

**MA in Applied Sport & Performance Psychology (ASPP) Curriculum**  
**50 units, 2 years (Full-time Track), with required SPP Certificate courses highlighted** (other courses are extra options)

46 core semester units + 4 elective units + Professional Development Workshops (PD Workshops, register for min. of 4)  
 + Performance Masterclasses (register for a min. of 4) + ALL Town Hall Meetings (THM).

	FALL SEMESTER 1 (10 UNITS)	SPRING SEMESTER 1 (11 UNITS)	SUMMER TERM 1 (8 UNITS)
	ASPP5241 Performance Masterclass**	ASPP5241 Performance Masterclass**	
	ASPP5243 PD Workshops (no fee), note the different sections each semester	ASPP5243 PD Workshops (no fee), note the different sections each semester	
Year 1 (29 core units)	ASPP5200 Introduction to Sport and Performance Psychology (3) <b>K2</b>	ASPP5203 Counseling Skills in Sport and Performance Psychology (3) <b>K5</b>	
	ASPP5207 Professional Ethics and Standards in Sport and Performance Psychology (3) <b>K1</b>	ASPP5204 Applied Mental Skills Training (ASPP5204) (3) <b>K6</b>	ASPP5209 Research Methods in Sport c 1
	ASPP5210 Diversity in Sport and Performance Psychology (3) <b>K8</b>		
	ASPP5221 Applied Performance Project I (1)		
	THM		

MA in Applied Sport & Performance Psychology (ASPP) Curriculum and Advising Road Map (SPP Certificate classes highlighted)  
50 units, 2 years (Fall Start)

	FALL SEMESTER 2 (10 UNITS)	SPRING SEMESTER 2 (7 UNITS)	SUMMER TERM 2
	ASPP5241 Performance Masterclass**	ASPP5241 Performance Masterclass**	Electives (see below for list)
	ASPP5243 PD Workshops (no fee), note the different sections each semester	ASPP5243 PD Workshops (no fee), note the different sections each semester	
Year 2 (17 core units)	ASPP5205 Advanced Mental Skills Training (MST) (3) K2	ASPP5202 Advanced Sport and Performance Psychology (2) K2	
	ASPP5219 Psychology of Human Development (3) (Term 5) K7	ASPP5215 The Business of Consulting (1)	
	ASPP5223 Applied Performance Project III (1)	ASPP5224 Applied Performance Project IV (1) THIS CLASS SHOULD BE TAKEN IN YOUR FINAL SEMESTER	
	ASPP5232 Applied Performance Placement II (inc. Individual and Group supervision) (3)	ASPP5233 Applied Performance Placement III (inc. Individual and Group supervision) (3)	
	Electives (see below for list)	ASPP290 Exit Meeting	
		ASPP5298 Final Comprehensive Examination	
		ANNUAL COMMENCEMENT CEREMONY	
	FALL SEMESTER ELECTIVES	SPRING SEMESTER ELECTIVES	SUMMER ELECTIVES
	ASPP5226 Optimal Performance Recovery (1) <i>Offered Fall 2021, Fall 2023</i>	ASPP5217 Mental Performance in Athletic Coaching (1) <i>Offered Spring 2021, Spring 2023</i>	
	ASPP5228 Motor Learning and Control (3) K3 <i>Offered every Fall semester</i>	ASPP5216 Mental Performance in Military Populations (1) <i>Offered Spring 2022, Spring 2024</i>	
	ASPP5211 Applying Mindfulness in Sport and Performance Psychology (1) <i>Offered Fall 2022, Fall 2024</i>	5) ASPP5212 Introduction to ExQu K2	