

## Graduate

# Kinesiology — Exercise and Sport Psychology

### Degrees Available at SIUE

- Master of Science in Kinesiology with a Specialization in Exercise and Sport Psychology

### Exercise and Sport Psychology at SIUE

The exercise and sport psychology program is offered through the Department of Applied Health, in the School of Education, Health and Human Behavior.

Our program integrates theory, research and practice, and includes the study of cognitive, emotional, psychological and social factors that influence sport and exercise behaviors, as well as the effects of physical activity on psychological factors. In addition to coursework in sport psychology, exercise psychology, rehabilitation and health psychology, sport sociology, psychology of coaching, and physical activity promotion, students may enroll in elective courses throughout the university to match their educational experience to their career objectives. The program also has close ties to SIUE's Division I athletics program.

SIUE's exercise and sport psychology program offers a number of distinct advantages, including:

- Development of knowledge and skills in students' areas of interest through strong faculty mentoring
- An optimal student-faculty ratio, ensuring students receive personalized attention
- Advising focused on career success through the selection of courses, research topics and applied experiences
- Evening classes and selected online classes scheduled to meet the needs of working professionals
- Program can be completed in 12-22 months

### Why Exercise and Sport Psychology

Exercise and sport psychology can provide you with the basis for understanding the thought processes and attitudes of athletes and individuals involved in sport or exercise activities. With this understanding, you can then learn to help others improve their performance and/or psychological well-being. The exercise and sport psychology specialization focuses on the psychosocial factors that influence, and are influenced by, physical activity. While this specialization will appeal to those individuals currently teaching and/or coaching, it is also designed to provide a solid foundation for those desiring to further their graduate education in fields associated with behavioral medicine, including exercise psychology, sport psychology, athletic training and health psychology. Focusing on strategies for enhancing sport performance or adherence to exercise, for example, the exercise and sport psychology specialization provides students with knowledge and skills that can be readily applied to numerous aspects of their own lives, as well to the lives of their professional clients.

### Career Opportunities

Graduates of the exercise and sport psychology specialization have careers in mental training, fitness, campus recreation, exercise administration, sport administration, coaching, personal training, sport psychology, and exercise and rehab settings. Our graduates are also employed in exercise (fitness) and rehabilitation (clinic, hospital) settings. Some graduates are choosing to continue their education at the doctoral level.

### Current Program Research Projects

- The Effect of Imagery Assisted Virtual Reality on Psychological Skills in Athletes
- Use of Affordable Imagery on Self-Efficacy and Performance in Athletics
- The Role of Community-Based Organizations in Physical Activity Promotion
- Physical Activity, Sedentary Behavior, and Health Outcomes among Clergy
- Physical Activity, Sedentary Behavior, and Health Outcomes among Seminarians

For additional information, please contact Lindsay Ross-Stewart, PhD, Graduate Program Director.

### Admission Requirements

- Graduate School application and \$40 fee
- Submission of all postsecondary academic transcripts
- Successful completion of a bachelor's prior to enrollment
- Applicants must have an undergraduate grade point average of at least 2.75 (A=4.0) to be considered for admittance into the program.
- Only courses in which the student earned a grade of "B" or better will be considered for transfer credit.
- For international students, a minimum total internet-based TOEFL score of 100 is required to be considered for admission.

# SIUE

School of Education,  
Health and Human Behavior  
Department of Applied Health



### Faculty

**Lindsay Ross-Stewart, PhD**  
Graduate Program Director  
University of North Dakota

**Ben Webb, PhD**  
Pennsylvania State University

SOUTHERN ILLINOIS UNIVERSITY  
**EDWARDSVILLE**  
GRADUATE SCHOOL

Program application materials may be uploaded during the application process, but official transcripts must be sent directly from the school attended, and test scores must be verifiable with the appropriate testing service. Please contact the Graduate Admissions office with questions regarding the application submission process at [graduateadmissions@siue.edu](mailto:graduateadmissions@siue.edu).

Admission may be granted to applicants who have a bachelor's degree and meet the aforementioned criteria, although any prerequisites necessary to study in a particular specialization are at the discretion of the program advisor.

Selection for admission is determined by the graduate faculty in the Department of Kinesiology and Health Education. The student's grade point average and course work content from previous professional preparation will be used to determine qualifications for entrance into the program.

Review the SIUE Admissions Policy for more information.

### Application Deadline

Applications are accepted on a rolling basis.

