



ACADEMIC PATHWAY

BACHELOR OF ARTS IN PSYCHOLOGY WITH A CONCENTRATION IN SPORT PSYCHOLOGY

What is Sport Psychology?

The American Psychological Association defines sport psychology as “a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation and systemic issues associated with sports settings and organizations.”

In short, the field explores the principles and theories of psychology through the lens of athletic competition. Many aspiring professionals enter the field to work with elite athletes, including those who play at the professional level. The reality is that the principles of sport psychology can be used to improve the performance of a wide variety of people both inside and outside the sporting arena, including student-athletes of all levels, coaches, corporate employees and even members of the military.

Why study Sport Psychology?

Students who earn a bachelor's degree in psychology with a concentration in sport psychology—or in related fields like addictions counseling, exercise science, sports management, health, fitness and wellness—and add a minor in sport psychology will be well-equipped to assist athletes at all levels identify issues that keep them from optimal performance. While a Ph.D. in clinical psychology is ultimately required for those who want to become licensed clinical sport psychologists, a degree at the bachelor's level provides the groundwork and the underpinnings of knowledge required for entry-level support positions in the field.

Many of our students are athletes themselves, and some also work as volunteer athletic trainers or coaches for children during the summer or as part-time jobs. The knowledge gained in the sport psychology concentration or minor can provide them with further advantages in these areas as they advance in their careers. It also proves beneficial to those who wish to become teachers, coaches, counselors, managers or work in leadership or social services related to wellness, health, exercise, fitness or sports, as the coursework will offer transferable skills and information. For those who wish to further their education at the graduate level, the bachelor's level program in sport psychology can provide them with a foundation to build upon. Depending on the specific career a student wishes to pursue, it might be valuable for students to utilize their electives to take courses in anatomy, physiology, biology and/or exercise science to bolster their scientific knowledge of the body.

What can I do with a Bachelor of Arts in Psychology with a concentration in Sport Psychology degree?

A degree in sport psychology equips individuals with the knowledge and skills to work with athletes, coaches and teams to enhance their mental and emotional well-being, improve performance and achieve their goals. Graduates can also work as mental performance consultants, helping athletes develop mental strategies for optimal performance. Additionally, sport psychologists can find employment in academic settings, conducting research, teaching or working in college counseling centers. Some may choose to work in sports medicine clinics or rehabilitation centers, assisting athletes recovering from injuries with their psychological and emotional needs.

Samples of careers with this degree include:

- Certified Mental Performance Consultant
- Personal Trainer
- Military
- Athletic Coach
- Performance Psychologist, with additional schooling



How much will I earn with an BA in Psychology/Sport Psychology?

Due to the diversity and broad nature of the field, students have a variety of potential employment opportunities with varying levels of pay. It is always best to refer to official sources such as the Bureau of Labor Statistics (bls.gov) or consult with specific agencies/organizations for the most accurate and up-to-date salary information. Please note that these are approximate figures, and salaries can vary significantly depending on factors such as location, experience, employer and industry.

- Sport Psychology Assistant/Personal Trainer - \$40,000 - \$55,000
- High School Sports Counselor - \$45,000 - \$65,000
- College Athletic Academic Advisor - \$50,000 - \$70,000
- Sports Marketing/Sales Representative - \$45,000 - \$70,000
- Corporate Wellness Coordinator - \$45,000 - \$65,000
- Entry Level Sports Performance Coach - \$40,000 - \$55,000
- Sport Psychologist* - \$80,000 - \$110,000

**This career requires a doctoral level degree and licensure. The BA in Sport Psychology is a steppingstone to this career.*

What is your pathway to graduation?

YEAR 1	
FIRST YEAR FALL	FIRST YEAR SPRING
DEC100 Dragon Education: Engage	ENG142 Rhetoric and Academic Writing
ENG141 Rhetoric and Intro to Research Writing	COM130 Intro to Speech Communications
PSY101 Intro to Psychology	SOC101 Intro to Sociology
DLT101 Digital Literacy and Technology Readiness	NAT130 Foundations of Healthy Living
MAT185 Quantitative Reasoning	SMG160 Intro to Sport Management

YEAR 2	
SECOND YEAR FALL	SECOND YEAR SPRING
SMG220 Principles of Athlete Development	DEC200 Dragon Education: Explore
PSY265 Lifespan Development	PSY250 Social Psychology
PSY211 Intro to Sport Psychology	PSY302 History and Systems of Psychology
Any one course in ART/CUL/HIS/NAT	PSY263 Theories of Personality
PSY201 Intro to Professional Practice	One of the following courses: HIS201/ENG201/PHI110/ART210/CUL210/PHI215/GSC110

