

Master of Science in Sport Psychology

Institution name: East Central University

Official Degree Designation and Program Title: Master of Science in Sports Psychology

Location(s) where program will be offered: Ada, OK Campus of ECU

Method of Delivery: Both Traditional and Online

Contact Information

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Are you the Chief Academic Officer?

JUSTIFICATION OR PROGRAM

Rational for the FULLY TRADITIONAL OR ONLINE Program

The Masters in Applied Psychology will be a combined program that offers a mix of both traditional and online courses.

Description of Program

In addition to your description below, please provide a program check sheet outlining the program requirements.

The proposed Master of Science in Sport Psychology will be a 45-hour blended format program (traditional and online) that will serve a diverse range of students who have an interest in an advanced psychology degree that prepares them to provide mental performance consultation. Students from this program will receive the educational components that will allow them to apply to be a Certified Mental Performance Consultant (CMPC) through the American Association of Sport Psychology (AASP) and provide consultation in the area of athletics, performing arts, and other performance-based disciplines (e.g., business, military, etc.). This program will focus on developing skills in motivation, performance enhancement, and the ability to maximize human potential. By providing a curriculum that integrates sport psychology and an awareness of basic counseling techniques, this degree will prepare students for careers in various performance-based areas. The MSSP will be a 45-hour program split into 21 hours in Psychological Foundations, 18 Hours in the Sport Psychology Specialization, and 6 hours of Field Experience.

Objectives of the program include: 1) Preparing students to conduct psychological assessments to evaluate mental strengths and areas for improvement; 2) Preparing students to develop customized mental conditioning programs to enhance performance; 3) Develop skills for collaborating with coaches, trainers, and other professionals to create a comprehensive support system for athletes and performers; 4) Create an understanding and ability to complete research that explores the psychological factors that impact performance and mental well-being; 5) Prepare students to work with individual and team athletes and performers on mental skills training, goal setting, and motivation using various evidence-based techniques; 6) Create an awareness of the psychology and counseling aspects of sport psychology.

Masters of Science in Sport Psychology (MSSP)	
I. <u>PSYCHOLOGICAL FOUNDATIONS</u> (21 hours)	
EDPSY 5163 Cog Beh Theories & Methods of Coun & Psychotherapy	3
EDPSY 5433 Affective Theories of Counseling & Psychotherapy	3
PSYCH 5373 Psychological Assessment	3
PSYCH 5143 Stats and Design in Applied Psychology	3
PSYCH 5183 Advanced Abnormal Psychology	3
PSYCH 5473 Adv Psych Childhood & Adolescence	3
PSYCH 5443 Multicultural Consultation & Intervention	3
II. <u>SPORTS PSYCHOLOGY SPECIALIZATION</u> (18 hours)	
PSYCH 5043 Advanced Sport Psychology	3
PSYCH 5083 Applied Sport Psychology	3
PSYCH 5173 Prof Orientation and Ethics in Clinical Psych	3
PSYCH 5#### Psychology of Coaching & Team Dynamics	3
PSYCH 5203 Applied Biomechanics	3
PSYCH 5523 Sports in American Society	3
III. <u>FIELD EXPERIENCES</u> (6 hours)	
PSYCH 5563 Internship I in Sport Psychology	
PSYCH 5#### Internship II in Sport Psychology	
TOTAL Hours	45

Student Demand for New Program

Supporting evidence should be submitted with proposal.

Advisors in our undergraduate program have reported that approximately 5 to 10% of students in these programs have requested information about continuing their education to the master's level in the area of Sport Psychology. We are also currently offering a Sport Psychology program as an option of our Master of Science in Psychological Services (a 60-hour program), with that program having approximately 5 to 7 students enrolled in any given academic year. Advisors have noted that conversations with students who have expressed interest in our program usually revolve around the length of the current program being a deterrent to them starting the program. As such, by transitioning to our new proposed Master of Science in Sport Psychology (a 45-hour program), this degree will adopt industry standards regarding the courses that are required to obtain a CMPC (Certified Mental Performance Consultant), being shorter in length, and will increase student demand based on our observations of why students complete or fail to apply to our program. Demand for this program is enhanced by the fact that students from multiple disciplines may be interested in a degree in sport psychology, including student athletes in any discipline, coaches and athletic support staff, kinesiology students, along with students in the counseling and psychology areas. Examination of exit survey's from our undergraduate programs, suggests that between 5 to 10% of graduating students are interested in our current sport psychology program, a number that is supported by the current enrollment in any given year in our current program. Revision to the program should increase the interest that we currently have in this program. Based on these numbers, it is expected that we will have a consistent number of students in the program each academic year.

In general, demand for Sport Psychology programs has been growing due to increased recognition of mental health as an important component to performance success. This has included the fact that a number of high-profile athletes have openly discussed the role of sport psychology in their careers and that has helped to popularize and normalize the activities of the profession. Given the above, the demand for sport psychologists has increased along with job opportunities for those who graduate with a degree in this field. Lastly, given that sport psychology offers a unique blend of psychology, sport science, human performance, and counseling focused performance techniques, this area attracts students from various backgrounds.

Employment Demand for New Program

Supporting evidence should be submitted with proposal.

In general, a master's degree of this type in psychology is in demand by two types of students. First, would be students who are specifically interested in obtaining a master's degree in sport psychology because they are previous athletes or performers and have inherent desire to continue to work in the area. Secondly, are students who are interested in obtaining a consultation based degree to go along with the desire to provide individualized consultation to clients.

