**Sport and Exercise Psychology**

**Doctoral Program**

Graduate studies within the College of Physical Activity and Sport Studies can lead to a Ph.D. in Kinesiology with a major in Sport and Exercise Psychology (SEP). The students admitted into the SEP doctoral program also complete a master’s degree in community counseling. Students can be admitted into the doctoral program in SEP with either a baccalaureate degree or a master’s degree.

The sport and exercise psychology program has procedures and requirements which are specific to the program. In general, they include the following:

- **Selection of an advisor** (The program faculty, in consultation with the student, assigns an advisor to assist in planning the student’s program.)
- **Selection of a plan of studies committee** (The student, in consultation with the advisor, selects a plan of studies committee. This committee assists the students in developing a plan of studies which will include relevant coursework, evaluation of competencies, and an estimated time frame for its completion.)
- **Plan of studies approval** (The plan of studies committee will meet with the student by March 1st of the first year in the program to ratify the plan. The approved plan of studies functions as the document against which completion of program requirements is assessed.)
- **Completion of required coursework** (The student completes the coursework required by the plan of studies. The number of credit hours required and the time required to complete the coursework varies, but a minimum of three years [six semesters] of coursework is normally required for students entering with a master’s degree.)
- **Comprehensive examination** (At the completion of coursework, the student will take a written and oral comprehensive examination specified by the program. The purpose of the examination is to assess competency in research and content areas relevant to the program. The length of the examination varies.)
- **Prospectus defense** (Following the successful completion of the comprehensive examination, the student will write and defend a prospectus for the dissertation. The prospectus will be evaluated by the student’s dissertation committee. The dissertation committee is often identical to the student’s plan of studies committee, though additions or changes may be made to the plan of studies committee at this time in order to constitute the dissertation committee.)
- **Admission to candidacy** (Once the comprehensive examination and prospectus defense are successfully completed, the student is admitted to candidacy. Admission to candidacy is permission to proceed with dissertation research as described in the prospectus.)
- **Defense of the dissertation** (The student will write and orally defend an original research project as described in the prospectus. Successful defense will be determined by the quality of the written document as well as by the quality of the oral defense in a forum open to the academic community. All members of the student’s dissertation committee must be present for the dissertation defense. Successful defense of the dissertation with submission to a professional journal results in the awarding of the degree. The dissertation must be successfully defended within five years of admission to candidacy.)
- **During the Ph.D. program, students are required to submit multiple works to peer-reviewed journals and national conferences.**

**FACULTY**

**PROFESSORS**

- Dana D. Brooks - Ed.D. (West Virginia University) 
  Dean
- Edward Etzel, Jr. - Ed.D. (West Virginia University)
- Jack Watson - Ph.D. (Florida State University) 
  Chair, Sport Sciences
- Samuel Zizzi - Ed.D. (West Virginia University)

**ASSOCIATE PROFESSOR**

- Peter Giacobbi - Ph.D. (University of Tennessee-Knoxville)

**ASSISTANT PROFESSORS**

- Damien Clement - Ph.D. (West Virginia University)

**Application Deadline**

Application procedures for the Ph.D. in Kinesiology with an major in Sport and Exercise Psychology must submit their online admission application to the Office of Admissions website (www.wvu.edu) to be processed by the December 15 deadline for fall admission. Students must also submit an official undergraduate transcript(s) and application fee (online). Supplemental required materials (GRE scores, resume, goal statement, and three letters of recommendation) must also be uploaded and submitted online. Once all the materials have been received, the admission application will be ready for
the screening committee to review after the deadline date. Incomplete applications will not be reviewed. International applicants are strongly encouraged to submit their admission application and supplemental materials by October 1 to allow extra time for processing. Students who seek a graduate assistantship should complete and submit a Graduate Assistantship Application no later than February 1. The GA application can be downloaded by visiting the college web site at cpass.wvu.edu. Click on the "student" link at the top, and the application is in a PDF format at the bottom of the first page.

**Admission Criteria**

The following criteria is used to evaluate applicants for admission to the doctoral program:

- Undergraduate degree grade point average of 3.0 from an approved institution
- Master’s degree grade point average of 3.5 from an approved institution (if applicable)
- Graduate Record Examination score - Verbal, Quantitative, and Writing percentiles above fifty percent. (Student files will be reviewed with scores lower than fifty percent.)
- Three letters of recommendation (required to be submitted online - NO HARD COPIES)
- Professional goal statement (one-two page paper on professional backgrounds, goals, and reasons for pursuing doctoral degree at WVU) to be submitted online
- Curriculum vitae to be submitted online
- Personal interview

**Program Degree Requirements**

**THE CURRICULUM**

**SEP PH.D. CURRICULUM AND RESEARCH BENCHMARKS**

The curriculum for students in the SEP program represents the science-practice model of psychology. The program features a sixty-five to seventy-five credit hour major that includes coursework in three areas: 1) twenty-one credits in sport and exercise psychology traditional coursework, 2) eighteen credits of professional practice courses (teaching and applied practica), and 3) twelve-eighteen credits in research methods, statistics, and independent research. Most students will also concurrently complete forty-eight to sixty credit hours of coursework in Community Counseling (COUN) in an effort to earn a separate MA degree. Students in the SEP Major will complete coursework across SEP, Counseling, Statistics & Research Methods. They will complete written and practical comprehensive exams at the end of their coursework.

