

### What is the Association for Applied Sport Psychology (AASP)?

The Association for Applied Sport Psychology (AASP) promotes ethical practice, science and advocacy in the field of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field of sport and exercise psychology. With more than 1,600 members in 39 countries, AASP is a worldwide leader, sharing research and resources with the public via its website, [www.appliedsportpsych.org](http://www.appliedsportpsych.org).

### Who are AASP members?

The membership of AASP includes professionals and students from the fields of sport science and psychology.

- Sport science consists of many subdivisions, including kinesiology, biomechanics, sport management, sport physiology, sport nutrition, athletic training and others.
- Psychology, as applied to sport and exercise includes counseling, developmental, clinical and social psychology.

### What is the purpose of AASP?

- To provide leadership for the development of theory, research and applied practice in sport, exercise and health psychology.
- To offer and deliver services to athletes, coaches, teams, parents and other groups involved in exercise, sport participation and rehabilitation.
- To establish and maintain professional standards through the development of certification procedures, ethical guidelines and the promotion of respect for and value of human diversity.
- To certify individuals who have met a minimal level of training and experience to provide appropriate professional services in the field of applied sport and exercise psychology.

### The Association is comprised of three interrelated focus areas:

- **Health and Exercise Psychology** focuses on the application of psychological principles to the promotion and maintenance of health-enhancing behaviors over the lifespan, including play, leisure physical activity and structured exercise, and the psychological and emotional consequences of those behaviors. Researchers in this area also investigate the role of exercise in disease remediation, injury rehabilitation and stress reduction.
- **Performance Psychology** focuses on research, theory and practice intended to improve performance in exercise and sport. This area is also concerned with the effects of sport psychology interventions on the well being of participants in exercise and sport.
- **Social Psychology** focuses on individual and group processes in sport and exercise settings. This area applies social psychological principles in examining factors related to the sport participant, coach, team and spectator.

## **History**

Founded in 1986, the Association for Applied Sport Psychology (AASP) has emerged as the largest applied sport and exercise psychology organization in the world. Founding President, John M. Silva, established AASP to promote *science* and ethical *practice* in the field of sport and exercise psychology, while providing an opportunity for individuals to share information related to theory development, research, and the provision of psychological services to consumers. Today, AASP is a vibrant international, multidisciplinary organization.

Since its inception, AASP has committed significant time and effort to identify essential criteria to advance practice in the field of applied sport psychology. In 1989, AASP established and approved criteria for certification intended to demonstrate that individuals seeking certification must have obtained a minimal level of training and experience to provide professional services in applied sport psychology. Currently, AASP is the largest professional organization in North America that offers certification to qualified professionals who practice in the field of sport, exercise, and health psychology.

**A Valuable Public Resource:** [www.appliedsportpsych.org](http://www.appliedsportpsych.org)

In addition to providing membership information on its website, AASP's Resource Center provides valuable information for the general public with articles that address common sport-related situations and issues that athletes, parents, coaches and sports/exercise enthusiasts encounter. The "Find a Certified Consultant" directory assists in locating a CC-AASP in a specific geographic area.

## **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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