YEAR 3	
THIRD YEAR FALL	THIRD YEAR SPRING
PHI215 Ethics	DEC300 Dragon Education: Connect
MAT273 Applied Statistics I	EXS225 Motor Development
SOC280 Sports in American Society	SCS300 Research Design
Open Elective (100 level or above)	PSY411 Applied Sport Psychology
Open Elective (100 level or above)	Open Elective (200 level or above—suggest EXS410 Health Coaching)

YEAR 4	
FOURTH YEAR FALL	FOURTH YEAR SPRING
PSY362 Abnormal Behavior	DEC400 Dragon Education: Impact
PSY320 Motivational Psychology	CSL430 Cultural Competence in Counseling
Open Elective (200 level or above - suggest NAT220 Survey of Health Issues)	PSY401 Biological Foundations of Behavior
Open Elective (200 level or above)	Open Elective (200 level or above)
Open Elective (200 level or above)	SCS470 Internship

Can I choose a minor?

There are several minor options available to BA Psychology/Sport Psychology majors; historically, two of the most popular have been the following:

MINOR OPTIONS			
SOCIOLOGY		CYBER SECURITY	
COURSE NAME	CREDITS	COURSE NAME	CREDITS
COM441 Organizational Communication	3	EXS146 Intro to Exercise Science	3
LDR220 Intro to Leadership	3	NAT150+L Intro to Anatomy and Physiology and Lab	4
LDR415 Leading with Cultural Intelligence	3	EXS442+L Exercise Testing and Prescription and Lab	4
LDR440 Theory and Application of Leadership	3	EXS422+L Exercise Physiology and Lab	4
MGT301 Organizational Behavior	3	(EXS255 Motor Development already taken in major)	4
(PSY250 previously taken in major)			

Enhance your degree with a designation, license or certification.

DESIGNATION OPTIONS	
FEDERAL EMERGENCY MANAGEMENT INSTITUTE CERTIFICATIONS	
COURSE NAME	CREDITS
TU's CCU Training Module	Badge/ Certificate

Dual Enrollment/4+1

Students who wish to be promoted to leadership positions in the field or practice clinical work in the future will eventually need to complete their graduate degree. Taking advantage of the dual enrollment opportunity allows graduate-level classes in students' senior year to count toward their undergraduate and graduate degrees simultaneously saving both time and money. Most MSCJ graduate degrees can be completed in one year or less.

YEAR 4	
FOURTH YEAR FALL	FOURTH YEAR SPRING
*PSY543 Developmental Psychology	*PSY546 Psychopathology
PSY362 Abnormal Behavior	DEC400 Dragon Education: Impact
PSY320 Motivational Psychology	CSL430 Cultural Competence in Counseling
Open Elective (200 level or above - suggest NAT220 Survey of Health Issues)	PSY401 Biological Foundations of Behavior
Open Elective (200 level or above)	SCS470 Internship

*Signifies a graduate-level class.

Stay on track!

YEAR 1

- Meet with your assigned faculty mentor and professional advisor to ensure your plan meets your career goals and considers options such as minors, dual enrollment and unique internship opportunities.
- Consider job shadowing/exploring opportunities.
- Explore student groups, fellowships, clubs and extracurriculars on campus that apply to your career goals.
- Complete DEC100.

YEAR 2

- Meet with your assigned faculty mentor and professional advisor to ensure you are on target to graduate.
- Develop your resume.
- Continue job shadowing to build a professional network.
- Attend the career fairs offered on campus throughout the year.
- Complete DEC200.
- Begin exploring internships and graduate schools/programs (if applicable).

YEAR 3

- Meet with your assigned faculty mentor and professional advisor to ensure you are on target to graduate.
- Visit Career Services regularly to plan for your internship and begin practicing skills related to your upcoming job search (interview practice, dress for success seminars, etiquette 101, etc.)
- Work with the school's internship coordinator to help secure an appropriate internship.
- Fine-tune your resume and cover letter with career services.
- Complete DEC300.
- Attend the career fairs offered on campus throughout the year.
- Finalize graduate school plans.
- Complete your internship.

YEAR 4

- Meet with your assigned faculty mentor and professional advisor to ensure you are on target to graduate.
- Complete/submit graduate school applications by deadlines.
- Attend the career fairs offered on campus throughout the year.
- Begin your job search and submit applications for potential opportunities.
- Complete DEC400.
- Apply for graduation through the registrar's office at TU.



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