

Sport Science: Coaching & Mental Performance (M.S.)

The M.S. in Sport Science: Coaching & Mental Performance provides the opportunity for teachers and coaches with undergraduate degrees in physical education and related areas the opportunity to focus more on the coaching aspects of their professional journeys.

Graduates of the program develop the skills, techniques, and dispositions to apply the concepts, theories, and principles of sport and mental performance to their roles in the sport industry. Sport and Mental Performance coaching techniques hold their root in sport and exercise psychology, and the degree prepares the student to continue to work in physical education, athletics, coaching, business, health, health sciences, and a myriad of other industries.

The main focus of the program is the application of the skills and techniques for athletic coaching. However, the skills, techniques and dispositions are applicable to coaching in a variety of fields including health, wellness, and business.

Required Courses

Item #	Title	Credits
SPS 510	Sport in Society	3
SPS 520	Advanced Strength & Conditioning	3
SPS 530	Counseling Theories and Skills in Sport & Mental Performance	3
SPS 611	Working with Teams, Athletic Injury and Prevention	3
SPS 620	Working with Families in Sport	3
SPS 630	Brain & Behavior in Exercise & Sport	3
EDU 594	Research and Evaluation in Education	3

Thesis Track

Two electives with advisor approval (see Electives below)

Item #	Title	Credits
SPS 594	Proposal Design	3
SPS 695	Thesis	3

Non-Thesis Track

Three electives with advisor approval (see Electives below)

Item #	Title	Credits
SPS 685	Internship in Coaching & Mental Performance	3

Electives

SPS 685 elective only for thesis track candidates

Item #	Title	Credits
SPS 522	Strength & Conditioning for PK-12 Professional	3
SPS 529	Foundations of Professional Coaching	3
SPS 685	Internship in Coaching & Mental Performance	3
HED 570	Stress Management Techniques	
MBA 555	Administration, Organization, & Behavior	
MBA 656	Leadership & Ethics	
SCP 596	Integrating Mindfulness into Professional Practices	
Total Credits		33