



APPLIED SPORT PSYCHOLOGY AND COUNSELING

Degree Information and Career Possibilities

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



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



College of Education
UNIVERSITY OF SOUTH CAROLINA

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



College of Education
UNIVERSITY OF SOUTH CAROLINA

UNDERGRADUATE FACULTY PROGRAM COORDINATOR



Dr. Morgan Eckenrod, PhD,
CMPC

Email: ME43@mailbox.sc.edu

Research interests: sport
psychology service provision



College of Education
UNIVERSITY OF SOUTH CAROLINA

QUESTIONS

Name: Lauren Sanborn

Email: Brownlw@mailbox.sc.edu



College of Education
UNIVERSITY OF SOUTH CAROLINA