

Master of Science in Sport, Exercise, and Performance Psychology

The master's program in Sport, Exercise, and Performance Psychology at UW Green Bay is 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 in applied sport, exercise, and/or performance psychology careers, providing foundation courses and practicum opportunities to progress toward becoming Certified Mental Performance Consultant® (<https://appliedsportpsych.org/certification/>) (CMPC). (39 credit hours)
 - Course-Based (<https://www.uwgb.edu/sport-exercise-and-performance-psychology/program-overview/thesis-track/>): Equips students with knowledge and skills in mental performance that can be applied to careers with performance-oriented individuals. Provides opportunity for foundation courses aligned with the Certified Mental Performance Consultant® (<https://appliedsportpsych.org/certification/>) (CMPC) and individualized coursework in areas like coaching, leadership, and group facilitation. (39 credit hours)
- 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/contact/>) specialized in various areas: counseling psychology, developmental psychology, neuroscience, aging, school psychology, social psychology, health psychology, etc. Information and contact information for the SEPP faculty can be found on the SEPP Contact Us Page (<https://www.uwgb.edu/sport-psych/contact/>).

Admission Requirements

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 provisionally. In such case, the student will need to maintain a GPA of 3.0 or higher during their first 9 credits in the program. While we may admit part-time students, priority will be given to full-time students.

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 how the track you are applying for (Course-based Track or Applied Track) will help you reach your professional goals.
- 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 \(https://www.uwgb.edu/UWGBBCMS/media/graduate/files/pdf/Letter-of-Evaluation-\(M-S-in-Sport-Exercise-and-Performance-Psychology\)_12-9-22.pdf\)](https://www.uwgb.edu/UWGBBCMS/media/graduate/files/pdf/Letter-of-Evaluation-(M-S-in-Sport-Exercise-and-Performance-Psychology)_12-9-22.pdf) Evaluation Form ([https://www.uwgb.edu/UWGBBCMS/media/graduate/files/pdf/Letter-of-Evaluation-\(M-S-in-Sport-Exercise-and-Performance-Psychology\)_12-9-22.pdf](https://www.uwgb.edu/UWGBBCMS/media/graduate/files/pdf/Letter-of-Evaluation-(M-S-in-Sport-Exercise-and-Performance-Psychology)_12-9-22.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 the [international student application](#), which includes taking an English proficiency test ([TOEFL](#) or [IELTS](#)) and submitting course by course transcript evaluations for any institution attended outside of the U.S.

Each applicant who submits a complete application and meets minimum requirements will be invited for a virtual interview with SEPP faculty so the SEPP faculty can learn more about applicants and their interests in the SEPP program, the selected track, and career aspirations. The interview is part of the application process to help determine best-fit track placements.

Deadlines

Review of completed applications will begin on the priority date of January 15th. Applications will continue to be reviewed if there are still available spots in the program up until August 14.

Degree Requirements (<https://catalog.uwgb.edu/archive/2025-2026/graduate/graduate-programs/sepp-ms/emphasis/>)

- Students will complete 39 credits on either the Applied Track or the Course-Based Track. Each track's curriculum guide can be found in the SEPP Handbook of students' catalog year and can also be viewed here, in the Graduate Catalog (<https://catalog.uwgb.edu/archive/2025-2026/graduate/graduate-programs/sepp-ms/emphasis/#text>).
- In the last semester of the program, SEPP students will complete a program required culminating project (in the PSYCH 790 course) that will be presented at an end of the year SEPP event (in May). These culminating projects will be evaluated by SEPP faculty and must be approved by SEPP faculty as a degree requirement.

Progress to Degree

1. The candidate applies to the Master of Science in Sport, Exercise, and Performance Psychology (SEPP) program by completing all application requirements.
2. The candidate is admitted to the Master of Science in SEPP program.
3. The student fulfills the degree requirements for the SEPP program.
 - a. This includes one SEPP course in the summer between the first year and the second year.
 - b. This includes a program required culminating project and presentation to be completed in the last semester of the program. Filing the Approval of Thesis Defense or Project Presentation (GR-4 Form) with the Graduate Studies Office indicates satisfactory completion of the culminating project.
4. The student is awarded a Master of Science in SEPP degree from the University of Wisconsin-Green Bay.

Faculty

Jason Cowell; Professor; Ph.D., University of Minnesota*

Jenell L Holstead; Professor; Ph.D., University of Indiana*

Elif Ikizer; Associate Professor; Ph.D., University of Connecticut

Joanna Morrissey; Associate Professor; Ph.D., University of Iowa*

Chelsea B Wooding; Associate Professor; Ph.D., West Virginia University*