Students may enter in the SEP Ph.D. Major with either a bachelor’s degree or master’s degree. Students entering the program with a bachelor’s degree will first complete a thirty-six credit master’s degree in SEP with a data-based thesis research project. Students will form a Plan of Study committee and have their Plan of Study approved by March 1 of their first year in the program. This Plan of Study will outline all of the courses needed to complete the requirements for the M.S. in SEP (if necessary), Ph.D. in SEP and the M.A. in counseling.

**Sport and Exercise Psychology (SEP) Disciplinary Core**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>SEP 620</td>
<td>Indvdl Intractn- Sprt/Phys Act</td>
<td>3</td>
</tr>
<tr>
<td>SEP 640</td>
<td>Psychlgy- Sprt/Physicl Activity</td>
<td>3</td>
</tr>
<tr>
<td>SEP 719</td>
<td>Group Influences in Sport</td>
<td>3</td>
</tr>
<tr>
<td>SEP 720</td>
<td>Psychlgcl Sprt Prfrmnc Enhhncmn</td>
<td>3</td>
</tr>
<tr>
<td>SEP 721</td>
<td>Counseling College Stdnt-Athlete</td>
<td>3</td>
</tr>
<tr>
<td>SEP 722</td>
<td>Exercise and Health Psychology</td>
<td>3</td>
</tr>
<tr>
<td>EPID 766</td>
<td>Physical Activity Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>SEP 723</td>
<td>Psychologcl Aspects-Sprt Injury</td>
<td>3</td>
</tr>
<tr>
<td>SEP Course</td>
<td>Ethical/Legal Issues in Sport and Exercise</td>
<td>3</td>
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</tbody>
</table>

Total Hours: 27

* Course offered once every two years

**SEP Professional Practice Core (fifteen credit hours)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>SEP 690</td>
<td>Teaching Practicum</td>
<td>3</td>
</tr>
<tr>
<td>SEP 690</td>
<td>Teaching Practicum</td>
<td>3</td>
</tr>
<tr>
<td>SEP 686</td>
<td>Internship- Sport &amp; Ex Psych</td>
<td>6</td>
</tr>
<tr>
<td>SEP 691</td>
<td>ADTP: Supervision Sport</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours: 15
Note: Teaching practicum credits are fulfilled by teaching one undergraduate sport psychology course or co-teaching two courses. A typical semester load for internship experiences includes two credits of 686 and one credit of 691G (minimum three semesters).

SEP Statistics / Research Design Disciplinary Core (twelve-eighteen credit hours)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>SEP 726</td>
<td>Adv Measurmnt/Research-Phys Ed</td>
<td>3</td>
</tr>
<tr>
<td>SEP 765</td>
<td>Dissertation/Thesis Seminar</td>
<td>3</td>
</tr>
<tr>
<td>Advisor Approved Introductory Graduate-level course in Research methods</td>
<td>3</td>
<td></td>
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<tr>
<td>PSYC 615</td>
<td>Software Design in Psychology</td>
<td>3</td>
</tr>
<tr>
<td>or EDP 711</td>
<td>Multivariate Methods 1</td>
<td></td>
</tr>
<tr>
<td>Advisor-approved course in Qualitative or Single-subject Design</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Total Hours</td>
<td></td>
<td>15</td>
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</tbody>
</table>

Sport Psychology Research Practice Core (fifteen-eighteen credit hours)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>SEP 697</td>
<td>Research</td>
<td>9</td>
</tr>
<tr>
<td>or SEP 797</td>
<td>Research</td>
<td></td>
</tr>
<tr>
<td>SEP 698</td>
<td>Thesis *</td>
<td>3</td>
</tr>
<tr>
<td>SEP 798</td>
<td>Dissertation</td>
<td>3</td>
</tr>
<tr>
<td>Total Hours</td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>
* Only required for students entering with a bachelor’s degree.

