

Doctoral Minor in Sport and Performance Psychology
Department of Counseling and Educational Psychology
Indiana University

Sport and Performance Psychology is recognized as a distinct area of applied psychology, as represented by the Society for Sport and Exercise Psychology (Division 47 of the American Psychological Association), and the field has certification oversight provided by the Association for Applied Sport Psychology (AASP). Sport and Performance Psychology as a field is interested in promoting best practices in mental training techniques, ethical considerations in sport psychology service provision, practitioner self-care, and delivery of services to address clinical issues such as mood disorders and disordered eating with athletes. Areas of scientific inquiry include motivation to persist and achieve; psychological considerations in sport injury and rehabilitation; counseling techniques with athletes; exercise adherence and well-being; self-perceptions related to achieving; expertise in youth sport; and performance enhancement and self-regulation techniques.

The Minor in Sport and Performance Psychology is a collaborative effort between the Counseling Psychology Program (within the Department of Counseling and Educational Psychology in the School of Education) and the Kinesiology Program (within the School of Public Health). The purpose of this Minor is to provide content specific education and training to graduate students who are interested in pursuing professional interests in fields that require knowledge of performance principles and ways to maximize the potential of performers, both on the field and off the field.

The minor is intended to meet the needs of students who seek an organized course of study in an area that is not available from any one program at Indiana University. This minor is an interdisciplinary endeavor external to the Counseling Psychology program, so doctoral students interested in focusing on Sport and Performance Psychology in Kinesiology, School Psychology, Clinical Psychology, or any other associated area may take the Minor. Currently there is no organized course of study in this area at Indiana University. It is important to note that these courses are not typically part of a student's major course of study. While this organized course of study will influence the development of clinical and practical skills among interested students, this minor will be instrumental to their intellectual and academic development, and it will contribute greatly to their preparation for their dissertation project. Finally, the minor is important for Counseling Psychology students specifically because it will allow them to take an organized course of study in this area that will prepare them to apply for AASP Certification upon completion. Without an organized minor in the area of Sport and Performance Psychology, students will not be eligible for this important clinical practice designation.

All students take two courses (which will be cross listed in the School of Education and the School of Public Health) that form the common core focusing on Sport and Performance Psychology from research and applied perspectives. The two courses (6 credits) are:

1. **EDUC-G 509/SPH-K 500 Counseling College Student-Athletes (3 cr.)**
2. **EDUC-G 609/SPH-K 500 Interventions in Performance Psychology (3 cr.)**

Students select courses (6 credits) from this list:

- SPH-M 512 Topics in Kinesiology [Critical Race Theory in Sport] (3 cr.)**
- SPH-M 513 Sports in Higher Education (3cr.)**
- SPH-M 522 Role of Sport in Society (3cr.)**

SPH-M 525 Psychological Foundations of Exercise and Sport (3 cr.)
SPH-K 527 Adherence to Physical Activity (3 cr.)
SPH-K 533 Advanced Theories of High-Level Performance (3 cr.)
SPH-K 535 Physiological Basis of Human Performance (3 cr.)
SPH-K 550 Special Topics in Kinesiology (3 cr.)
EDUC-G 650/SPH-K 500 Special Topics Seminar in Counseling Psychology (3 cr.)
EDUC-C 750 Special Topics in Higher Education (3 cr.)
Other Topical Seminar in Related Fields Will Be Considered for Inclusion

To accommodate multiple degree paths, we intend to offer this Minor both as a PhD track option (12 credits required; 6 credits from the two core courses plus 6 credits from two optional courses) and also as an EdD track option (9 credits required; 6 credits from the two core courses plus 3 credits from one of the optional courses). Students will not be permitted to use non-cross listed EDUC-G courses to count toward the requirements of the Minor.

Contributing Faculty:

Dr. Jesse Steinfeldt, Associate Professor of Counseling and Educational Psychology, will be the primary contributing faculty for this endeavor. A certified applied Sport Psychology consultant (CC-AASP), Dr. Steinfeldt has extensive research and clinical experience in the field of Sport and Performance Psychology. He has been the Director of the Indiana University Sport and Performance Practicum for the past 7 years, training and directing advanced graduate students who provide services to IU Athletics and to local high schools. **Dr. Jack Raglin**, Professor of Kinesiology, has extensively researched the study of psychology and physiology as it applies to issues in sport and exercise, specifically examining the efficacy of exercise as a means to improve aspects of mental health; factors associated with adherence to physical activity; and the influence of personality traits and psychological states such as anxiety on sports performance and overtraining in athletes. **Dr. Gary Sailes**, Associate Professor of Sport Sociology in the Department of Kinesiology, has written seven books, over fifty published articles and led two Congressional hearings addressing the problems facing today's student-athlete.

Need:

The field of Sport and Performance Psychology is of increasing interest to students who are considering doing their graduate education at Indiana University. Unfortunately, there is no organized and formal course of study for these students to pursue. Currently 2 or more doctoral students each year create an interdisciplinary minor in order to satisfy the requirements of the minor described above. With a specially titled, recognized minor course of study, more students will be attracted to graduate programs at Indiana, students will have an organized course of study that can be represented on their Program of Studies, and those who complete the minor will have increased job opportunities. This minor is influential in assisting the development of clinical and practical skills among interested students, but it is also primarily instrumental to their academic and intellectual development, particularly as preparation for their dissertation project. Finally, such a minor would enhance the reputation of the Department and School by becoming a leader in this specialty field. Supporting letters are included to indicate the support for this minor across collaborating units on campus.