

# CONTRASTING PSYCHOLOGY AND SPORT PSYCHOLOGY UNDERGRADUATE DEGREES

## **BS Applied Sport Psychology & Counseling**

This field centers on the use of psychological techniques to improve the performance, mental health, emotional health, and general well-being of performers so they can thrive.

Provides streamlined content related to:

- developing relationships
- integrating theories/principles into practice
- delivering services focused on enhancing performance and well-being

#### **BA Psychology**

This major provides training in the theories and practices of psychology.

Students learn to apply the scientific method through involvement in research and clinical training from our renowned facilities, focusing on core research themes such as:

- child and family psychology
- cognitive neuroscience
- community and multicultural psychology
- behavioral neuroscience
- children in schools
- health promotion



## **LEARNING OUTCOMES**

- 1. Differentiate affordances and limitations of counseling and consulting paths in applied sports psychology
- 2. Appraise theoretical foundations of psychological processes influencing human performance
- 3. Evaluate the effectiveness of scientifically informed applied sport psychology **interventions for enhancing performance and wellness** in a variety of domains
- 4. Appraise theoretical and scientifically informed principles of the psychology of physical activity
- 5. Explain factors related to the trajectories of human development and their effects on performance
- 6. Explain biomechanical foundations and motor control processes underlying learning movement skills and athletic performance
- 7. Theories of psychopathology and etiology of mental disorders, recognize theories and assessments of psychopathology, and counseling strategies for ameliorating psychopathology
- 8. Apply effective interviewing and communication techniques such questioning, paraphrasing, and reflecting, to establish rapport, trust, and safe and open communication with clients
- **9. Describe a personal consultation model for working with student athletes**, including effective consultation qualities, consultation processes, and a discussion of professional roles and boundaries and the purpose and function of documents.
- 10.Interpret basic types of research methods and design (e.g., qualitative, quantitative), issues related to tests and measurement (e.g., reliability, validity), descriptive techniques, inferential statistics, and parametric procedures and **ethical application of research methods** and analyses
- 11.Identify the biological, cognitive, affective, social, and individual factors that influence behavior
- 12.Evaluate **conceptual frameworks for sociopolitical and cultural factors that impact human behavior**, dimensions of personal identity, and individual differences (e.g., race, ethnicity, sexual orientation) that influence the professional helping relationship, and intervention strategies for addressing needs of individuals from unique racial/ethnic backgrounds, religious affiliations, gender identity, etc., and culturally-competent approaches to counseling and consultation

College of Education UNIVERSITY OF SOUTH CAROLINA

## **ASPC CURRICULUM**

#### **Carolina Core:**

- All University of South Carolina undergraduates share a common academic foundation
- 10 Components
- 3 can be in overlay courses

#### **Core Components**















#### **Overlay Eligible Components**







#### **Specialized Content Preparation:**

- •Courses in sport psychology, counseling, physical education and coaching to prepare you for your career.
- •Examples:
  - Sport Psychology
  - •Wellness and Mental Health
  - Counseling Student Athletes
  - Interpersonal Communication Skills
  - Functional Musculoskeletal Anatomy
  - Foundations of Coaching

#### **Supporting Courses:**

- •Examples:
  - Introductory Sociology
  - Psychological Statistics
  - Social Work
  - Other psychology courses
  - Electives



### **ACCELERATED MASTER'S DEGREE**

 Eligible students could complete accelerated master's degree in Coaching Education – Mental Performance Coaching.

Senior Fall (15 semester hours)	Senior Spring (15 semester hours)
Additional PSYC	Additional PSYC
PEDU 516 [fall only]	SOWK Course
PEDU 570 [fall only]	EDCE 520
PEDU 647 [fall only]	Elective or Grad Course
PEDU 660 [fall only]	Elective or Grad Course

 Continue graduate coursework in summer and fall after bachelor's degree to graduate the next December with M.S. degree



### **CAREER OPTIONS**

#### **Mental Performance Consultant**

Working within an organization or in private practice to serve:

- Youth and high school sport athletes and/or organizations
- Collegiate athletes and/or athletic departments
- Professional athletes and/or sport organizations
- Military
- Business
- Law
- Performing arts

#### **Licensed Mental Health Practitioner**

Working within an organization or in Private Practice

#### **Athletic Coach**

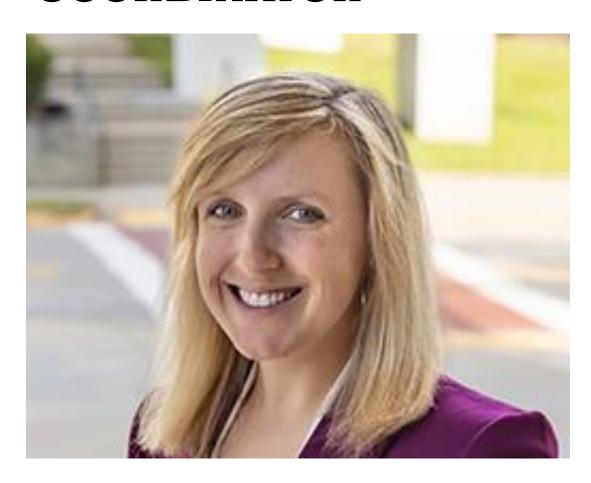
Coaching at various levels (e.g., youth, high school, collegiate)

#### **Faculty Member**

- Tenure-track (having research expectation)
- Clinical and/or Applied Focus Faculty (mentoring students in applied experiences)
- Instructor and/or Adjunct Instructor



## UNDERGRADUATE FACULTY PROGRAM COORDINATOR



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Research interests: sport psychology service provision



## QUESTIONS

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