

EXERCISE AND SPORT SCIENCES, MENTAL PERFORMANCE - M.S.

Exercise and Sport Sciences – Master of Science Degree, concentration in Mental Performance

The Master of Science degree in Exercise and Sport Sciences with a concentration in Mental Performance focuses on the mental performance aspect of sport and exercise. The concentration is designed with flexibility and breadth targeting diverse careers paths such as 1) students preparing for careers in athletic training, strength & conditioning, fitness, wellness, and health care and 2) students preparing for further doctoral studies and careers related to mental performance.

Students complete a core group of courses in mental performance, helping, skills, and ethics. Combined with electives and / or restricted elective groupings presented in two tracks: 1) leadership, motivation and team building, and 2) diversity and advanced communication, students are able to chart a unique path and complete optional internships with professionals/organizations while obtaining foundational knowledge and skills. The curriculum allows students to prepare for certification as a mental performance professional. The mental performance concentration can be completed with a thesis or without a thesis.

Thesis Option. The thesis option is 30 credits which includes a 6-credit thesis—an independent research project under supervision of Exercise and Sport Science faculty. A thesis allows students to work closely with a faculty member to advance their knowledge in a specialized topic. Both theoretical and applied research are encouraged. Completing a thesis is also an important first step towards advanced study in exercise and sport sciences such as a Ph.D. program. The completed thesis must receive the approval of the thesis committee, the graduate program chair, and the dean of Health Sciences and Human Performance.

Non-Thesis Option. The non-thesis option is 36 credits culminating with a written comprehensive examination. The non-thesis option requires students to select one of two tracks based on their career aspirations.

The non-thesis option is purposefully designed with 12 credits of electives to allow students to customize their study and take advantage of internships and additional course work / experiences to prepare for certifications and specific career goals. The non-thesis option is designed to be completed in 16 months and is ideal for students aiming to enhance their applied experiences in mental performance or prepare for a career as a mental performance consultant.

Prerequisites

The prerequisites for the mental performance concentration are 3 courses in psychology, sport psychology, counseling, sport sociology or similar and 1 course in statistics or tests and measurements.

Summary

Code	Title	Credits
	Mental Performance Major Requirements	15
	Thesis or Non Thesis	15 or 21
	Total Credits	30 or 36

Required Courses

Code	Title	Credits
Required Courses		
ESSG 51200	Theoretical Perspectives of Mental Performance in Sport and Exercise	3
ESSG 51300	Applications of Mental Performance in Sport and Exercise	3
ESSG 51400	Concepts and Theory of Supportive Relationships in Sport	3
ESSG 61000	Research and Statistics in Exercise and Sport Sciences I	3
ESSG 61400	Ethics & Professional Issues in Mental Performance and Coaching	3
ESSG 64000	Seminar ¹	0
	Total Credits	15

¹ Taken for 0 credits in both Fall and Spring semesters of the first year

Thesis Option

Code	Title	Credits
Thesis Option		
ESSG 61100	Research and Statistics in Exercise and Sport Sciences II	3
ESSG 62000	Thesis I	3
ESSG 62100	Thesis II	3
ESSG XXXXX	Electives	6
	Total Credits	15

Non-Thesis Option

Track 1

Code	Title	Credits
ESSG 51500	Effective Team Building	1
ESSG 51600	Motivation for Superior Performance	2
ESSG 60500	The Development of Expertise in Sport and Exercise	3
ESSG 61200	Leadership in Exercise and Sport	3
ESSG XXXXX	Electives	12
	Total Credits	21

Track 2

Code	Title	Credits
ESSG 60200	Diversity in Sport and Exercise	3
ESSG 61600	Advanced Communication and Facilitation Skills in Sport and Exercise	3
ESSG 61800	Theories and Issues in Performance Enhancement in Sport and Exercise	3
ESSG XXXXX	Electives	12
	Total Credits	21