What You Can Do With a Major in…  

Sport Psychology

Description
The Sport Psychology major provides students with the educational background required to prepare students for graduate coursework in clinical psychology, counseling, and exercise psychology (or similar fields). After completion of graduate studies and necessary licenses/certifications, students would meet the requirements for a career in professions such as exercise psychology consultation, counseling in public/private schools, colleges, and universities, and research. Students are encouraged to participate in research and special projects, which can be arranged through academic advisors. Students who pursue this major should plan to continue their education in graduate programs in kinesiology, specifically sport and exercise psychology, sport sociology, and/or counseling. An internship is required as part of the Sport Psychology major. The purpose of the internship is to help students understand and explore the type of consulting environments they would be working in after graduate school. The 150 hours required for the Senior Internship is considered a minimum for that prerequisite. For all majors, the internship is to be completed during your senior year, or if permitted, during the summer prior to their senior year.

The Sport Psychology Lab is a multipurpose facility centered on the three pillars of the TCU program--research, teaching, and consulting. In the realm of research, three major endeavors are conducted in and through the lab: model testing, phenomenological research, and body image research.

Model Testing-- A model for the enhancement of fitness and self-esteem through physical activity is being created and tested in three of the middle schools in Fort Worth Independent School District.

Phenomenological Research—this realm seeks to understand the "lived" experiences of sport and exercise participants in relation to the social, psychological and cultural contexts in which they are engaged. Phenomenological interviews are conducted in the lab and analyzed within the context of research groups consisting of sports psychology faculty and graduate and undergraduate students.

Body Image Research-- Another crucial area of research within the fields of sports, exercise, and health is the perception of body image. The Sport Psychology Lab is a setting in which studies related to body image concerns such as muscle dysmorphia and eating disorders are examined. To support and enhance the second and third pillars of the TCU Sport Psychology program, a full set of production equipment (including audio/video recording equipment, monitors, and a color writer) are available to create teaching videos for class instruction or performance-enhancing video productions for athletes, coaches, or exercisers.

Department Contact
TCU Department of Kinesiology
Gloria Soloman, Ph.D.
TCU Box 297730
817-257-7665
www.kinesiology.tcu.edu/
Skills
- Concentration
- Ability to motivate
- Understanding of people and their situations
- Research
- Data Analysis
- Planning
- Critical Thinking
- Patience
- Leadership skills
- Working as a team
- Time Management
- Interpersonal skills
- Attention to Detail
- Organizing

Career Opportunities
- Sports Psychology Consultation
- Wellness Counselor
- Researcher
- School Counselor
- Teacher (with Master’s level teacher certification)
- Clinical Psychology
- Lab Technician
- Licensed Professional Counselor (LPC)
- Academic Advisor
- Environmental Health Specialist

Possible Employment Settings
- Colleges and Universities
- Schools
- Self Employed/Private Practice
- Resorts
- Hospital/Outpatient Centers
- Professional Sports Teams
- Rehabilitation Centers

Career Services’ Books
- Career Opportunities in the Sports Industry
- Careers for Health Nuts and Others Who Like to Stay Fit
- Great Jobs for Psychology Majors
- Job Opportunities for Health and Science Majors
- Opportunities in Sports and Fitness Careers
- Opportunities in Mental Health Careers
- Sports Market Place

Internet Sites
- Sport Science: www.sportsci.org
- Association for the Advancement of Applied Sport Psychology: www.aaasponline.org
- North American Society for the Psychology of Sport and Physical Activity: www.naspspa.org
- The American Board of Sport Psychology: www.americanboardofsportpsychology.org