Cognate Disciplinary Core (zero-nine credit hours) – may be used to complete requirements for AASP Certification

Total credits for Ph.D. –sixty-eight to seventy-seven (does not include credits to complete concurrent M.A. in counseling)

Research Benchmarks

(timeline indicated for a student with a bachelor’s degree)

1. Submit first data-based article for publication to peer-reviewed journal (fourth semester)
2. Orally defend article / study #1 (fourth semester)
3. Submit second article for publication to peer-reviewed journal (literature review or data-based) OR present a data-based study at a national conference (published abstract) (sixth semester)
4. Complete comprehensive exams (seventh semester)
5. Propose dissertation research plan (eighth semester)
6. Submit third data-based article for publication to a peer-reviewed journal (tenth semester)
7. Orally defend dissertation research (second and third studies) (tenth semester)

-All submissions must be first author with quality evaluated by the student’s plan of studies committee.

RESEARCH PUBLICATIONS / DISSERTATION SUMMARY

For students entering the Ph.D. program with a bachelor’s degree, they will be required to complete a thesis-equivalent data-based research project for submission to a peer-reviewed journal by their fifth semester. This paper will be written in APA manuscript format, with an extended literature review attached as an appendix. The thesis-equivalent manuscript must be deemed worthy of submission to a peer-reviewed journal.

The program will culminate in a dissertation research project on an important kinesiology topic. After submitting their first paper and passing comprehensive exams, students will be asked to orally present their plans for studies two & three. The dissertation will take the form of a series of two-three publishable papers or monographs on a similar, relevant topic in their field. The papers must be cleared for submission by the committee and submitted before signing off on the final dissertation defense. We emphasize peer-reviewed research publications as desired outcomes because of their positive impact on skills and the professional placement options for our graduates.

The dissertation will be defended in a public forum that has been announced at the college and university level at least two weeks in advance of the meeting date. The dissertation committee will be comprised of five members. All committee members must sign the approval form for the dissertation to be complete.
Counseling Master’s Program (sixty credit total). Courses are sequenced in blocks for purposes of prerequisite requirements. Courses in Block II have prerequisites in Block I; Block III requires completion of courses in Block II, and so forth.

**Block I**
- **COUN 501** Counseling Theory/Techniques 1 3
- **COUN 536** Theories of Human Development 3
- **COUN 622** Community Counseling 3
- **COUN 634** Cultural Issues 3
- **EDP 612** Introduction to Research * 3

**Block II**
- **COUN 606** Counseling Theory/Techniques 2 3
- **COUN 630** Children/Adolescents/Parents 3
- **COUN 640** Addictions Counseling 3
- **SEP 721** Counseling College Student-Athlete 3

**Summer Term**
- **COUN 505** Theory & Pract Human Appraisal (Psych Assessment) 3
- **COUN 665** Abnormal Behavior 3

**Block III**
- **COUN 609** Group Counsel Theory/Technique 3
- **COUN 620** Lifespan Career Counseling 3
- **COUN 645** Couple/Family Counseling 3
- **COUN 685** Practicum 6

**Block IV**
- **COUN 664** Ethical Issues in Counseling 3
- **COUN 686** Counseling Internship 12

**Total Hours** 63

* SEP students can substitute another research course for this requirement.

### COURSES

**SEP 615. Research Methodology-Phys Ed. 3 Hours.**
PR: Graduate standing or consent. Application of historical, descriptive, and experimental research strategies and designs to physical education. (Also listed as PET 615.).

**SEP 620. Indvul Intractn-Sprt/Phys Act. 3 Hours.**
PR: SEP 615. Designed to acquaint the student with the reciprocal relationships between sport and physical activity and the societies and culture from which sport emerges.

**SEP 640. Psychlgy-Sprt/Physlc Activity. 3 Hours.**
PR: SEP 615. Psychological effects and implications of participation in sport and physical activity. Emphasis is on the personality and behavior and motivational dynamics of sport involvement.

**SEP 647. Supervision Sport Psychology. 1-6 Hours.**
Supervision of graduate-level applied sport psychology consultation.

**SEP 686. Internship-Sport & Ex Psych. 1-6 Hours.**
PR: Graduate student status in SEP PhD Program. Sport behavior supervised experiencing various aspects of sport psychology teaching, research, and/or practice at on-campus or off-campus sites.

**SEP 690. Teaching Practicum. 1-3 Hours.**
PR: Consent. Supervised practice in college teaching of sport studies. Note: This course is intended to insure that graduate assistants are adequately prepared and supervised when they are given college teaching responsibility. It also provides a mechanism for students not on assistantships to gain teaching experience. (Grading will be P/F.).

**SEP 691A-Z. Advanced Topics. 1-6 Hours.**
PR: Consent. Investigation of advanced topics not covered in regularly scheduled courses.

**SEP 692A-Z. Directed Study. 1-6 Hours.**
Directed study, reading, and/or research.

**SEP 693A-Z. Special Topics. 1-6 Hours.**
A study of contemporary topics selected from recent developments in the field.
SEP 694A-Z. Seminar. 1-6 Hours.
Special seminars arranged for advanced graduate students.

