



MASTER OF SPORTS SCIENCE DEGREE WITH SPORTS PSYCHOLOGY EMPHASIS

Students interested in learning the dynamics and features of how psychology impacts the athlete can now add an optional emphasis in Sports Psychology for the Master of Sports Science Program.

Human behavior is complex and dynamic. Nowhere is this more clearly evident than in sports. Contemporary sports environments require that sports leaders — coaches and trainers — understand how to motivate athletes.

In pursuing the emphasis in Sports Psychology for the Master of Sports Science degree program, students will explore the theories of motivation and performance enhancement and will benefit from a greater understanding of athletes in this increasingly complex and competitive age, thus gaining a greater competitive advantage.

The emphasis in Sports Psychology presents students with a three-course option comprised of the following Sports Psychology courses:

- SAB 657 Psychology of Elite Performance
- SAB 659 Group Dynamics in Sports and Exercise
- SAB 566 Psychological Aspects of Health and Fitness



SPORTS PSYCHOLOGY COURSES

This exciting emphasis includes the following courses:

SAB 657 Psychology of Elite Performance (3 semester hours)

This course examines the psychological factors that are most critical to elite sport performances. Special emphasis is focused on the physical, mental, and emotional variables related to optimal performance conditions. Theory and practice for athletes and coaches will be discussed. This course requires a final exam.

SAB 659 Group Dynamics in Sports and Exercise (3 semester hours)

In-depth study of the influence of teams on the individual performance and the influence of individuals on team performance in sport and exercise settings. Particular focus is on interpersonal aspects such as cohesion and leadership. This course requires a class paper.

SAB 566 Psychological Aspects of Health and Fitness Programming (3 semester hours)

This course is a study of the psychological and sociological aspects of health and fitness programming and the application of this knowledge to the development of effective motivational and behavioral modification strategies. This course requires a class paper.

MISSION STATEMENT

The United States Sports Academy is an independent, non-profit, accredited, special mission sports university created to serve the nation and the world with programs in instruction, research and service. The role of the Academy is to prepare men and women for careers in the profession of sport.

ACCREDITATION

The United States Sports Academy is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) to award the Bachelor of Sports Science degree (level II), the Master of Sports Science degree (level III), and the Doctor of Education degree (level V). Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call (404) 679-4512 for questions about the accreditation of the United States Sports Academy.



OVERVIEW

The Academy, known around the world as “America’s Sports University[®],” is the only accredited sport-specific institution in America offering bachelor’s, master’s and doctoral degree programs, as well as certificate programs. For almost four decades, the Academy has provided programs in sport education to more than 60 countries around the world.

Alumni surveys reveal that over 75% of Academy graduates secure employment in the field of sport and more than 95% of Academy students state they would recommend the Academy’s programs to their friends and colleagues.

The Academy features flexible online and residential programs – students “learn while they earn.”

DEGREE PROGRAMS

Bachelor’s Degree (B.S.S.)

In this one-of-a-kind online undergraduate degree, a student may transfer in as few as 36 and as many as 90 semester hours of college credits toward the completion of a bachelor’s degree. There are three disciplines: *Sports Studies*, *Sports Coaching* and *Sports Management* with a new emphasis in *Sports Security*.

Master’s Degree (M.S.S.)

This 33-semester hour program can be completed online in as little as one year with no residency requirement. There are five disciplines – *Sports Management*, *Sports Coaching*, *Sports Fitness & Health*, *Sports Medicine* and *Sports Studies* – with four emphasis areas – *Sports Psychology*, *Olympism*, *NCAA Compliance* or *Personal Training*. Dual majors are also available!

Doctoral Degree (Ed.D.)

This 66-semester hour doctoral degree is available online, has no residency requirement and can be completed in as little as three years. The Doctoral Portfolio goes beyond exams and focuses on research, which is the foundation of doctoral study. Within the doctoral Sports Management program, students can choose an emphasis in *Sports Medicine* or *Olympism*.

The Academy is one of only three institutions in the United States whose Sport Management degree programs are on the approved list of the Sports Management Program Review Council (SMPRC), a joint activity of the National Association for Sport and Physical Education (NASPE) and the North American Society for Sport Management (NASSM).

CONTINUING EDUCATION

The Academy offers a variety of online certification programs that provide professional development opportunities in coaching, sports management, fitness, personal training and other related areas.

In providing continuing education credit (through CEUs), the Academy has helped many teachers and coaches **gain salary increments, secure job promotions and maintain or upgrade their certifications**. All online!

The Academy also provides continuing education credit to many sport organization and association programs including the National Association of Collegiate Directors of Athletics (NACDA), the National Federation of State High School Associations (NFHS), the National Soccer Coaches Association of America (NSCAA), USA Track & Field Federation (USATF), the American Council on Exercise (ACE) and many others.

United States Sports Academy • One Academy Drive • Daphne, Alabama 36526
(800) 223-2668 • www.ussa.edu • admissions@ussa.edu



www.twitter.com/USsportsAcademy



www.facebook.com/USsportsAcademy

