

What is the Association for Applied Sport Psychology?

The Association for Applied Sport Psychology (AASP) promotes science and ethical practice in the field of sport and performance psychology. Founded in 1985, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field. With almost 2,900 members in almost 50 countries, AASP is a worldwide leader, sharing research, best practices, and resources with members and the public via its website, 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 sub-divisions, 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 the mission of AASP?

AASP is an organization focused on human performance, holistic well-being, and social functioning through education, research to practice, certification, and service to the profession of sport and performance psychology. We accomplish our mission through:

- 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

What is sport and performance psychology?

Sport and performance psychology involves extending theory and research into practice to educate athletes, coaches, non-sport performers, business professionals, and those in high-risk occupations about the psychological aspects of their sport or performance. A primary goal of professionals in the field is to facilitate optimal involvement, performance, and enjoyment of individuals and teams. This is accomplished by teaching mental skills such as goal setting, imagery, relaxation, and self-talk.

Certification as a Certified Mental Performance Consultant® (CMPC) within the field of sport and performance psychology demonstrates that the individual has met the highest standards of professional practice by completing a combination of educational and work requirements, successfully passing a certification exam, agreeing to adhere to AASP ethical principles and standards, and committing to ongoing professional development.

History of AASP

Founded in 1985, AASP has emerged as the largest applied sport and performance psychology organization in the world. Founding President John M. Silva established AASP to promote science and ethical practice in the field of applied sport 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 required level of training and experience to provide professional services in applied sport psychology. To obtain the CMPC® credential, professionals now must also pass an exam. As of 2020, the certification program obtained accreditation through the National Commission for Certifying Agencies. Currently, AASP is the only sport and performance psychology association in North America 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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