



ADVANCING
ENGAGING
UNIQUE
FUTURE-MINDED
DYNAMIC

- MASTER OF SCIENCE IN
- COUNSELING PSYCHOLOGY
- SPORT & EXERCISE PSYCHOLOGY
- CONCENTRATION

The only program of its kind in western PA

chatham UNIVERSITY

COLLEGE FOR GRADUATE STUDIES

NEW

MASTER OF SCIENCE IN COUNSELING PSYCHOLOGY SPORT & EXERCISE PSYCHOLOGY CONCENTRATION



Sport & Exercise Psychology is a growing subspecialty within the discipline of psychology, and Chatham University now offers the only program of its kind in western Pennsylvania. As a concentration within Chatham's exceptional Master of Science in Counseling Psychology program (MSCP), Sport & Exercise Psychology is designed for counseling and psychology professionals in both athletic and non-athletic settings.

Sport psychology practitioners help coaches, athletic trainers, and school administrators who seek to strengthen an athlete's on-field performance and to reinforce the application of sport strategy and skill to off-field areas — enhanced academic performance, peer relationships, and leadership situations. Sport psychology not only addresses performance enhancement techniques including focus and concentration training, but also incorporates more widely applicable skills training such as goal setting, leadership training, and team building.

With the increased healthcare needs of Pennsylvania residents, Sport and Exercise Psychology will also benefit individuals with risk factors including smoking, alcohol abuse, and obesity-related behaviors.

Exercise has been identified as a risk modifier for many health problems; psychology professionals are being called upon with increasing frequency to intervene in patients' efforts to modify their health behaviors and reduce their disease risk. This concentration also prepares students for doctoral study in sport & exercise psychology.

● COURSE

● STRUCTURE

Sport & Exercise Psychology program courses include:

- Introduction to Sport & Exercise Psychology
- Sport & Exercise Psychology Interventions I: Children and Adolescents
- Professional Sport & Exercise Psychology Interventions II: College Students and Adults
- Advanced Seminar in Sport & Exercise Psychology

● ADMISSIONS

● REQUIREMENTS

Enrollment in graduate study or a graduate degree in a counseling-related field required. Licensed Professional Counselors (LPCs) and professionals in disciplines including but not limited to psychology, counseling, mental health, school guidance counseling, and social work may enroll in the Sport & Exercise Psychology program without being admitted to Chatham University as a graduate student.

Participants in Chatham University's MSCP program may concentrate in Sport & Exercise Psychology.

Contact Mary Jo Loughran, Ph.D.,
at mloughran@chatham.edu or
412-365-2783.



chatham
UNIVERSITY

COLLEGE FOR GRADUATE STUDIES

OFFICE OF GRADUATE ADMISSIONS

Woodland Road . . . Pittsburgh, PA 15232

www.chatham.edu/mscp