

Master of Science in Sport, Exercise, and Performance Psychology

(This degree elevation was approved by the CSULB Academic Senate on October 13, 2022, approved by the President on October 14, 2022, and the CSU Chancellor's office on November 22, 2022.)

The original degree options were:

- MS in Kinesiology, Option in Sport and Exercise Psychology
- MA in Kinesiology, Option in Coaching and Student-Athlete Development (designation change to MS approved)

Master of Science in Sport, Exercise, and Performance Psychology

Sport, Exercise, and Performance Psychology is a field broadly addressing a) the use of psychological principles to help improve desired outcomes for athletes, coaches, exercisers, and other professionals in sport, exercise, and performance settings, and b) the mental health outcomes of participation in sport and physical activity. The Sport, Exercise, and Performance Psychology Master of Science program is designed to prepare students for careers in sport and exercise psychology, in particular as performance enhancement specialists, coaches, and/or as researchers and teachers in academic settings. The Sport, Exercise, and Performance Psychology Master of Science program consists of 36 units. Students are required to take core classes, elective courses, and have the option to complete a thesis or comprehensive exam/capstone. Courses are designed to facilitate those seeking AASP certification and applied opportunities are available for students to accumulate mentored experience hours. Students completing a Master of Science in Sport, Exercise, and Performance Psychology will gain knowledge in psychology, sociology, history, ethics, research methods, and quantitative and qualitative analysis. Students in our program gain the skills and experience needed to work with athletes, coaches, and exercisers through coursework and supervised applied experiences.

Under the Master of Science degree, students have the choice of three options: 1) Sport Psychology, 2) Exercise Psychology, and 3) Coaching. Each option offers specialized coursework, applied opportunities, and/or research opportunities within each field.

The Sport Psychology option includes coursework for students who wish to become applied consultants working in performance enhancement in sport or other performance domains.

The Exercise Psychology option provides coursework and research opportunities for students who plan to go on to PhD programs or work in wellness or public health.

The Coaching option is intended for coaches working in secondary or post-secondary educational, community, or club settings.

Careers:

Our students are prepared for careers in coaching sports teams at youth, community, club, high school, and collegiate levels; specialists in performance enhancement in sport, exercise, and other performance domains; wellness coaching and other fitness professions, and teaching in higher education. Career opportunities for performance enhancement specialists are growing in university athletic departments, professional sports teams, and in the military through their Master Resilience Trainer program.

Admission requirements:

- A bachelor's degree from an accredited institution with a major in Kinesiology, Physical Education, Psychology, Biology, or equivalent.
- An overall undergraduate GPA of 2.5 or better.

Degree requirements:

Required Coursework (21 units):

- KIN 574 – Introduction to Sport and Exercise Psychology (3 units)
- KIN 576 – Quantitative and Qualitative Analysis (3 units)
- KIN 577 – Sport in U.S. Culture (3 units)
- KIN 578 – Psychological Aspect of Exercise and Fitness (3 units)
- KIN 696 - Research Methods and Statistical Analysis (3 units)

Select option A or B as a Culminating Activity

- Thesis: Complete KIN 698 (6 units)
- Complete a capstone project by enrolling in KIN 694 and complete three (3) units chosen from elective courses within the chosen option.

Elective Courses (15 units):

Sport Psychology Option

Complete five of the following elective courses:

KIN 512 – Professional Ethics and Standards in Sport and Exercise Psychology (3 units)
KIN 572 – Applied Sport Psychology (3 units)
KIN 575 – Psychology of Coaching (3 units)
KIN 579 – Psychological Aspects of Sport Injury (3 units)
KIN 630 – Seminar in Motor Learning (3 units)
KIN 633 – Seminar in Sport Psychology (3 units)
KIN 697 – Directed Studies (1-3 units)

Exercise Psychology Option

Complete five of the following elective courses:

KIN 562 – Advanced Strength and Conditioning (3 units)
KIN 568 – Nutrition for Exercise and Performance (3 units)
KIN 572 – Applied Sport Psychology (3 units)
KIN 597 – Independent Research (1-3 units)
KIN 633 – Seminar in Sport Psychology (3 units)
KIN 697 – Directed Studies (1-3 units)

Coaching and Student-Athlete Development Option

Complete five of the following elective courses:

KIN 541 – Applied Biomechanics: Lifting and Work Capacity

KIN 562 – Advanced Strength and Conditioning (3 units)

KIN 568 – Nutrition for Exercise and Performance (3 units)

KIN 572 – Applied Sport Psychology

KIN 575 – Psychology of Coaching (3 units)

KIN 579 – Psychological Aspects of Sport Injury (3 units)

KIN 630 – Seminar in Sport Psychology (3 units)

EFFECTIVE: Fall 2023

Academic Plan Code - Sport Exercise Perform Psy MS: KPE_MS02PB

Career: Graduate

CIP: 31.0501

CSU Code: 08351

College: 15, Health and Human Services

Department: Kinesiology

Delivery: Face-to-face

Non-STEM