In terms of specific employment opportunities, it is projected overall that the employment of psychologists outside the area of counseling will grow approximately by 7 percent from 2023 to 2033, an average that is faster than the average for all occupations. On average, about 13,000 openings for

psychologists are projected each year over the next decade. In regards to employment opportunities, sport psychologists work in many areas including professional and collegiate sports teams, health clinics and private practices, academic institutions, and Government agencies and military organizations. Career options for sports psychologists include private practice, academic positions, athlete development roles, and consulting within corporate programs. Obtaining advanced doctoral level degrees following a master's degree can lead to even higher-paying roles such as clinical sports psychologists and sports psychology professors. Sports psychologists can work in various environments, including schools, universities, sports organizations, hospitals, and private practice. They may also find roles in human resources, leveraging their understanding of psychology to improve workplace. Typically, jobs for Sport Psychology will typically earn between \$60,000 and \$80,000 depending on locale and can vary considerably when it occurs during private practice as a consultant. In general, the demand for Sport Psychologists is increasing as more athletes and teams recognize the importance of mental health and guidance in performance – and the field is expected to grow by 6% over the next decade (Research.Com & Bureau of Labor Statistics). Individuals with a CMPC – the proposed endpoint of our degree – has demonstrated a median income of \$85,000, and the median compensation by work setting varies from \$50,000 (working in schools) to \$115,000 (working with Olympic Committees). Other key job opportunities are University Athletics & Military (\$80,000), and Private Practice (\$62,500).

Sport Psychologists also have employment opportunities outside the specific area of consultation. Alternative career paths include roles in human resources, where knowledge of psychology can improve employee well-being and productivity, as well as positions in coaching, athletic training, and sports management. For example, the Bureau of Labor Statistics states that human resource management (which can include Sport Psychologists) – is projected to grow 7% from 2021 to 2031, with a projected annual income of \$126, 230.

What unmet need does this program provide?

Currently, we are offering a program of Sport Psychology as an option to our Master of Science in - Psychological Services (a 60-hour program). By transitioning to our new proposed Master of Science in Sport Psychology (a 45-hour program), this degree will adopt industry standards regarding the courses that are required to obtain a CMPC (Certified Mental Performance Consultant). As such, we currently have approximately 5 to 7 students in our program at any given time. Based on communications with these students, the desire is for a program that more accurately captures the curriculum requirements of the CMPC, thereby reducing the number of hours needed from 60 to 45. Currently, there is no other Master's Level program in the state that offers training in Sport Psychology, demonstrating that there is a continued need for such a program. Similarly, advisors in the program have found that inquires by potential students about the program typically stop short when students learn of the extended hours of our current program in relation to the needs of obtaining a CMPC (a certification that can be obtained with a 45-hour degree). Exit survey data completed on graduating students suggests that between 5 to 10% of our undergraduate students would be interested in a Sport Psychology based program that is 45-hours in length. Lastly, by transitioning to a stand-alone program, opportunities for students to return to obtain our LPC-based degree and qualifications would result – a factor that is supported by communication with students currently in the program, of which approximately 75% have a desire to obtain both the Sport Psychology Degree and an LPC-based degree.

Describe the procedures that will be used to evaluate the program.

Students will be assessed beyond individual level course assessments at multiple points during the program. This includes entry level abilities, mid-point abilities, and an exit level assessment of skills developed.

First Year assessment – PSYCH 5043 Advanced Sport Psychology – this will assess students initial writing and critical thinking abilities to start the program. This will allow us to develop a baseline of student abilities in the program.

Second Year Assessment - PSYCH 5083 Applied Sport Psychology – this will assess student application of skill development and track writing/critical thinking skills that are being developed.

Exit Semester – Internship I & II courses will assess application based skills that have been developed by students. This will include the assessment of student readiness for their future career.

Resources Required: *Will offering the new program require additional resources, monetary or otherwise, not currently budgeted/ assigned to the academic department? Such resources may include, but are not necessarily limited to, instructional faculty, classroom equipment, lab equipment, online learning tools and campus meeting space. If the new program is resource neutral, please provide an explanation in support of this claim.*

The program relies heavily on courses that are already being taught by the current Sport Psychology program that is being revised OR by other programs in the department and therefore the addition of resources to support this program would be minimal. There will be additional course loads for faculty on two courses – PSYCH 5### Internship II in Sport Psychology; PSYCH 5### Psychology of Coaching & Team Dynamics.

In regards to PSYCH 5### Internship in Sport Psychology, this course will be based on the practical application model and load for this courses will be calculated at the 0.33 per student in the calculation of load hours. This means that - per student in the program - we would have the following additional resources required: \$2400 for 3 hours of load = \$266.67 per student supervised in internship (calculated at 0.33 course load per student).

In regards to the PSYCH 5### Psychology of Coaching & Team Dynamics, this course will be offered in a rotation in a program that is likely to be once per every three semesters at the cost of \$2400 per course offering of that course. This course will be replacing another course that was being used by our existing program and therefore no new resources will be required for the teaching of this course.

Other resources that will be used include our university wide LMS, classroom technology, and faculty office resources. All of these resources are already accounted for by other programs that are also using these resources, with no new resources being requested for this program.