Sport and Performance Psychology, M.S.

Degree Offered

- Master of Science

Nature of the Program

The online Master's in Sport and Performance Psychology, offered by the WVU College of Applied Human Sciences, is a flexible graduate program designed to prepare you to optimize performance, well-being, and human potential across a breadth of performance-driven settings such as sports, military, performing arts, and more. This program explores ethical and legal foundations, psychological theory, and evidence-based performance enhancement techniques, with an emphasis on building effective helping relationships, multicultural competence, and understanding human development and individual differences to support performers in reaching their potential. This degree is ideal for both working professionals seeking to advance their career, in addition to providing a strong foundation for those just entering the field.

Admissions for 2027-2028

Applications are reviewed three times per year in advance of each term. Priority deadlines are Apil 1 for fall admission, October 1 for spring admission, and February 1 for summer admission. Applications received after these dates may be considered on a space-available basis.

Major Code: 5553

Degree Requirements

Code	Title	Hours
SEP 515	Research Methods and Statistics	3
SEP 518	Helping Relationships in Performance Domains	3
SEP 519	Basic Techniques for Performance Enhancement	3
SEP 520	Advanced Techniques for Performance Enhancement	3
SEP 521	Psychopathology and Performance	3
SEP 524	Understanding the Psychological Bases of Individual Differences	3
SEP 525	Cultural Competencies in Sport and Performance Psychology	3
SEP 527	Ethical and Legal Issues in Sport and Performance Psychology	3
SEP 540	Theoretical Sport and Performance Foundations for Practice	3
ACE 522	Motor Behavior for Sport Coaches	3
Total Hours		**30**

* From the Certified Mental Performance Consultant® Certification Program Candidate Handbook (https://appliedsportpsych.org/site/assets/files/30025/3-24_cmpccandidatehandbook_web.pdf), "Effective July 1, 2023, all coursework must be completed with a C or better".

Accelerated Bachelors/Masters Degree Requirements

Students must fulfill all degree requirements for the B.S. in Sport, Exercise, and Performance Psychology and the M.S. in Sport and Performance Psychology. Students must also meet all the requirements of the ABM.

ABM Requirements

Code	Title	Hours
Sport, Exercise, and Performance Psychology Major Requirements		108
Shared Bachelor's/Master's Curriculum Requirements		12
Master of Science Sport and Performance Psychology Requirements		18
Total Hours		**138**

Share Bachelor's/Master's Coursework Requirements

Code	Title	Hours
Select four of the following courses:		**12**
SEP 515	Research Methods and Statistics	
SEP 518	Helping Relationships in Performance Domains	

SEP 519	Basic Techniques for Performance Enhancement
SEP 520	Advanced Techniques for Performance Enhancement
SEP 521	Psychopathology and Performance
SEP 524	Understanding the Psychological Bases of Individual Differences
SEP 525	Cultural Competencies in Sport and Performance Psychology
SEP 527	Ethical and Legal Issues in Sport and Performance Psychology
SEP 540	Theoretical Sport and Performance Foundations for Practice
ACE 522	Motor Behavior for Sport Coaches

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
CAHS 191	2	SEP 283	3
SEP 272	3	ACE 149	3
PSYC 101	3	SOC 101	3
ENGL 101 (GEF 1)	3	GEF 3	3
GEF 2	4	GEF 5	3
	15		**15**

Second Year

Fall	Hours	Spring	Hours
PSYC 241	3	SEP 385	3
ENGL 102 (GEF 1)	3	PSYC 251	3
GEF 6	3	PSYC 281	3
GEF 7	3	Elective	3
Elective	3	Elective	3
	15		**15**

Third Year

Fall	Hours	Spring	Hours	Summer	Hours
CAHS 300	3	SEP 371	3	ABM	3
ACE 307	3	ACE 327	3	ABM	3
COUN 303	3	SEP 425 or HWB 359	3		
Elective or Professional Minor Course 1	3	ABM	3		
Elective	3	ABM	3		
	15		**15**		**6**

Fourth Year

Fall	Hours	Spring	Hours	Summer	Hours
SEP 415	3	CAHS 489 or SEP 474	3	ABM	3
SEP 420	3	Elective or Professional Minor Course 4	3	ABM	3
Elective or Professional Minor Course 2	3	Elective or Professional Minor Course 5	3		
Elective or Professional Minor Course 3	3	Elective	3		
ABM	3	ABM	3		
ABM	3	ABM	3		
	18		**18**		**6**

Total credit hours: 138

Major Learning Outcomes

SPORT AND PERFORMANCE PSYCHOLOGY

Following the completion of this program, graduates will be able to:

- Understand advanced disciplinary knowledge and the primary modes of inquiry that form the basis for ethical and professional evidence-based practice in the field of sport and performance psychology. (Professional Knowledge)
- Apply evidence-informed psychological strategies, theories, and techniques to enhance performance and well-being and meet the differentiated needs of athletes and performers across diverse contexts. (Professional Practice)
- Contribute to the leadership of communities of professional practice in sport and performance psychology as collaborative learners who can facilitate their own continued development and that of others. (Professional Leadership)

Degree Progress

The School of Sport Sciences requires the following milestones for all students. According to the graduate catalog, students will receive a yearly evaluation. Students who are either not making adequate degree progress or who are failing to uphold professional standards may receive notice of probation, suspension or dismissal. Students may be notified of academic consequences outside of routine evaluation processes if an issue must be addressed immediately.

Each year, no later than the first day of classes of the Fall semester, the department will distribute an updated version of the CAHS Graduate Student Handbook, which includes links to program-specific handbooks.

BENCHMARKS

- Achieve a minimum GPA of 2.75 in coursework to graduate
- Satisfactory Progress
- Students may be dismissed from their program if their GPA falls below a 2.5.
- Students below a 2.75 are considered on probation.