Psychology of Peak Performance

Graduate Certificate in Psychology of Peak Performance

CERTIFICATE CODE - CG83

Students must have a cumulative GPA of 2.75 to graduate from the program. Each required class must be completed with a C- or better. Graduate students with a cumulative grade point average (GPA) below 2.75 will be placed on academic probation.

Code	Title	Hours
Select four (4) from 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	
Total Hours		**12**

Certificate Learning Outcomes

PSYCHOLOGY OF PEAK PERFORMANCE

Professional Knowledge: 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 Practice: 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 Leadership: 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.