



#### Overview

In the **Performance, Sport, and Exercise Psychology** concentration, you will learn the roles, responsibilities, foundations of the field, theories, applications, and fundamentals of performance consulting while working with diverse performance populations. Our aim is to assure students graduate from our program with knowledge, skills, and abilities to positively impact the lives of individuals, groups, and communities.

To achieve Certified Mental Performance (CMPC®) recognition, we require a minimum of 24 credits at a 400 or 500 level. Courses are taken in sequence and it is recommended that you register for nine credit hours per semester. View an example of a typical program of study below. Your advisor will help you design a schedule to ensure you complete all the required and experiential courses within two years.

#### Admission

The College of Applied Health Sciences PSEP Program accepts individuals for the Fall term of each year. The deadline for applications is **January 15**.

Submit your UIC application online via the [UIC website](#). Follow the instructions listed there. There is a non-refundable application fee of \$70 for all applicants. The following are required:

Bachelor's degree in any field of study Minimum GPA of 3.0 (on a 4.0 scale) for the final 60 semester hours of undergraduate work (3.25 preferred) and 3.5 for all graduate work

#### Application

- Transcripts
- Personal statement
- Letters of recommendation

#### Recommendations

- Campus visits
- Virtual interviews
- Attendance at information sessions
- Written Interview Questions

#### Program of Study

##### Year 1 Fall Courses

KN532/KN433 Cultural Humility in Performance, Sport, & Exercise Psychology/  
Sociological Perspectives in Performance, Sport, & Exercise Psychology\*  
KN534 Professional Ethics in Performance, Sport, & Exercise Psychology  
KN432 Positive Psychology  
KN594 Sport Psychology of Injury

##### Year 1 Spring Courses

KN531 Applied Sport Psychology  
KN447 Athlete Mental Health  
KN533 Consulting Theories & Skills

##### Year 2 Fall Courses

KN593 Internship in Kinesiology  
KN500 Evidence-Based Practice in Kinesiology & Nutrition  
KN433/KN532 \*Remaining Class

##### Year 2 Spring Courses

KN593 Internship in Kinesiology  
KN594 Non-sport Performance Psychology  
KN434 Business Branding in Performance, Sport, & Exercise Psychology.

#### Careers

- Certified Mental Performance Consultant®
- Resilience Trainer Military
- Cognitive Performance Specialist - Sport or Non-sport
- Private Practice
- Olympic Committee Academia

#### Contact Us

You can contact Program Director

**Dr. John Coumbe-Lilley** via Email: [jcoumb1@uic.edu](mailto:jcoumb1@uic.edu)