



Certified Mental Performance Consultant® (CMPC) Exam Reference List

These references are organized by the 13 Knowledge Groups that align with the competencies/skills and six (6) Task Domains identified by the Job Analysis. This Reference List is a suggested list of optional (not required) resources to help prepare for the CMPC Certification Exam.

The general recommendations for studying for the exam are to find the list of 13 Knowledge Groups on page 21 of the *Certification Program Candidate Handbook* and use this as your study guide, even if also utilizing the *Essential Guide for Mental Performance Consulting*.

The weight for a Knowledge Group appears in parentheses following each Knowledge Group title. The weights indicate the number of exam items out of 100 items that target that Knowledge Group. The weights summed for all 13 Knowledge Groups equal 100, reflecting the 100 items on the exam. Let the weights guide your study time. If there is a Knowledge Group that has a low weight (e.g., 3 or 4) and you know very little about this Knowledge Group, you might consider not studying that group because there will be only two or three test items on that Knowledge Group content. On the other hand, if a Knowledge Group has a higher weight, it is an indication that there will be more exam items on the Knowledge Group and that it merits more study time. Suggested study resources include the *Essential Guide for Mental Performance Consultants* and the resources contained in this list.

There are five references that have been used across multiple Knowledge Groups, and you are encouraged to consider reviewing these five as general foundations for exam review:

Tenenbaum, G., Eklund, R. C., & Kamata, A. (2012). *Measurement in sport and exercise psychology*. Human Kinetics.

Tod, D., Hodge, K., & Krane, V. (2024). *Routledge handbook of applied sport psychology: A comprehensive guide for students and practitioners* (2nd ed.). Routledge.

Van Raalte, J. L., & Brewer, B. W. (Eds.). (2014). *Exploring sport and exercise psychology*. (3rd ed.). American Psychological Association.

Weinberg, R. S., & Gould, D. (2024). *Foundations of sport and exercise psychology*. (8th ed.). Human Kinetics.

Williams, J. M., & Krane, V. (2020). *Applied sport psychology: Personal growth to peak Performance* (8th ed.). McGraw Hill.

Knowledge Groups:

A. Theories and principles of Counseling and Consulting to Incorporate Into a Philosophy of Practice

American College of Sports Medicine (2013). *ACSM's resource manual for guidelines for exercise testing and prescription* (7th ed.). Wolters Kluwer Health.

Berger, B.G., Weinberg, R.S., & Eklund, R.C. (2015). *Foundations of exercise psychology*. Fitness Information Technology.

Gelso, C. J. (2010). *The real relationship in psychotherapy : The hidden foundation of change*. American Psychological Association.

Lox, C. L., Martin Ginis, K. A., Gainforth, H. L., & Petruzzello, S. J. (2019). *The psychology of exercise: Integrating theory and practice* (5th ed.). Routledge.

Sommers-Flanagan, J., & Sommers-Flanagan, R. (2018). *Counseling and psychotherapy theories in context and practice: Skills, strategies, and techniques* (3rd ed.). Wiley.

Watson, J., Hilliard, R., & Way, W. (2017). Counseling and communication skills in sport and performance psychology. *Oxford Research Encyclopedia of Psychology* (pp. 1-28). Oxford University Press.

B. Assessment of Individuals, Groups/Teams, and Organizations

Cox, R. (2012). *Sport psychology: Concepts and applications*. (7th ed.) McGraw Hill.

Nideffer, R., & Sagal, M. (2001). *Assessment in sport psychology*. Fitness Information Technology.

C. Coaching Development and Leadership

Callary, B., & Gearity, B. (Eds.). (2019). *Coach education and development in sport: Instructional strategies*. Routledge.

Horn, T. S. (Ed.). (2008). *Advances in sport psychology* (3rd ed.). Human Kinetics.

D. Culture and Diversity

Gonzalez, S. P., Smith Machin, A. L., & Cogan, K. L. (2014). Diversity in sport. In J. L. Van Raalte & B. W. Brewer (Eds.), *Exploring sport and exercise psychology*, (3rd ed.) (pp. 427-450). American Psychological Association.

Mio, J. S., Barker, L. S., Domenech Rodriguez, M. M., & Gonzalez, J. (2023). *Multicultural psychology* (6th ed.). Oxford University Press.

Schinke, R. J. (2014). Cultural competence. In R. C. Eklund & G. Tenenbaum (Eds.), *Encyclopedia of sport and exercise psychology (Volume 1)* (pp. 185-187). Sage.

Schinke, R., McGannon, K. R., Parham, W. D., & Lane, A. M. (2012). Towards cultural practice and cultural sensitivity: Strategies for self-reflexive sport psychology practice. *QUEST*, 64(1), 34-46.

