

## **Master of Arts in Psychology Major in Sport and Exercise Psychology**

Department of Psychology  
Silliman University

### **BRIEF DESCRIPTION OF THE PROGRAM**

The graduate degree program is an advanced coursework in the field of sport and exercise that engages the student in the scientific study of the psychological processes that are associated with participation and performance in physical activity, exercise and sports.

### **CURRICULUM**

## **Master of Arts in Psychology Major in Sport and Exercise Psychology**

### **Course Content**

#### Core Courses (12 units)

<u>Course</u>	<u>Units</u>
*Psych 201 Advanced Research I	3
*Psych 202 Advanced Statistics I	3
*Psych 214 Seminar in Group Process & Procedures	3
**Principles of Sport and Exercise Psychology	3

#### Required Courses (15 units)

<u>Course</u>	<u>Units</u>
**Physical Activity and Mental Health	3
**Psych 269 Psychology of Coaching	3
**Psychology of Performance, Health and Well-being	3
**Psychosocial Skills in Performance	3
**Scientific Approaches to Injury and Pain Management	3

#### Electives (minimum of 6 units)

<u>Course</u>	<u>Units</u>
*Psych 310 Ethical Perspectives in Psychology	3
*Psych 270 Psychological Counseling & Psychotherapy	3
*Psychology and Social Intervention	3
*Psych 274 Advanced Psychological Assessment	3
*Psych 268 Advanced Abnormal Psychology	3
*Psych 210 Advanced Industrial/Organizational Psychology	3
*Psych 228 Advanced Theories of Personality	3
*Psych 234 Gender and Development	3
*Psych 236 Qualitative Research I	3
*Psych 248 Disaster Management	3
*Psych 262 Health Psychology	3

*Psych 266 Trauma and Healing	3
*Psych 283 Alternative Therapies: Art, Music, and Play	3
*Psych 224 Filipino Psychology	3
*Psych 232 Attitude and Opinion Measurement	3
*Psych 226 Cognitive Psychology	3
*Psych 238 Projective Techniques	3
*Psych 271 Dance Movement Psychotherapy	3
*Psych 283 Alternative Therapies: Art, Music, and Play (Playback Theater)	3
*Psych 285 Trauma and Healing amid the Corona Virus Pandemic	3
*Psych 258 Seminar in Social Psychology	3
*Psych 267 Exercise Psychology	3
*Psych 245 Somatic Exploration of breath, Body, Emotions & Our Three Brains	3
*Psych 244 Special Topics in Social and Community Psychology	3
*psych 264 Adolescent Psychology	3
*Psych 290 Special Topics in Counseling Psychology	3
**Diversity and Multicultural Issues in Sport and Exercise	3
**Contemporary Issues in Physical Activity and Health	3
**Championship Mindset	3
**Sport-Based Psychosocial Interventions for Communities in Crisis	3
**Special Topics in Sport and Exercise	3
*Current courses in the MA Psychology program	
**New courses specific to Sport and Exercise Psychology	
Practicum	6
Thesis	3
Total number of units	42

### **Descriptions of the New Courses**

#### **Principles of Sport and Exercise Psychology**

This course will survey the psychological theories that explain and affect sport performance and exercise participation. The course will also examine cognitive, affective, behavioral, and developmental considerations to meet the unique needs of diverse participants in sport and exercise environments.

**Physical Activity and Mental Health**

This course discusses about the importance of physical activity to address the needs for mental health. It teaches about how exercise can help in the treatment of mental health issues such as depression, mood and cognitive function. It also discusses how mental health issues can affect sport performance in training and competition among athletes.

**Psychology of Coaching**

This course will examine the main issues related to the principles, skills, and impact of coaching in teams and organizations. Topics include developing a coaching philosophy, evaluating theories in motivation, understanding team dynamics, communicating effectively, and improving player performance.

**Psychology of Performance, Health and Well-being**

This course discusses about the psychological processes involved in sport and exercise performance as well as the facilitation of health among individuals and how this is sustained. It also discusses about the essential personal and environmental factors that lead to the development of well-being.

**Psychosocial Skills in Performance**

This course will study the process of developing psychosocial skills in performance: education, acquisition, and integration, and how this may be designed to respond to specific needs of individuals and teams to manage and cope with stress, enhance performance, increase enjoyment, and improve sport and physical activity satisfaction.

**Scientific Approaches to Injury and Pain Management**

This course will focus on the current research and best practices in injury and pain management. The trends towards a holistic approach merging the disciplines of psychology, behavioral science, mainstream and alternative medicine and biomechanics will be discussed.

**Diversity and Multicultural Issues in Sport and Exercise**

This course discusses about how culture affects sport and exercise performance. It specifically looks at inter-cultural and intra-cultural similarities and differences that impact sport and exercise dynamics allowing the student to gain a better and wider perspective about behaviors of athletes and exercise participants.

**Contemporary Issues in Sport and Exercise**

This course is a discussion of different concerns and issues at the personal and societal levels in order to have a better understanding about how current situations impact the dynamics of sport and exercise participation.

**Championship Mindset**

This course will explore the deliberate application of theory, research, and intervention strategies to help clients cultivate the champion mindset in a variety of performance environments. The construct of a champion mindset is explored, including the factors that facilitate or hinder it at the individual and group levels and their practical applications to working with clients.

**Sport-Based Psychosocial Interventions for Communities in Crisis**

This course specifically teaches about the use of sports as an intervention tool in addressing psychosocial needs, concerns and issues of individuals and communities experiencing a crisis. It gives knowledge about how body movement and the dynamics of play are essential to people's abilities to survive a crisis and heal from trauma that the crisis may bring.

**Special Topics in Sport and Exercise**

This course explores about different topics in sport and exercise participation that may not be discussed in the other courses. It may talk about trends in medicine, sport science, psychology, politics, sociology or gender that may be found important to gain a better understanding about the dynamics of sport and exercise.