

Master of Science in Sport, Exercise, and Performance Psychology

The master's program in Sport, Exercise, and Performance Psychology at UW Green Bay was designed to fulfill the needs of students who would like to have a master's degree as their final degree as well as those who would like to pursue a doctoral degree in the future. Here are the main features of the program:

- It has two tracks:
 - Applied (<https://www.uwgb.edu/sport-exercise-and-performance-psychology/program-overview/applied-track/>): Prepares students to work with applied sport and performance psychology or exercise psychology, providing the foundation courses to become Certified Mental Performance Consultants® (<https://appliedsportpsych.org/certification/>) (CMPC).
 - Course-Based (<https://www.uwgb.edu/sport-exercise-and-performance-psychology/program-overview/thesis-track/>):
- The learning outcomes (<https://www.uwgb.edu/sport-exercise-and-performance-psychology/program-overview/learning-outcomes/>) are in line with the knowledge areas and tasks identified by the Association for Applied Sport Psychology (<https://appliedsportpsych.org/certification/certification-program-candidate-handbook/>) (AASP) as central for competent work in SEPP.
- The program is housed in the Psychology Department (<https://www.uwgb.edu/psychology/>), which has multiple faculty (<https://www.uwgb.edu/psychology/faculty-staff/>) specialized in various areas: counseling psychology, developmental psychology, neuroscience, aging, school psychology, social psychology, health psychology, etc. Students may, for example, choose a thesis advisor in one of these areas, if it relates to their specific interest in SEPP.

Admission Requirements

A maximum of 20 students will be admitted to the program each year. While we may admit part-time students, priority will be given to full-time students. Applicants must have a cumulative GPA of 3.0 or higher to apply, although applicants with a GPA lower than 3.0 may be admitted under probation. In such case, the student will need to maintain a GPA of 3.0 or higher during their first 9 credits in the program.

The following documents will be needed to complete the application:

- **Official Transcripts** from all postsecondary institutions of higher learning from which 9 or more credits have been attempted are required. If you attended less than 9 credits you do not have to send an official transcript unless the courses completed were pre-requisites for the program. Study abroad transcripts are not required if a student attended an international university for one or fewer semesters. NOTE: If you attended UW-Green Bay you do not have to send UW-Green Bay transcripts.
- **Statement of interest** (max. 1000 words) answering the prompt: "Describe your professional goals within the field of sport, exercise, and performance psychology that you hope to attain, what you have done to pursue them thus far, and how you believe that UWGB's master's program in Sport, Exercise, and Performance Psychology can help you to reach them." Please also indicate in your statement which track you would like to pursue. Students on the thesis track should also indicate two options of advisors that they would prefer to work with on their theses.
- At least **two letters of recommendation** (preferably completed by at least one faculty member). Applicants are required to provide the name and contact information of two individuals who can speak directly to the applicant's potential success in a graduate program. When you complete the application, please make sure you have their names and contact information. You will need to send the SEPP Evaluation Form ([https://www.uwgb.edu/UWGBCMS/media/Sport-Exercise-and-Performance-Psychology/Letter-of-Evaluation-\(M-S-in-Sport,-Exercise,-Performance-Psychology\).pdf](https://www.uwgb.edu/UWGBCMS/media/Sport-Exercise-and-Performance-Psychology/Letter-of-Evaluation-(M-S-in-Sport,-Exercise,-Performance-Psychology).pdf)) to these individuals, so they can complete the form and send it, together with your letter of recommendation, to the Office of Graduate Studies (gradstu@uwgb.edu). It is the responsibility of the applicant to ensure that their references have completed and submitted the SEPP Evaluation Form and letter of recommendation by the application deadline.
- **Resume** including experiences relevant to sport, exercise, performance, psychology, research, and other related activities.
- **International students** must follow the standard procedures for [international students application](#), which includes taking an English proficiency test (TOEFL or IELTS), submitting course by course transcript evaluations for any institution attended outside of the U.S.

Deadlines

Review of completed applications (including letters of recommendation) will begin on the priority date of **February 1st**. Applications will continue to be reviewed if there are still available spots in the program, up to **June 1st**. Incomplete applications will not be reviewed.

Degree Requirements (<http://catalog.uwgb.edu/archive/2023-2024/graduate/graduate-programs/sepp-ms/emphasis/>)

Students must complete requirements in one of the following areas of emphasis: (<http://catalog.uwgb.edu/archive/2023-2024/graduate/graduate-programs/sepp-ms/emphasis/>)

- Applied Track (<http://catalog.uwgb.edu/archive/2023-2024/graduate/graduate-programs/sepp-ms/emphasis/>)
- Course-Based Track (<http://catalog.uwgb.edu/archive/2023-2024/graduate/graduate-programs/sepp-ms/emphasis/>)

Progress to Degree

Steps toward the Degree

1. Student applicant is admitted to the master's program.
2. Student will complete the *Official Declaration of Master's Degree* (GR-1 Form) indicating degree track of study.
3. In Year 1, student completes 21 credits (including 3 credits in the summer) of core coursework.
 - a. Student chooses the thesis and/or applied track to pursue for their second year of coursework and experiences.
4. In Year 2, student completes 18 credits of coursework, including 6 credits in Thesis or Internship for two semesters along with 12 credits of (two) core courses and (two) elective courses
 - a. Thesis track: Student successfully completes and defends a thesis project.
 - b. Applied track: Student successfully completes internship experiences and defends an applied project
5. Upon successful completion of the thesis/applied project, the student files the *Approval of Thesis Defense or Project Presentation* (GR-4 Form) with the Office of Graduate Studies seeking committee member signatures.
6. Degree is awarded and graduate receives diploma.

Faculty

The faculty in the M.S. in Sport, Exercise, and Performance Psychology (SEPP) represent a wide range of teaching, practice, and research experiences. The faculty offers students opportunities to apply what they learn in SEPP internships to become a Certified Mental Performance Consultant® and in SEPP research to prepare for further doctoral studies. Contact information and biographies for faculty and staff are available on the program website: <https://www.uwgb.edu/sport-exercise-and-performance-psychology/faculty-staff/>.