

GRADUATE

## Kinesiology-Exercise and Sport Psychology

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

SIUE

[siue.edu/grad/exercise-sport-psychology](http://siue.edu/grad/exercise-sport-psychology)

### Exercise and Sport Psychology at SIUE

The exercise and sport psychology 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. This program also has close ties to SIUE's Division I athletics program.

Students may enroll in elective courses to match their educational experience to their career objectives in addition to coursework in:

- Sport psychology
- Exercise psychology
- Exercise and sport psychology for special populations
- Sport sociology
- Psychology of coaching
- Physical activity promotion

A number of distinct advantages are available at SIUE, 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
- Required courses are offered in the afternoon or evening to meet the needs of professionals

### Program Format

Offered in two convenient formats, this program can be completed in 12-22 months.

- **Online Synchronous Option:** Courses can be completed from the convenience of home while connecting virtually with faculty and classmates. Students are required to participate in online classes scheduled during evening hours. Students can also enroll in some asynchronous online courses where scheduled meeting times are not required. Please note that international students are not eligible to apply for the online option.
- **Traditional Option:** Most courses are offered on campus. Limited online courses are also available.

### Degrees Available at SIUE

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

### 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 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 individuals currently teaching and/or coaching, it is also designed to provide a solid foundation for students desiring to further their graduate education in fields associated with behavioral medicine, including:

- Exercise psychology
- Sport psychology
- Athletic training
- 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 as to the lives of their professional clients.

### What can I do with a degree in exercise and sport psychology?

Graduates of the exercise and sport psychology specialization pursue careers in:

- Mental training
- Fitness
- Campus recreation
- Exercise administration
- Sport administration

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## What can I do with a degree in exercise and sport psychology? Cont.

- Coaching
- Personal training
- Sport psychology
- Exercise and rehab settings

Some graduates choose to continue their education at the doctoral level.

**This program satisfies the coursework required for the Certified Mental Performance Consultant (CMPC) certification.** CMPC also requires 400 hours of mentored experience followed by a certification exam. Please contact the program director if you have any questions.



## Admission Requirements

- Graduate School application and \$40 fee
- Submission of all postsecondary academic transcripts
- Successful completion of a bachelor's degree prior to enrollment
- Applicants must have an undergraduate GPA 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. International students are not eligible to apply for the online synchronous option.

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 Applied Health. The student's GPA and coursework content from previous professional preparation will be used to determine qualifications for entrance into the program.

## Application Deadline

Applications are accepted on a rolling basis. Our rolling admission terms allow students to begin this program at the time that is most convenient for them.

## 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.

## Required Credit Hours/Tuition and Fees

- 30
- Visit [siue.edu/graduate-tuition](http://siue.edu/graduate-tuition) for detailed tuition 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 four to five semesters to complete their degree. Students enrolled in the traditional format can choose either the thesis or non-thesis option. Students enrolled in the online synchronous format will complete the non-thesis option.

### 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** Exercise and Sport Psychology for Special Populations: Provides an in depth analysis of the biological, psychological, social, environmental, and political factors that are related to successful application of exercise and sport psychology principles with special populations (e.g., injured, youth, differently abled).
- **KIN 509** Research Methods in Kinesiology: Prepare students to read, understand, and evaluate research in the field of kinesiology.

### 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.
- **PBHE 520** Public Health Data Analysis: This applied biostatistics course is designed to develop skills in collecting, analyzing, and using public health data to lead organizations and make programmatic decisions. This course is an introduction to biostatistics.

### Electives (6-9 credit hours)

The thesis option is ideal for students interested in pursuing a doctoral degree in sport psychology and exercise psychology related fields. 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 student's potential for success, a match in research interests between the faculty member and the student, as well as the availability of the faculty member.

### Non-Thesis Option (15 hours)

The non-thesis option is for students who are not interested in pursuing a doctoral degree and those pursuing the online synchronous option.

- **KIN 598** Final Semester in Exercise and Sport Psychology: This course is intended for non-thesis students to complete their final project. The course will help each student navigate through project design and implementation.

### Electives (12 hours)

- **KIN 504** Counseling Skills for Sport Psychology: The course will follow a scientist-practitioner model with an emphasis on theories grounded in counseling and performance psychology and the practical application of said theories.
- **KIN 505** Psychology of Coaching: Focuses on using best practices in coaching based on research and readings by those in the field.
- **KIN 507** Physical Activity Promotion: Designed to explore practical and theory-based strategies for increasing physical participation and adherence among various populations.
- **KIN 508** Professional Standard and Ethics in Sport Psychology: This course will deal with ethical issues within the field of applied sport psychology.
- **KIN 511** Fundamental of Exercise and Fitness: This course will help students develop knowledge, skills, and abilities regarding exercise and fitness so they can incorporate exercise into their own lives and promote an active lifestyle to others.
- **KIN 550** Selected Topics in Kinesiology: Analysis of reports, current problems, trends, and research in exercise science. Repeatable up to 12 hours at the discretion of the advisor, provided no topic is repeated.
- **KIN 555** Internship in Exercise Physiology: Individualized planned experience in agency, organization, or institution appropriate to student's area of professional interest.
- **KIN 580** Readings in Kinesiology: Supervised reading in selected topics.

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### Contact Information

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