**Frequently Asked Questions – General Information About the Sport and Exercise Psychology Program**

**What type of student does the program look for?**

Students who excel in this program can write well, are critical thinkers, and are highly motivated. These applicants have clear research and/or applied goals and have worked to familiarize themselves with the field.

**What does it mean to be in a cohort?**

Students start the program in fall semesters only and continue through the program as a unit. In their first semester, students take introductory coursework: KIN 572: Applied Sport Psychology, KIN 574: Introduction to Sport and Exercise Psychology, and KIN 696: Research Methods and Statistical Analysis. After the first semester, students take their required courses together, and have opportunities to take separate electives based on their interests and career goals.

**How many students are in a cohort?**

Each year varies, but we aim to have between 18 and 25 students in a cohort each year.

**What is the recommended work load?**

Nine units of graduate coursework per semester is a normal academic load for a full-time graduate student. If you intend to complete the degree part-time, the faculty can help advise you with the course of study.

**What times are classes normally offered?**

The majority of the Kinesiology graduate courses are in the mornings, from 8-10:45 and from 11-1:45. Some elective courses may be offered at other times. Most courses are held one day a week on campus.

**Do I have to live in Long Beach to complete my degree?**

This degree is intended to be completed in person, and the courses/course schedules are not set up to accommodate distance education. If you choose to live away from the area, this may delay your graduation as you are still required to take the courses listed in the degree plan. Currently, the graduate courses are being held in person in 2021-22.

**What are my opportunities on campus to be involved in the field?**

Students have the opportunity to earn AASP CMPC hours doing consulting work with athletes and teams, outside of coursework. First year graduate students shadow second year students. Students interested in exercise psychology should work with Dr. Ede to locate opportunities within LifeFit and the community. We do not guarantee CMPC hours for students.

**Can I consult with athletes on my own?**

This is not recommended. Student consultants require supervisionthat is provided by faculty. If you choose to consult on your own, you may not affiliate yourself with CSULB when you do so.

**What conferences should I attend?**

There are two major conferences within the field. In the fall, the Association for Applied Sport Psychology (AASP) hosts their annual conference. This is a largely applied conference and is good for networking and learning practical skills. There is large student membership within this organization. In early summer, the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) hosts their annual conference. This is a smaller conference, but excellent for research and meeting top researchers.

**How do I get involved in research?**

Speak with your professors! There are often opportunities to help with research, and you are encouraged to consider independent research for your thesis.

**How do I know if I should write a thesis or complete the capstone project?**

If you wish to pursue a doctoral degree, you should write a thesis. If you write a thesis, you should have your idea solidified by the end of your second semester. Your advising professor can help you with this. Plan to write a lot over the winter and spring and propose the thesis before your second year. All data is the property of CSULB and you should plan to not only complete the thesis, but to submit the data for presentation and publication. Students who have more of an applied focus generally complete the capstone project.

**Who are the Sport Psychology and Exercise Program Faculty Members?**

There are currently three main faculty members. Dr. Leilani Madrigal has research interests in mental toughness, and sport injury. Dr. Jana Fogaca researches effectiveness of supervision of student applied work with athletes, and also focuses on mental health. Dr. Alison Ede specializes in exercise psychology; her research interests include social networks, and body image. Drs. Madrigal and Fogaca are AASP certified consultants who will be supervising students for CMPC hours.

**What resources are available on campus?**

The Sport Psychology Lab is located in room Kin 51. There are computers available for students to use. Also, if students need to meet with athletes, the conference room can be reserved. The lab is stocked with books and materials for games that can be rented out. The graduate assistant will have lab hours posted on the outside of the lab.

**How can I find you on social media?**

We have Facebook (Sport and Exercise Psychology at the Beach @LBSU.SEP) and Instagram (@lbsusportpsychology) accounts.

**Accreditation**

The University is accredited by the Western Association of Schools and Colleges (985 Atlantic Avenue, Suite 100, Alameda, CA 94501, 510-748-9001), the agency responsible for granting regional accreditation to colleges and universities in California, Hawaii, and Guam. It is accredited by the California State Board of Education and is on the list of approved institutions of the American Association of University Women.

