

SPORT AND PERFORMANCE PSYCHOLOGY, GRADUATE CERTIFICATE

The Sport and Performance Psychology Graduate Certificate program provides those who have completed, or are currently completing, a graduate degree (e.g., MS, PhD, PsyD) opportunities to complete didactic coursework and mentored experiences to prepare students for the Certified Mental Performance Consultant (CMPC®) exam of the Association of Applied Sport Psychology (AASP) (<https://appliedsportpsych.org/certification/>).

Completing the Sport and Performance Psychology Graduate Certificate prepares individuals for employment opportunities working alone and/or alongside other health professionals in some of the following settings: general health care (injury prevention and/or rehabilitation), sports medicine, counseling or clinical psychology, adaptive sports, exercise and fitness, military, performing arts, e-sports, and gaming.

The course and credit requirements for the Sport and Performance Psychology Graduate Certificate program depend upon whether the student is completing the program in-tandem with another graduate degree or as a post-graduate curriculum. Upon application into the Sport and Performance Psychology Graduate Certificate program, each student will undergo a transcript review whereby prior coursework and mentored experiences will be evaluated to create a personalized course plan.

For additional information, please contact the Program Director, Dr. Monna Arvinen-Barrow (arvinenb@uwm.edu), PhD, CMPC FAASP (United States), CPsychol AFBPSS (United Kingdom), UPV sert. (Finland). Please visit the Sport and Performance Psychology Laboratory (<https://sites.uwm.edu/lab-sppe/>) website for more information.

Admission Requirements

Application Deadlines

Application deadlines vary by program, please review the application deadline chart (<http://uwm.edu/graduateschool/program-deadlines/>) for specific programs. Other important dates and deadlines can be found by using the One Stop calendars (<https://uwm.edu/onestop/dates-and-deadlines/>).

Application

- Admission to a graduate certificate program requires formal student application through the Graduate School admissions application (<https://uwm.edu/applygrad/>) system, including the required admissions application fee.
- Certificate programs will inform the Graduate School of their admission recommendation for an applicant. The final admission decision is made by the Graduate School.
- Early application to the certificate program is recommended; late application is possible, but may incur delays for certificate conferral related to time required for credit tracking.
- Applicants must possess a baccalaureate degree and have a minimum 2.75 cumulative undergraduate grade point average to be admitted into a certificate program.

Admission

The Sport and Performance Psychology Graduate Certificate program uses a rolling admission process.

The admission requirements of the Sport and Performance Psychology Graduate Certificate program are consistent with those requirements specified by the Graduate School of UWM. In addition, students must also meet the following requirements:

- Currently enrolled, and in good standing, in a graduate degree program at an accredited university, OR;
- A Master's or Doctoral degree from an accredited university.
- Transcripts from all university degrees/coursework.
- Current resume or curriculum vitae (CV).
- Personal statement that includes rationale for certificate study and career goals.
- Two letters of recommendation from persons most knowledgeable about the applicant's recent academic and relevant work experiences.
- Electronic interview with program faculty may be requested by the Program Coordinator.
- Students wishing to obtain the Sport and Performance Psychology Graduate Certificate should inform the Program Coordinator and apply using the Graduate School online application.
 - Upon review of the application materials, the Program Coordinator will generate a Plan of Study for the student.
 - The Plan of Study will be shared with the student in-writing and via verbal discussion.
 - A Plan of Study signed by the Program Coordinator and the student will be sent via email to the Graduate School and placed in the student's official file.

Credits and Courses

In-Tandem Requirements

Students who enroll in the Sport and Performance Psychology Graduate Certificate program in-tandem with a current graduate degree must complete a minimum of 34 credits. The number of credits needed to obtain this certificate depends on the needs of each student.

Code	Title	Credits
Didactic Coursework ¹²		
COUNS 814	Professional, Ethical and Legal Issues in Counseling Psychology ¹	3
PRPP 551G	Psychology of Injury: Prevention, Rehabilitation & Return to Participation ²	3
PRPP 552G	Psychological Interventions and Strategies in Sport and Performance ²	3
PRPP 553G	Psychological Considerations for Optimizing Health & Performance ²	3
PT 723	Physiological Regulation in Exertion & Disease ³	3
Select one of the following: ⁴		3
COUNS 751	Multicultural Considerations in Lifespan Psychopathology	3
SOC WRK 753	Adult Psychopathology	
COUNS 714	Essentials of Counseling Practice ⁵	

ED PSY 624G	Statistical Methods for Professionals and Practitioners I ⁶	3
Select one of the following: ⁷		3
PSYCH 727	Cognitive Neuroscience	
PSYCH 756	Psychophysiology	
COUNS 715	Multicultural Counseling ⁸	3
Clinical Experience⁹		10
PRPP 854	Professional Studies in Sport & Performance Psychology ¹⁰	
PRPP 855	Mentored Fieldwork in Sport and Performance Psychology ¹¹	
Total Credits		40

