

CC-AASP services just for you

For the adult athlete and/or exercise enthusiast:

- *Do you need help to begin or maintain an exercise program?*
- *Have you lost confidence after an injury or poor sport performance?*
- *Are you looking for a competitive edge that will help you get more out of your performance?*
- *Thinking of returning to a sport or to exercise after a long absence, but aren't sure where to begin?*
- *Do you perform much better in practice than when it counts in competition?*

For the parent and/or coach of a young athlete:

- *Do you seek a positive youth sporting experience for your child/athlete?*
- *Has your child/athlete lost confidence?*
- *Could your child/athlete use help in coping with the stressors of youth sport?*
- *Does your child/athlete have trouble focusing when performing in front of an audience?*
- *Does your child/athlete experience nervousness before a competition that detracts from his/her enjoyment and/or performance?*

For the team coach:

- *Do you want to enhance your team's motivation and confidence?*
- *Would you like to improve your team's communication and cohesion?*
- *Would you like to improve your team's ability to focus and perform?*

If you answered yes to any of the above questions, working with a CC-AASP may be for you!



The Importance of Certification

Founded in 1986, the Association for Applied Sport Psychology (AASP) is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field of sport, exercise and health psychology. Certified Consultants of the Association for Applied Sport Psychology are referred to as CC-AASP.

With more than 1,600 members in 39 countries, AASP is a worldwide leader, sharing research and resources that will improve sport and exercise performance.

For more information, please visit our website at www.appliedsportpsych.org



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Why a CC-AASP?

Certified Consultants (CC-AASP) have met a high standard of education and training in the psychological aspects of sport science. He or she has also undergone an extensive review process. Certified Consultants agree to abide by the provisions of AASP's Ethical Code. To ensure that you are choosing a qualified professional, look for a CC-AASP.

The AASP certification process establishes that applied sport and exercise psychology professionals will maintain high standards of professional conduct.



Help for Sport and Exercise Issues

You realize that exercise is critical to good health, but you struggle to get started and stay motivated. Or maybe you've been active for a long time, and now you need help taking your game or exercise routine to the next level. Perhaps you're experiencing performance challenges on the field, on stage, at work, or in school. Certified Consultants may be able to help. Certified Consultants address performance issues that affect people in all arenas of sport and exercise.

Look for AASP Certification and Membership

If you decide to work with a consultant to improve your sport and exercise performance or experience, make sure the professional you choose is specially trained and certified in the psychological aspects of sport science. As demand for sport and exercise psychology services grows, so does the number of practitioners, not all of whom are qualified. Certification by and membership in the Association for Applied Sport Psychology are indicators of professional legitimacy.



Specialized Training Matters

Certified Consultants are specifically trained to help enhance performance in the following ways:

- Reducing performance anxiety
- Improving concentration
- Setting both short- and long-term goals
- Increasing and maintaining motivation
- Building self-confidence
- Improving communication
- Recovering from injury
- Starting and maintaining an exercise program



Certified Consultants are interested in how participation in sport, exercise, and physical activity may enhance personal development and well-being throughout the life span.

How to Find a Certified Consultant

Visit www.appliedsportpsych.org/certifiedconsultants/searchconsultant.cfm to search the Certified Consultant database to find a CC-AASP in your area.