

SPORT PSYCHOLOGIST CHECKLIST

Undergraduate

- Take courses in Psychology and Exercise Science in the following domains:
 - K1. Professional Ethics & Standards; K2. Sport Psychology; K3. Sport Science;
 - K4. Psychopathology; K5. Helping Relationships; K6. Research Methods and Statistics; K7. Psychological Foundations of Behavior;
 - K8. Diversity and Culture.
- Double Major in Psychology & Exercise Science (or 1 major & 1 minor)
- Get Experience:
 - Assist at university or in the community
 - Assist with research
 - Volunteer coach at youth league
- Communicate with SEP professionals. Attend conferences. Join organizations.
- Research graduate school programs:
 - Directory of Graduate Programs in Applied Sport Psychology
 - <http://www.appliedsportpsych.org/publications/graduate-program-directory/>

Graduate School (Accredited Program)

- Ph.D. or Psy.D. in Clinical or Counseling Psychology or Sport Psychology
- Master's Degree in Sport Psychology or Sport Science
- Master's Degree in social work, therapy, counseling (MSW, MFT, LPC)

Licensed Clinical Psychologist

- Ph.D./Psy.D. from an Accredited University
- 3000 hours (CA) of Supervised Professional Experience
- National Exam (EPPP) and State Exam (CPLPEE for CA)

Certified Mental Performance Consultant®

Administered by the Association for Applied Sport Psychology

- CMPC <https://appliedsportpsych.org/certification/application-forms/>
- Graduate Degree, Coursework, Mentored Experience (400hrs), Exam

Sport Psychologist

Licensed Psychologist w/ Specialized Training in Sport Psychology.

Roles of a Sport Psychologist

Applied Sport Psychologist: Work with individuals or teams on performance enhancement through mental skills training

Clinical Sport Psychologist: Work with sport-related psychological difficulties.

Academic Sport Psychologist: Teach and or conduct research.

Shira A. Oretzky, Ph.D., CMPC
Clinical and Sport Psychologist

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Internet Resources

[Association for Applied Sport Psychology \(AASP\)](#)

[APA Division 47, Exercise & Sport Psychology](#)

[APA Division 47, Sport Psychology Proficiency Information](#)

[United States Olympic and Paralympics Committee, Sport Psychology](#)

[National Collegiate Athletic Association, Student-Athlete Mental Health](#)

[Collegiate Clinical/Counseling Sport Psychology Association \(CCSPA\)](#)

[San Diego Sport Psychology Associates](#)

[Dr. Shira A. Oretzky, MindEdge Sport and Performance Consulting](#)

National Conferences

Association for Applied Sport Psychology (AASP)

The North American Society for the Psychology of Sport and Physical Activity
(NASPSPA)

American Psychological Association (APA), Division 47 – Exercise & Sport
Psychology