- ¹ Knowledge Area 1: Professional Ethics & Standards
- ² Knowledge Area 2: Sport Psychology
- ³ Knowledge Area 3: Sport Science
- ⁴ Knowledge Area 4: Psychopathology
- ⁵ Knowledge Area 5: Helping Relationships
- ⁶ Knowledge Area 6: Research Methods & Statistics
- ⁷ Knowledge Area 7: Psychological Foundations of Behavior
- ⁸ Knowledge Area 8: Diversity & Culture
- ⁹ More than 10 credits (equivalent to 400 clinical hours) may be necessary to amass the required combination of clinical hours.
- ¹⁰ Students must enroll in and complete PRPP 854 for a total of 6 credits.
- ¹¹ Students must enroll in and complete PRPP 855 for a total of 4 credits.
- ¹² Other courses as approved by the program director.

Post-Graduate Requirements

Students who enroll in the Sport and Performance Psychology Graduate Certificate program as a post-graduate with a completed graduate degree must complete a minimum of 15 credits. The number of credits needed to obtain this certificate depends on the needs of each student.

Code	Title	Credits
Didactic Coursework		
Select one or more of the following: ¹		3
PRPP 551G	Psychology of Injury: Prevention, Rehabilitation & Return to Participation	
PRPP 552G	Psychological Interventions and Strategies in Sport and Performance	
PRPP 553G	Psychological Considerations for Optimizing Health & Performance	
Clinical Experience²		12
PRPP 854	Professional Studies in Sport & Performance Psychology ³	
PRPP 855	Mentored Fieldwork in Sport and Performance Psychology ⁴	
Total Credits		15

- ¹ Knowledge Area 2: Sport Psychology
- ² More than 12 credits may be necessary to amass the required combination of clinical hours.
- ³ Students must enroll in and complete PRPP 854 for a total of 6 credits.
- ⁴ Students must enroll in and complete PRPP 855 for a total of 4 credits.

Additional Requirements

Transfer Credit

Transfer credit is not allowed for this certificate.

Minimum Grade Requirement

Students must complete all courses with a grade of B or better (not including B-).

Time Limit

It is expected that students completing the Sport and Performance Psychology Graduate Certificate program in-tandem with another graduate degree at UWM complete the requirements for the certificate within seven years. It is expected that students completing the Sport and Performance Psychology Graduate Certificate program as a post-graduate curriculum complete within three or four years, pending credit requirements.

Articulation with Degree Programs

1. Credits and courses required for a certificate may double count toward meeting UWM graduate degree requirements subject to the following restrictions:
 - Degree programs must approve the courses from certificates that can double count toward the degree.
 - All credits taken in completion of certificate requirements may count towards a UWM graduate degree as long as they do not contribute more than 90% of the total credits needed to obtain the degree. (Note: Students in PhD programs must still complete the minimum residency requirements)
 - Certificate courses used toward meeting degree requirements must be completed within the time limit for transfer credit.
2. Courses completed for a degree may be counted toward a subsequent certificate, subject to all certificate policy requirements.
3. A course may count toward no more than one certificate and one degree.
4. Students may not earn a certificate subsequent to a concentration in the same area.

Sport and Performance Psychology Graduate Certificate Learning Outcomes

Upon completion of the Sport and Performance Psychology Graduate Certificate, the students will be able to:

1. Demonstrate successful completion of graduate-level coursework/educational experiences in sport and performance psychology.
2. Demonstrate successful completion of mentored experience hours in sport and performance psychology.
3. Demonstrate expertise in helping clients develop and use mental, life, and self-regulatory skills to optimize performance, involvement, enjoyment, and/or personal development in sport and/or other performance domains.

In doing so, the students have:

1. An understanding of the ethics and standards related to professional practice in sport and performance psychology.
2. An understanding of the theory, research, and practice of sport psychology.

3. An understanding of the physiological, biomechanical, motor, sociocultural, and/or philosophical bases of behavior in sport.
4. An understanding of abnormal human behavior.
5. An understanding of helping and consulting processes.
6. An understanding of research methodology and statistical analyses.
7. An understanding of the biological, cognitive, affective, social, and individual difference bases of behavior.
8. An understanding of diversity, multiculturalism, and cultural awareness.
9. A demonstrated ability to create, implement, and assess various individual and group-based activities (e.g., consultation, psychoeducational workshops, and team-building exercises) for clients.
10. A demonstrated ability to conduct various support activities (e.g., onsite observation of individual or group clients, record keeping and report writing, reviewing case notes or video/audio recordings, researching and preparing materials for intervention sessions, assessment scoring and interpretation, and case management; including referral, consultation with other professionals).