



VIRTUAL MEET & GREET

OCTOBER 4TH

NOVEMBER 8TH

JANUARY 17TH

• 11 AM - 11:30 AM CST

MEET FACULTY AND CURRENT STUDENTS
LEARN ABOUT THE SPORT, EXERCISE, & PERFORMANCE
PSYCHOLOGY MASTER'S PROGRAM AT MINNESOTA
STATE MANKATO
[HTTPS://MINNSTATE.ZOOM.US/MY/MCALARNEN](https://minnstate.zoom.us/my/mcalarnen)





SPORT, EXERCISE, & PERFORMANCE PSYCHOLOGY PROGRAM

Our Program

Minnesota State Mankato's Sport, Exercise, and Performance Psychology program (M.S.) is designed to help students develop a theoretical base in the discipline of sport, exercise, and performance psychology. The program prepares students to apply their knowledge of performance enhancement in settings such as competitive athletics, performance, and exercise.

Hands-On Experience

The courses and applied experiences in our program can be used towards certification with the Association for Applied Sport Psychology (AASP). Through our Center for Sport and Performance Psychology, students work directly with local collegiate, high school, and recreational athletes as well as other performers such as Army ROTC Cadets and choir groups.

Personalized Learning

Students will complete a capstone project based on their interests and goals. There are three options to choose from:



Internship

Students provide mental skills training at an internship site. Internships occur in the summer between students' first and second year in the program.



Manuscript

Manuscripts are original research studies that students design and implement. Students can present their research at national conferences and submit their work for publication.



Alternative Plan Paper (APP)

Students develop expert knowledge in a specific area of interest and create a project such as a website, mental training manual, etc. to reflect their learning.

GET IN TOUCH

(507) 389-1230
(507) 389-6112

Center for Sport and Performance Psychology
Department of Human Performance

Instagram: [mankato_sportpsych](#) & [thecenter_mnsu](#)

Visit Our Program's
Website



SPORT, EXERCISE, & PERFORMANCE PSYCHOLOGY

Partnership

We have a partnership with the Counseling and Student Personnel Master's Program at Minnesota State Mankato. This partnership allows students to apply for the M.S in Mental Health Counseling and complete coursework to become licensed counselors. Accepted students can complete both degrees within three years. Students complete their sport, exercise, and performance psychology degree in two years and finish their mental health counseling degree in the third year.



Alumni may choose to pursue doctoral studies in Sport and Exercise Psychology, Public Health, Counseling Psychology, and Exercise Science. These alumni aim to become licensed psychologists with a specialty in athletic populations with careers as private practitioners, faculty, and researchers.

Career Opportunities

Our alumni pursue a range of applied careers, including, but not limited to:

- Master Resilience Trainers in the U.S. Army
- Private practice as Certified Mental Performance Consultants (CMPC)
- College coaching
- Health and wellness coaching
- Talent development in the business sector
- Student services (career counseling, advising, and related positions at a university)

If you are looking for applied experience working as a graduate mental performance consultant, Minnesota State Mankato is the place for you



As a Program:

- ~550 Individual sessions each year
- ~100 Team sessions each year

Looking for more info?

Contact

Cindra Kamphoff, Ph.D., CMPC, Professor, cindra.kamphoff@mnsu.edu

Michelle McAlarnen, Ph.D., CMPC, Associate Professor, michelle.mcalarnen@mnsu.edu