Scott, L.F., Tinsley, T. M., Ng, K., Withycombe, J. L., & Poudevigne, M. (2018). Diversity in sport psychology assessment. In J. Taylor (Ed.), *Assessment in applied sport psychology* (pp. 35-55). Human Kinetics.

Sue, D. W., Capodilupo, C. M., Torino, G. C., Bucceri, J. M., Holder, A., Nadal, K. L., & Esquilin, M., (2007). Racial microaggressions in everyday life: implications for clinical practice. *American Psychologist*, 62(4), 271-286.

Terry, P. (2009). Strategies for reflective cultural sport psychology practice. In R. Schinke & S. Hanrahan (Eds.), *Cultural sport psychology* (pp. 79-89). Human Kinetics.

E. Professional Ethics and Responsibilities

Review AASP and APA Ethical standards/principles.

Corey, G. (2020). *Theory and practice of counseling and psychotherapy* (10th ed.). Brooks/Cole.

Cremades, G., & Tashman, L. (2016). *Global practices and training in applied sport*. Routledge.

Stainback, R. D., & Taylor, R. E. (2005). Facilitating change: Alcohol and violence among athletes. In M. B. Andersen (Ed.), *Sport psychology in practice* (pp. 135-158). Human Kinetics.

F. Evaluation of Consultant and Program Service/Delivery Effectiveness

Kirkpatrick's Model: [Kirkpatrick's Model - Analyzing Learning Effectiveness \(mindtools.com\)](https://www.mindtools.com/ak1yhhs/kirkpatrick-four-level-training-evaluation-model)
<https://www.mindtools.com/ak1yhhs/kirkpatrick-four-level-training-evaluation-model>

Parham, W. (2005). Raising the bar: Developing an understanding of athletes from racially, culturally, and ethnically diverse backgrounds. In M. B. Andersen (Ed.), *Sport psychology in practice* (pp. 201–222). Human Kinetics.

Parham, W. D. (2009). African-descendent collegiate athletes: An invitation to respond to their visibility. In E. Etzel (Ed.), *Counseling and psychological services for college student-athletes* (pp. 215-237). Fitness Information Technology.

G. Foundational Psychological Theories and Models

Bandura, A. (1982). Self-efficacy mechanism in human agency. *American Psychologist*, 37(2), 122-147

Corey, G. (2020). *Theory and practice of counseling and psychotherapy* (10th ed.). Brooks/Cole.
Haywood, K. M. (2006). *Psychological aspects of archery*. In J. Dosil (Ed.), *The sport psychologist's handbook: A guide for sport-specific performance enhancement* (pp. 77-97). John Wiley & Sons, Inc.

Ryan, R. M., & Deci, E. L. (2017). *Self-determination theory: Basic psychological needs in motivation, development, and wellness*. Guilford Press.

Skinner, C. S., Tiro, J., & Champion, V. L. (2015). The health belief model. In K. Glanz, B. K. Rimer, & K. "V" Viswanath (Eds.), *Health behavior: Theory, research, and practice* (5th ed.) (pp. 75-94). Jossey-Bass/Wiley.

H. Learning and Skill Acquisition

Foster, S., Lloyd, P. J., & Kamin, S. (2009). Mental preparation, memorization, and Improvisation. In K. Hays (Ed.), *Performance psychology in action* (pp. 77-97). American Psychological Association.

Goldstein, E. B. (2008). *Cognitive psychology: Connecting mind, research, and everyday experience*, (2nd ed.). Thomson Wadsworth.

Roberts, G., & Kristiansen, E. (2012). Goal setting to enhance motivation in sport. In G. C. Roberts & D. C. Treasure, *Advances in motivation in sport and exercise* (pp. 207-227). Human Kinetics.

Singer, R. N., Hausenblas, H. A., & Janelle, C. M. (2001). *Handbook of sport psychology* (2nd ed.). Wiley.

I. Mental Performance Training (skills, interventions, and outcomes)

Andersen, M. B. (2005). *Sport psychology in practice*. Human Kinetics.

Bjork, R. A. (1999). *Assessing our own competence: Heuristics and illusions*. In D. Gopher & A. Koriat (Eds.), *Attention and performance XVII: Cognitive regulation of performance: Interaction of theory and application* (pp. 435–459). The MIT Press

Bjork, E. L., & Bjork, R. A. (2011). Making things hard on yourself, but in a good way: Creating desirable difficulties to enhance learning. In M. A. Gernsbacher, R. W. Pew, L. M. Hough, & J. R.

Pomerantz (Eds.), *Psychology and the real world: Essays illustrating fundamental contributions to society* (pp. 56–64). Worth Publishers.

Chelimsky, E., & Shadish, W. R. (Eds.). (1997). *Evaluation for the 21st century: A handbook*. Sage Publications, Inc.

