

## Learn more about Sport and Exercise Psychology

Through the Association for Applied Sport Psychology (AASP) and the Proactive Peer Undergraduate Mentoring Program (PPUMP)

### What's New!?

#### Conference Information:

The 2009 annual conference is in **Salt Lake City, Utah (September 15-18, 2009 at the Sheraton City Centre)**. You may register for just one day of the conference – this is a great way to check out AASP for a reduced cost (student discount is available for one-day attendance)!

### What is Applied Sport Psychology?

- Applied sport psychology involves extending theory and research into the field to educate coaches, athletes, and parents with the goals of facilitating optimal sport involvement and performance.
- Although there are many specific concepts within applied sport psychology (e.g., goal setting, relaxation, concentration, imagery), the general goal is to teach individuals in various fields (e.g. sports, business, performing arts) the mental skills necessary to perform consistently and to help them realize their potential.
- The practice of applied sport psychology usually involves a combination of individual and group consulting or counseling –depending on the style and training of the professional conducting the intervention – and the client's needs.
- AASP Certified Consultants and specifically-trained licensed psychologists are typically the most competent practitioners in applied sport psychology.

### What is Exercise Psychology?

- Applied exercise psychology focuses on the role of psychological factors and their relationship to disease, injury, coping with stress, and health promotion.
- Primary interests concern the close relationship between mental health and physical health and optimizing health and wellness outcomes in applied exercise settings.

### Interested in a Career in Applied Sport Psychology?

In a 2003 article in the *Journal of Applied Sport Psychology*, Williams and Scherzer asked individuals who graduated from a masters or doctoral program, with an emphasis in sport psychology, about their current position of employment, income, career goals, and sport psychology consulting aspirations.

The findings provide some helpful guidelines for current and prospective students regarding graduate training and career opportunities.

Some career opportunities include:

- Performance Enhancement Consultant for:
  - Athletes
  - Businesses
  - Military Personnel
- Professor in Kinesiology and Psychology/Counseling Departments
- Sports medicine/medical setting

### FAQ's:

***How can I find out more information about the field of Sport and Exercise Psychology and AASP?***

#### Proactive Peer Undergraduate Mentoring Program (PPUMP)

PPUMP is comprised of graduate students who are competent and willing to serve as mentors for their peers and prospective students as they search for graduate programs that best fit their needs. Send an email to: [ppump@aaasonline.org](mailto:ppump@aaasonline.org) to contact a PPUMP representative!

You can also find out more information about the field of sport and exercise psychology and AASP online at:

<http://appliedsportpsych.org>

***How can I learn more about graduate programs in Sport and Exercise Psychology?***

A Graduate Program Fair is held each year at the annual AASP conference. This year's conference is in **Salt Lake City, Utah (September 16-19, 2009 at the Sheraton City Centre)**. At the fair, you can meet current students and professors of master's and Ph.D. programs in the field. This is a great opportunity to learn more about various programs, as well as the research interests of faculty and graduate students in the field. Find out more about how to attend the AASP annual conference at

<http://appliedsportpsych.org>!

There is a directory available at: [www.fitinfotech.com](http://www.fitinfotech.com) – the directory covers over 100 MA/MS and Ph.D. programs worldwide!