



# *Sport Psychology*

---

# *What is Sport Psychology?*

---

- Sport Psychology has a focus on the well-being and development of athletes. They strive to help deliver an optimal performance for their athletes. More information can be found using the links provided below:

<https://www.apa.org/ed/graduate/specialize/sports#:~:text=Sport%20psychology%20is%20a%20proficiency%20that%20uses%20psychological,systemic%20issues%20associated%20with%20sports%20settings%20and%20organizations.>

[https://www.youtube.com/watch?v=5LVy1iWk54o&ab\\_channel=PortlandCommunityCollege](https://www.youtube.com/watch?v=5LVy1iWk54o&ab_channel=PortlandCommunityCollege)

[https://www.youtube.com/watch?v=d6jj2l\\_Kn-s&ab\\_channel=SuccessStartsWithin%7CSportPsychologyCoaching](https://www.youtube.com/watch?v=d6jj2l_Kn-s&ab_channel=SuccessStartsWithin%7CSportPsychologyCoaching)

# *Potential Career Paths in Sport Psychology:*

---

- Sport Psychologist.
  - This pathway requires receiving either an M.A. or Ph.D.
- Clinical Psychologist.
  - This pathway requires receiving either an M.A. or Ph.D.
- Sport Psychology Professional or Consultant.
- Performance Enhancement Specialist.
- Performance Coach.

# *Undergraduate Recommended Courses in Psychology:*

---

- Adult Development (**PSY 312**).
- Sensation and Perception (**PSY 324\***).
- Personality (**PSY 360**).
- Sport Psychology (**PSY 405 - Might Also Show Up Under Special Topics**).
- Physiological Psychology (**PSY 440**).
- Health Psychology (**PSY 443\***).

\* make sure to look at the pre-requisites for these courses, as there are more than just PSY 201! Ask an Advising Officer if you have any questions 😊

# *Undergraduate Recommended Courses Outside of Psychology:*

---

- Human Biology with Lab (**BSC 105 and BSC 105L**).
  - Human Anatomy with Lab (**BSC 227 and BSC 227L**).
  - Human Physiology with Lab (**BSC 228 and BSC 228L\***).
  - Physiology of Fitness (**ESS 211**).
  - Introduction to Exercise Science (**ESS 215**).
  - Introduction to Applied Anatomy and Physiology (**HS 201**).
  - Fitness and Wellness (**ESS 220**).
  - Functional Kinesiology (**HS 365\***).
  - Sport Psychology (**HS 405 - Do Not Take If Already Taken PSY 405**).
  - Sports in Society (**STHM 218**).
- \* make sure to look at the pre-requisites for these courses! Ask an Advising Officer if you have any questions 😊

# *Recommended Minors and Certificates:*

---

- Biological Sciences Minor.
- Exercise Science Minor.
- Health and Wellness Minor.
- Sports Business Minor.

# *Accelerated Masters Students Recommended Courses:*

---

- Sport Psychology (**PSY 505** instead of PSY 405).
- Psychometrics (**PSY 506** instead of PSY 406).
- Intermediate Behavioral Statistics (**PSY 517** instead of PSY 417).
- Physiological Psychology (**PSY 540** instead of PSY 440).

# *Is Graduate Training Required?*

---

- In this subdiscipline, there are a few pathways that require graduate training. Make sure to do your research when looking for potential career paths!
- As a student, consider joining the International Society of Sport Psychology! The link to apply is <https://issponline.org/members/fees-benefits-2/>



# *Ways to Stand Out in Sport Psychology:*

---

- Clinical Experience:
  - Clinical experience working specifically with athletes can be challenging. Since many pathways within Sport Psychology can be accomplished through Clinical Psychology, it may be a good idea to get any experience you can when applying to these programs. Once in a program, specialization in Sport Psychology can occur.
- Volunteer Work:
  - Consider getting involved with the Student Athlete Center at Marshall University! Reach out about the possibility of volunteering as a student intern working with athletes and sport programs.
  - Try to get experience as a coach for sports teams! Or help with other sports programs such as Special Olympics or Challenger Athletics.
  - Contact Velocity Huntington to see if you can get involved in working with athletes of all ages.
- Research:
  - Attend the Annual Sports Medicine Conference in West Virginia, which is held by the West Virginia Athletic Trainer's Association.
  - Contact the Marshall Sports Medicine Institute to see if there is a way to get involved with ongoing research.
  - Dr. Tom Linz within the Psychology Department has research interests in TBIs, specifically concussions. Speak with him and get involved with the Concussion Clinic.