - Athletes
 - Businesses
 - Military Personnel
 - Professor in Kinesiology and Psychology/Counseling departments
- Sports medicine/medical setting

Williams, J. M. & Scherzer, C. B. (2003). Tracking the training and careers of graduates of advanced degree programs in sport psychology, 1994 to 1999. *Journal of Applied Sport Psychology*, 15, 335-353.

You can access this article as well as all articles published in the *Journal of Applied Sport Psychology* when you become a member of AAASP.

How can I find out more information about the field of Sport and Exercise Psychology and AAASP?

PPUMP – Proactive Peer Undergraduate Mentoring Program

PPUMP is comprised of graduate students who are competent and willing to serve as mentors for their peers and prospective students as they search for graduate programs that best fit their needs.

Send an e-mail to ppump@aaasponline.org to contact a PPUMP representative.

You can also find out more information about the field of sport and exercise psychology and the Association for the Advancement of Applied Sport Psychology at : www.aaasponline.org.

How can I learn more about graduate programs in Sport and Exercise Psychology?

A Graduate Program Fair will be held during the 2007 AASP Annual Conference in Louisville, KY., October 24 - Saturday, October 27, 2007 at The Galt House Hotel & Suites. At the fair you can meet current students and professors of master's and Ph.D. programs in the field. This is a great opportunity to learn more about the opportunities at various programs, as well as the research interests of faculty and graduate students in the field. Find out more about how to attend the AAASP annual conference at: www.aaasponline.org.