**Frequently Asked Questions – Application Procedures and Eligibility**

**What is the name of the program and where can it be found on Cal State Apply?**

You will need to make sure you select Fall 2022 for the application, and then search for “Long Beach” when you reach the application selection page. Our program is listed under “Long Beach Graduate”, not “Long Beach Extension”. The name of the program is Kinesiology – Sport and Exercise Psychology.

**I do not have an undergraduate degree in Kinesiology. Can I still apply and do I need to complete any prerequisite courses?**

Yes, you can apply with any undergraduate degree. You do not need to take any prerequisite coursework to be eligible. If your degree is in a field other than Kinesiology or Psychology, you can add information to your Statement of Purpose to explain how you feel you are prepared for the degree due to other experiences you have had (coaching, athletic participation, internships, research experience, etc.).

**When I select the program, it says “alternate program required.” Do I need to do this, and why?**

You are not required to choose an alternate program. This option allows you to choose a second program at Long Beach State to apply to. Your materials will be automatically sent to that second program for consideration if you are not selected to the Sport and Exercise Psychology program. However, your materials cannot be modified to fit the second program’s requirements. We recommend tailoring your materials to your first choice program.

**What happens if I choose the Sport and Exercise Psychology program as my alternate program?**

If the Sport and Exercise Psychology program is listed as your second choice, and you are accepted by your first choice program, your application will not be reviewed for this program. Your application will only be sent to the Sport and Exercise Psychology program for review if you are denied from your first choice program. If your application is sent to us for review as the second choice, we will contact you to update your materials. We are only automatically sent the materials from your initial application. However, we will email you and ask for a new statement of purpose to complete your application.

**What documents are required and how do I upload them?**

After you have selected the Kinesiology – Sport and Exercise Psychology program, you will upload your documents to the “Program Materials” section of the Cal State Apply website. After clicking on “Program Materials”, you will see tabs for “Home”, “Documents”, and “Recommendations”.

Under “Documents”, the following materials need to be uploaded:

1. Statement of purpose (see attached document for instructions on what to include)
2. Resume or CV

Under “Recommendations”, you will submit the following:

1. Email addresses of 3 recommenders who will write letters addressing your past academic performance and preparation for graduate school. We are no longer requiring forms for recommendations, so if you have a form from a previous iteration of our website, you do not need to include it. We ask that at least 2 of your 3 letters come from faculty who can speak to your academic backgrounds. If you are not able to find letters from academic faculty, please reach out to Dr. Ede ([Alison.ede@csulb.edu](mailto:Alison.ede@csulb.edu)) to discuss alternative options.

**How much does the school look at GPA, statement of purpose, and letters of recommendation?**

All of these aspects of the application are important; however, the statement of purpose tells us the most about you and your goals, which can be very helpful in determining your fit for the program.

**Do I need to submit my transcripts?**

Official transcripts need to be sent electronically to Enrollment Services for the university where you completed your degree (or where you are currently completing your degree, if it is in progress). You do not need to submit an additional transcript to the Cal State Apply system.

If you feel that other transcripts from community colleges will help us in our decision, and contain coursework related to psychology, research methods, sociology, social justice, etc., then we recommend uploading unofficial copies of transcripts directly to Cal State Apply.

If you are currently a CSULB student, you do not need to submit any transcripts, official or otherwise, to Cal State Apply or Enrollment Services. Your transcripts are already on file.

**Are GRE scores required?**

No, we do not require GRE scores for this program.

**How long does it take to hear back about my application?**

Once you have submitted your application on Cal State Apply, your recommenders have submitted their rec letters, and your official transcript has been received by Enrollment Services, then the university will process your application. After they have determined you meet the minimum criteria, they will release your application to the department for our review. The timeline depends on how quickly the university is able to process the application. The university will notify you when your application has been released to the department, and once it has been released to us, we generally then make our decision in one to two weeks. You will be notified via email of our decision.

**How can I apply for an assistantship?**

A limited number of graduate teaching and research assistantships are available to qualified graduate students.If you are admitted to the program, you will be emailed an application for a TA or GA position.

**Who should I contact if I have questions about the application process?**

Please email Dr. Ede ([Alison.ede@csulb.edu](mailto:Alison.ede@csulb.edu)) at any time with questions about the process.