Chow, G. M., Garinger, L. M., Freeman, J., Ward, S. K., & Bird, M. D. (2022). "It's About Going From Good to Great": Expert Approaches to Conducting a First Sport Psychology Session, *Journal of Clinical Sport Psychology*, 18(5), 1-23.

Eys, M.A., Burke, S. M., Dennis, P., & Evans, B. (2015). *The sport team as an effective group*. In J. M. Williams & V. Krane (2015), *Applied sport psychology: Personal growth to peak performance* (6th ed.) (pp. 124-139). McGraw-Hill.

Gallucci, N. T. (2014). *Sport psychology: Performance enhancement, performance inhibition, individuals, and teams* (2nd ed.). Psychology Press.

Holmes, P. S., & Collins, D. J. (2001). The PETTLEP approach to motor imagery: A functional equivalence model for sport psychologists. *Journal of Applied Sport Psychology*, 13(1), 60-83.

McDougall, M., Nesti, M., & Richardson, D. (2015). The challenges of sport psychology delivery in elite and professional sport: Reflections from experienced sport psychologists. *The Sport Psychologist*, 29(3), 265-277.

Mosley, E., & Laborde, S. (2022). A scoping review of heart rate variability in sport and exercise psychology. *International Review of Sport and Exercise Psychology*, 1-75.

Poczwardowski, A., & Sherman, C. P. (2011). Revisions to the sport psychology service delivery (SPSD) heuristic: Explorations with experienced consultants. *The Sport Psychologist*, 25(4), 511-531.

Poczwardowski, A., Sherman, C. P., & Ravizza, K. (2004). Professional philosophy in the sport psychology service delivery: Building on theory to practice. *The Sport Psychologist*, 18(4), 445-463.

Sharp, L-A., Hodge, K., & Danish, S. (2015). Ultimately it comes down to the relationship: Experienced consultants' views of effective sport psychology consulting. *The Sport Psychologist*, 29(4), 358-370.

Weiss, S.M., & Reber, A.S. (2012). Curing the dreaded ""Steve Blass disease"". *Journal of Sport Psychology in Action*, 3(3), 171-181.

Williams, S. E., Cumming, J., Ntoumanis, N., Nordin-Bates, S. M., Ramsey, R. & Hall, C., (2012). Further validation and development of the Movement Imagery Questionnaire.,

Journal of Sport & Exercise Psychology, 34(5), 621-646.

J. Physiological Bases of Performance

Bompa, T.O., & Buzzichelli, C. (2019). *Periodization: Theory and methodology of training* (6th ed.). Human Kinetics.

Bushman, B. (2017). *American College of Sports Medicine complete guide to fitness & health*, (2nd ed.). Human Kinetics.

Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2019). *Physiology of sport and exercise* (7th ed.). Human Kinetics.

K. Psychology of Injury and Rehabilitation

Arvinen-Barrow, M., & Clement, D. (Eds.). (2024). *The psychology of sport injury and rehabilitation* (2nd ed.). Routledge.

Podlog, L., Dimmock, J., & Miller, J. (2011). A review of return to sport concerns following injury rehabilitation: Practitioner strategies for enhancing recovery outcomes. *Physical Therapy in Sport*, 12(1), 36-42.

L. Establishing and Maintaining Consulting Relationships

Ivey, A.E., Ivey, M.B., & Zalaquett, C.P. (2013). *Intentional interviewing and counseling: Facilitating client development in a multicultural society* (8th ed.). Cengage Learning.

Teyber, E., & Teyber, F. (2016). *Interpersonal process in therapy: An integrative model* (7th ed.). Cengage Learning.

Tod, D., & Lavalley, D. (2011). Taming the wild west: Training and supervision in applied sport psychology. In D. Gilbourne & M. B. Andersen (Eds.), *Critical essays in applied sport psychology* (pp. 193–215). Human Kinetics.

Watson, J., Hilliard, R., & Way, W. (2017). Counseling and communication skills in sport and performance psychology. *Oxford Research Encyclopedia of Psychology* (pp. 1-28). Oxford University Press.

M. Use of Technology in Mental Performance Consulting

Cotterill, S. T. (2020). Social media and sport psychology practice. In M. Bertollo, E. Filho, & P. Terry (Eds.), *Advancements in mental skills training* (pp. 109-122). Routledge.

Coumbe-Lilley, J. E., & Shipherd, A. M. (Eds.) (2020). *High impact teaching for sport and exercise psychology educators*. Routledge.

Price, D., Wagstaff, C. R. D., & Thelwell, R. C. (2020). Opportunities and considerations of new media and technology in sport psychology service delivery. *Journal of Sport Psychology in Action, 13*(1), 4-15.

Shanmuganathan-Felton, V., & Smith, S. (2022). *Developing a sport psychology consultancy practice: a toolkit for students and trainees*. Routledge.