

MA in Applied Sport & Performance Psychology (ASPP) Curriculum 50 units, 2 years (Full-time Track), with required SPP Certificate courses **highlighted** (other courses are extra options)

46 core semester units + 4 elective units + Professional Development Workshops (PD Workshops, register for min. of 4)
+ Performance Masterclasses (register for a min. of 4) + ALL Town Hall Meetings (THM).

	FALL SEMESTER 1 (10 UNITS)	SPRING SEMESTER 1 (11 UNITS)	SUMMER TERM 1 (8 UNITS)
Year 1 (29 core units)	ASPP5241 Performance Masterclass** ASPP5243 PD Workshops (no fee), note the different sections each semester ASPP5200 Introduction to Sport and Performance Psychology (3) K2 ASPP5207 Professional Ethics and Standards in Sport and Performance Psychology (3) K1 ASPP5210 Diversity in Sport and Performance Psychology (3) K8 ASPP5221 Applied Performance Project I (1) THM	ASPP5241 Performance Masterclass** ASPP5243 PD Workshops (no fee), note the different sections each semester ASPP5203 Counseling Skills in Sport and Performance Psychology (3) K5 ASPP5204 Applied Mental Skills Training (MST) (3) K2 ASPP5209 Research Methods in Sport and Performance Psychology (3) K6 ASPP5213 Group Dynamics (1) ASPP5222 Applied Performance Project II (1) Electives (see below for list) THM	ASPP5206 Psychopathology (3) K4 ASPP5208 Assessment in Sport and Performance Psychology (Term 5) (2) ASPP5230 Introduction to Applied Placements (Term 5) (1) ASPP5231 Applied Performance Placement I: Intensive (Term 6) (2) (2 weeks on campus), <i>pre-reqs:</i> <i>ASPP200, 203, 204, 207, 208, 213, 230</i> Electives (see below for list)

*Denotes fee of \$100 each semester.

**Denotes fee of \$100 each semester.

***Denotes fee of \$350

The **K** numbers represent the Knowledge Areas required for CMPC (Certified Mental Performance Consultant) of AASP (Association for Applied Sport Psychology)

Note: In grad programs at DU, full-time status (for the purpose of Financial Aid or for international students) is 8 units per semester. You can take more units per semester if you want to be on the Full-time Track. We strongly recommend that you do NOT take this program full-time + have a full-time job.

MA in Applied Sport & Performance Psychology (ASPP) Curriculum and Advising Road Map (SPP Certificate classes highlighted)
50 units, 2 years (Fall Start)

	FALL SEMESTER 2 (10 UNITS)	SPRING SEMESTER 2 (7 UNITS)	SUMMER TERM 2
Year 2 (17 core units)	<p>ASPP5241 Performance Masterclass**</p> <p>ASPP5243 PD Workshops (no fee), note the different sections each semester</p> <p>ASPP5205 Advanced Mental Skills Training (MST) (3) K2</p> <p>ASPP5219 Psychology of Human Development (3) (Term 5) K7</p> <p>ASPP5223 Applied Performance Project III (1)</p> <p>ASPP5232 Applied Performance Placement II (inc. Individual and Group supervision) (3)</p> <p>Electives (see below for list)</p>	<p>ASPP5241 Performance Masterclass**</p> <p>ASPP5243 PD Workshops (no fee), note the different sections each semester</p> <p>ASPP5202 Advanced Sport and Performance Psychology (2) K2</p> <p>ASPP5215 The Business of Consulting (1)</p> <p>ASPP5224 Applied Performance Project IV (1) THIS CLASS SHOULD BE TAKEN IN YOUR FINAL SEMESTER</p> <p>ASPP5233 Applied Performance Placement III (inc. Individual and Group supervision) (3)</p> <p>ASPP290 Exit Meeting</p> <p>ASPP5298 Final Comprehensive Examination</p> <p>ANNUAL COMMENCEMENT CEREMONY</p>	Electives (see below for list)
	FALL SEMESTER ELECTIVES	SPRING SEMESTER ELECTIVES	SUMMER ELECTIVES
	<p>ASPP5226 Optimal Performance Recovery (1) <i>Offered Fall 2021, Fall 2023</i></p> <p>ASPP5228 Motor Learning and Control (3) K3 <i>Offered every Fall semester</i></p> <p>ASPP5211 Applying Mindfulness in Sport and Performance Psychology (1) <i>Offered Fall 2022, Fall 2024</i></p>	<p>ASPP5217 Mental Performance in Athletic Coaching (1) <i>Offered Spring 2021, Spring 2023</i></p> <p>ASPP5216 Mental Performance in Military Populations (1) <i>Offered Spring 2022, Spring 2024</i></p> <p>ASPP5212 Introduction to Executive Coaching (1) <i>Offered Spring 2022, Spring 2024</i></p>	<p>ASPP5218 Mental Skills Training: Consulting through a Season (1) <i>Offered Summer 2021, Summer 2023</i></p> <p>ASPP5214 Mental Performance in eSports (1) <i>Offered Summer 2023, Summer 2025</i></p>