

Student Learning Outcomes

MS Sport Science, Sport and Exercise Psychology Track

1. Formulate strong understanding of research methods and the foundations underlying sport science including socio-cultural, philosophical and psychological perspectives.
2. Dissect and synthesize research to develop a full comprehension of current knowledge base and design related investigations.
3. Evaluate the influence of key social institutions (gender, race, social class) on sport and exercise experiences, and to integrate these factors in one's professional work.
4. Interpret philosophical principles and assess ethical issues related to sport; articulate a personal philosophy regarding social responsibility in sport.
5. Formulate a strong understanding of the influence of multiple key psychological factors on sport and exercise experiences.
6. Appraise the impact of psychological factors including stress/anxiety on sport/exercise performance and structure mental skills training programs with consideration of developmental, lifespan issues for individuals and group including injured athletes in transition.
7. Structure a mental training program for individuals and groups based on formal needs assessment and lifespan considerations.
8. Determine the psychological factors that increase one's risk of injury/ illness and how to prevent these; delineate one's response to injury/illness and appropriate coping measures; and analyze issues and theories of transition, notably athletic retirement.
9. Analyze stress and the interrelationships of stress, health and physical activity.