### Graduation Requirements

Students may select either a thesis or non-thesis option. Students who elect to prepare a research thesis in lieu of the non-thesis project must also present an oral defense of the thesis by a written and oral assignment to incorporate both research and application of the master's program material. To complete a thesis, a student must be accepted by a faculty member based on the requirements outlined on the website.

In the final semester non-thesis students will be required to complete a comprehensive project determined in close consultation with one's graduate advisor and other faculty as appropriate. The project is intended to develop greater breadth and depth of understanding of the field and the application of knowledge that will lead to the implementation or presentation of a plan to a profession, community group or an organization as approved by the program director.

Concludes as the student presents orally the findings related to his/her project and defends conclusions against questions raised by the faculty advisor.

Review the graduation policy for more information.

### Curriculum

Students may begin in the fall, spring or summer semesters. Due to the versatility of the program, students can complete the program in as little as one year. However, students typically take five semesters to complete their degree. Students have the option to choose between either the thesis or non-thesis option.

#### Thesis Option-30 hours

#### Non-Thesis Option-30 hours

### Required Courses (15 hours)\*

**KIN 501** Exercise Psychology - Provides an in-depth analysis of psychosocial factors related to preventive and rehabilitative exercise behavior.

**KIN 502** Sport Psychology - Explores the psychological factors influencing participation patterns and performance in sport, and effects of sport upon psychological responses.

**KIN 503** Sport Sociology - Provides an in-depth analysis of the interaction between physical activity and society including the social and cultural processes and institutions which influence, and are influenced by physical activity.

**KIN 506** Rehabilitation and Health Psychology - This course is designed to provide an in-depth analysis of the psychological issues associated with injury and disease rehabilitation as well as the psychological issues related to health.

**KIN 505** Psychology of Coaching OR **KIN 507** Physical Activity Promotion

\*Courses are offered in traditional and online formats. Traditional courses are offered in the evening, in a traditional classroom setting.

### Thesis Option (15 hours)\*

**KIN 599** Thesis in Kinesiology - Students selecting the thesis track must earn a minimum of three credit hours. This course may be repeated for a maximum of six hours.

**KIN 509** Research Methods in Kinesiology - Prepare students to read, understand and evaluate research in the field of kinesiology.

**PSYC 520** Research Design and Inference I - Research methods, philosophy of science, research writing, review of basic statistics, using computer for statistical analysis and research writing.

Prerequisite: graduate standing in psychology or consent of instructor.

OR **SOC 518** Advanced Data Analysis

Electives (3)

\*Courses are offered in the evening, in a traditional classroom setting.

The thesis option is ideal for students interested in pursuing a doctoral degree in sport and exercise psychology, counseling or other psychology. Students will learn research processes and investigate the impact of psychological factors in sport and/or exercise. Students will have opportunities to present at professional conferences and publish in scientific journals. Students pursuing the thesis option will typically take two academic years to complete the coursework and research thesis. The student and faculty advisor will match thesis and coursework with the goals of the student to provide an exceptional learning experience.

Admission to a graduate program in kinesiology does not guarantee the opportunity to complete a thesis. Students choosing to complete a thesis must do the following:

- Meet with the professor(s) with whom you would like to work, to discuss your research interests
- Submit a letter of interest to the professor(s) with whom you would like to work.
- Submit an example of your writing to the professor(s) with whom you would like to work

Faculty will choose thesis students based on a combination of the students potential for success, a match in research interests between the faculty member and the student, as well as the availability of the faculty member.

For additional information, please contact the coordinator for your program of interest

- Exercise Physiology - Dr. Brianne Guilford
- Exercise and Sport Psychology - Dr. Lindsay Ross-Stewart
- Physical Education and Coaching Pedagogy - Dr. Dave Cluphf

### Non-Thesis Option (15 hours)\*

**KIN 522** Analysis of Teaching Behaviors in Sport and Physical Education - Selection and observation of appropriate teaching behaviors in sport and K-12 physical education.

**KIN 527a** Action Research in Physical Activity I - Introduces students to action research, a form of self-reflective, systematic inquiry by practitioners on their own practice. Prerequisites: admission to physical education and sport pedagogy program.

**KIN 527b** Action Research in Physical Activity II - Introduces students to presenting action research, a form of self-reflective, systematic inquiry by practitioners on their own practice. Prerequisites: admission to physical education and sport pedagogy program.

Electives (6)

\*Courses are offered in traditional and online formats. It is possible to complete all electives online.

The non-thesis option is for students who are not interested in pursuing a doctoral degree.

### Contact Information

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Program Director

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