



# SPORT & EXERCISE PSYCHOLOGY

## *M.S. Graduate Program*

**For more information,  
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**APPLICATION DEADLINE:**

**Jan. 15, 2023**

**for Fall 2023 Admission**

Note: This 2-year cohort program  
has odd year admissions only

**SEP Graduate Program Information:**

<https://chss.wwu.edu/hhd/sport-and-exercise-psychology-option>

**SEP Graduate students work with clients through  
WWU's Center for Performance Excellence:** [www.wwu.edu/cpe/](http://www.wwu.edu/cpe/)

*See Page 2 for Application information and Program Requirements*

# Western Washington University

## MS in Kinesiology, Sport and Exercise Psychology (Thesis Option)

### Application Information

Students from all undergraduate majors are eligible to apply to this two-year program, that runs on the quarter system. A sport psychology course, a statistics course, and three additional psychology courses are preferred at the time of application. Those without an undergraduate sport psychology course and statistics course who are admitted to the program must complete both courses prior to enrollment. Admitted students without the additional three undergraduate psychology courses will need to satisfy any specific prerequisites prior to enrolling in any graduate psychology course electives. The curriculum for the MS program includes coursework options to satisfy each of the 8 Knowledge Areas required to become a Certified Mental Performance Consultant through the Association for Applied Sport Psychology. In addition to submitting transcripts, applicants must submit a written statement of purpose outlining areas of interest, goals for graduate study and future career plans relating to the degree; out of the three required letters of recommendation, applicants need two letters of recommendation from faculty who can comment on academic abilities and potential for success in graduate studies.

### Program Requirements (46-49 quarter system credits)

#### **Basic Requirements: (13-16 credits)**

- KIN 505 - Proposal Preparation in Human Movement and Performance Credits: 2
- KIN 506 - Research Statistical Analysis in Human Movement and Performance Credits: 2
- KIN 520 - Readings in Human Movement and Performance Credits: 3
- KIN 690 - Thesis Credits: 1-9

#### **Required Courses: (22 credits)**

- KIN 541 - Foundations and Ethics of Sport Psychology Credits: 4
- KIN 551 - Applied Sport and Exercise Psychology Credits: 4
- KIN 552 - Sport and Exercise Psychology Practicum Credits: 1-3 at a time  
(6 credits of KIN 552 required toward degree)
- KIN 555 - Professional Ethics in Sport and Exercise Psychology Credits: 4
- PSY 564 - Individual Counseling Techniques Credits: 4

#### **Electives: 11 credits (at least 1 course required from psychology)**

- KIN 419 - Mental Health Topics in Kinesiology **Credits: 3**
- KIN 421 - Psychology of Exercise **Credits: 3**
- KIN 502 - Research Topics in Human Movement and Performance **Credits: 1-5**
- KIN 507 - Motor Control **Credits: 3**
- KIN 513 - Exercise Prescription and Programming **Credits: 4**
- KIN 514 - Applied Nutrition and Physical Activity **Credits: 3**
- KIN 540 - Applied Exercise Physiology **Credits: 4**
- KIN 543 - Biomechanical Analysis of Human Movement **Credits: 4**
- KIN 544 - Biomechanics of the Musculoskeletal System **Credits: 4**
- PSY 502 - Adult Psychopathology **Credits: 5**
- PSY 503 - Cognition **Credits: 5**
- PSY 504 - Lifespan Psychological Development **Credits: 5**
- PSY 505 - Social Psychology **Credits: 5**
- PSY 512 - Correlation Methods and Data Analysis **Credits: 5**
- PSY 532 - Cross-Cultural Counseling **Credits: 4**

**Note:** additional 400 level courses selected under departmental advisement (maximum 10 credits) can be used to satisfy the elective credit requirement.