

# ASACR 3

Office of the President  
May 2, 2017

Members, Board of Trustees:

ACADEMIC DEGREE RECOMMENDATION:  
COLLEGE OF EDUCATION

Recommendation: that the Board of Trustees approve the establishment of a Master of Science degree with a major in Sport and Exercise Psychology, in the Department of Kinesiology and Health Promotion, within the College of Education, beginning in the Fall 2017 Semester.

Background: The field of sport and exercise psychology (SEP) is an interdisciplinary science that explores the relationship between various psychological factors and participation in sport and/or physical activity. SEP is a quickly growing field, as evidenced by professional memberships, conference attendance, professional journals, publications, and job opportunities. The proposed program is designed for those specifically interested in sport and exercise performance enhancement, while also providing foundational knowledge in counseling theory and techniques.

The two-year program within the Department of Kinesiology and Health Promotion offers students the choice to pursue a graduate education by either following an applied or research track. Each option integrates theory-based research and the application of key concepts associated with performance enhancement and life skill development. In this context, successful completion of this program will result in a strong understanding of the various psychosocial factors that influence sport participation and performance.

Certification with the Association of Applied Sport Psychology is the gold standard in this field and this program will assist students in preparing for success in the certification exam. With college athletic programs and professional teams acknowledging the importance of sport psychology, individuals trained in both mental health and performance enhancement are in high demand.

This program has the approval of the appropriate councils and the University Senate and has completed the 45 day review process of the Council on Postsecondary Education. The Provost of the University supports this recommendation.

---

Action taken:     Approved     Disapproved     Other \_\_\_\_\_