SEP 695. Independent Study. 1-6 Hours.
Faculty supervised study of topics not available through regular course offerings.

SEP 696. Graduate Seminar. 1 Hour.
PR: Consent. Each graduate student will present at least one seminar to the assembled faculty and graduate student body of his or her program.

SEP 697. Research. 1-15 Hours.
PR: Consent. Research activities leading to thesis, problem report, research paper or equivalent scholarly project, or a dissertation. (Grading may be S/U).

SEP 698. Thesis. 1-6 Hours.
PR: Consent. This is an optional course for programs that wish to provide formal supervision during the writing of student reports (698), or dissertations (798). Grading is normal.

SEP 699. Graduate Colloquium. 1-6 Hours.
PR: Consent. For graduate students not seeking coursework credit but who wish to meet residency requirements, use the University’s facilities, and participate in its academic and cultural programs. Note: Graduate students who are not actively involved in coursework or research are entitled, through enrollment in their department’s 699/799 Graduate Colloquium to consult with graduate faculty, participate in both formal and informal academic activities sponsored by their program, and retain all of the rights and privileges of duly enrolled students. Grading is P/F; colloquium credit may not be counted against credit requirements for masters programs. Registration for one credit of 699/799 graduate colloquium satisfies the University requirement of registration in the semester in which graduation occurs.

SEP 719. Group Influences in Sport. 3 Hours.
PR: SS 640. An examination of how and why behavior and performance are affected by interactions with others in sport. An emphasis is placed upon group functioning.

SEP 720. Psychological Sport Performance Enhancement. 3 Hours.
An in-depth examination of commonly used interventions designed to maximize the performance of individual athletes and teams.

SEP 721. Counseling College Student-Athlete. 3 Hours.
An exploration of psycho-social aspects of college student-athletes’ life experiences and common counseling concerns to include individual and systems intervention used to assist this at-risk group.

SEP 722. Exercise and Health Psychology. 3 Hours.
Major theories and techniques of health behavior change and health behavior assessment especially with respect to exercise.

SEP 723. Psychological Aspects-Sport Injury. 3 Hours.
Explores the psychosocial antecedents to athletic injury and factors related to the psychological experience and treatment of the injured athlete.

SEP 726. Adv Measurmnt/Research-Phys Ed. 3 Hours.
PR: SS 615. Extension and application of basic concepts of measurement and statistical evaluation to physical education.

SEP 727. Ethical/Legal Iss SEP. 3 Hours.
Graduate-level seminar on ethical and legal aspects of research, teaching and practice in sport and exercise psychology.

SEP 765. Dissertation/Thesis Seminar. 3 Hours.
PR: Graduate standing. Critical analysis of the graduate student’s dissertation or research proposal. (Required for all doctoral students.).

SEP 790. Teaching Practicum. 1-3 Hours.
PR: Consent. Supervised practice in college teaching of sport studies. Note: This course is intended to insure that graduate assistants are adequately prepared and supervised when they are given college teaching responsibility. It will also present a mechanism for students not on assistantships to gain teaching experience. (Grading will be S/U).

SEP 791A-Z. Advanced Topics. 1-6 Hours.
PR: Consent. Investigation of advanced topics not covered in regularly scheduled courses.

SEP 792A-Z. Directed Study. 1-6 Hours.
Directed study, reading, and/or research.

SEP 793A-Z. Special Topics. 1-6 Hours.
A study of contemporary topics selected from recent developments in the field.

SEP 794A-Z. Seminar. 1-6 Hours.
Special seminars arranged for advanced graduate students.

SEP 795. Independent Study. 1-9 Hours.
Faculty supervised study of topics not available through regular course offerings.

SEP 796. Graduate Seminar. 1 Hour.
PR: Consent. Each graduate student will present at least one seminar to the assembled faculty and graduate student body of his or her program.
SEP 797. Research. 1-15 Hours.
PR: Consent. Research activities leading to thesis, problem report, research paper or equivalent scholarly project, or a dissertation. (Grading may be S/U.).

SEP 798. Dissertation. 1-6 Hours.
PR: Consent. This is an optional course for programs that wish to provide formal supervision during the writing of student reports (698), or dissertations (798). Grading is normal.

SEP 799. Graduate Colloquium. 1-6 Hours.
PR: Consent. For graduate students not seeking coursework credit but who wish to meet residency requirements, use the University’s facilities, and participate in its academic and cultural programs. Note: Graduate students who are not actively involved in coursework or research are entitled, through enrollment in their department’s 699/799 Graduate Colloquium to consult with graduate faculty, participate in both formal and informal academic activities sponsored by their program, and retain all of the rights and privileges of duly enrolled students. Grading is P/F; colloquium credit may not be counted against credit requirements for masters programs. Registration for one credit of 699/799 graduate colloquium satisfies the University requirement of registration in the semester in which graduation occurs.