



# M.S. SPORT AND EXERCISE PSYCHOLOGY



Are you interested in the psychological dynamics of sport, exercise and physical activity? UNCG has one of the only graduate programs in the U.S. that offers three masters-level specializations in this area!

## Overview

- ▶ **Applied Sport Psychology:** Prepares students with coursework and practical experiences to become a Certified Mental Performance Consultant.
- ▶ **Sport and Exercise Psychology (thesis):** Prepares students with coursework and research experiences to pursue doctoral-level study in sport and exercise psychology at a research-focused university.
- ▶ **Sport and Exercise Psychology (coursework):** Prepares students with foundational knowledge and skills to pursue the next phase of their careers in a variety of applied, kinesiology-related professions that seek to promote enhanced performance, healthy behaviors, and positive experiences in sport, exercise, and physical activity settings.

Track	Delivery	Credit Hours	Integrated Experience	Focus
<b>ASP</b>	In Person	36	Practicum	Complete coursework and mentorship required for certification
<b>SEP (Thesis)</b>	In Person	36	Research Study	Develop research skills in a focused area of interest
<b>SEP (Coursework)</b>	Online	30	Comprehensive Exam	Apply psychosocial theories and skills to a variety of kinesiology-related professions

