

SPS 530 : Counseling Theories and Skills in Sport & Mental Performance

This course provides an overview of relevant historical, philosophical, and foundations of major applicable theories to the profession. These theories will serve as a foundation for guiding the principles and work of a sport and mental performance coach. This course will highlight key concepts from each theory and allow students to experience practical implications. Current clinical practices standards, critical thinking and reasoning as well as a focus on the role of the sport and mental performance coach will be examined.

Credits 3