

DOMINICAN UNIVERSITY of CALIFORNIA

Applied Sport and Performance Psychology

INTRODUCTION

Thank you for your interest in our program. This document will provide you with some answers to some of the frequently asked questions (FAQs) regarding the programs.

To learn even more, please attend a graduate program info session we host periodically with a member of our core faculty, an Enrollment Counselor, and a current student. Upcoming info sessions are listed half-way down on our [program page](#). We would also welcome you to schedule a visit any time, by clicking through to [this page](#).

COURSE DESCRIPTIONS

Here are links to our [website](#) with all our [current course listings](#) for our program. You can click on each course and view a brief description of the course.

COMMON APPLICATION QUESTIONS

How and when can I apply?

Application forms can be found on the [DUC website](#). These applications can also be sent to the Assistant Director of Graduate Admissions, Deepa Raghupathy at deepa.raghupathy@dominican.edu. We accept students for Fall and Spring and applications may be submitted on a rolling basis. There is no application fee.

What are the criteria for the MA application?

You will need official undergraduate transcripts, a personal statement (2 pages max), a copy of your resume, a scheduled faculty interview, and two letters of recommendation (preferably from academic sources). We do not require the GRE test. You may find our full admissions requirements at the bottom of [this page](#).

How can I check my application status?

Log in to your application and view the status there. You can apply/check your status [here](#).

Do you accept students for starts beyond the Fall semester?

Yes, students can start in both the Fall and Spring semesters (note that if you start in the Spring semester the program will take a minimum of 2.5 years). MA students cannot start in the Summer term.

How many years does it take to complete the program?

There are three different options:

1. Intensive Track: 2 years
2. Full-time: 3 years
3. Part-time: 3+ years

Note: going on the Intensive Track is very rigorous, so it is not recommended to work full-time and be on this track while you are at school. If you are working, part-time work is feasible on this track, otherwise the full-time track (3 years) would be more viable for working students.

Do I need a psychology degree from my undergraduate program to be accepted?

A degree in psychology is not required to be admitted into the program. However, it is recommended that you have taken an Introduction to Psychology course at the undergraduate level. Having that experience will benefit you greatly but is not necessary.

Does DUC offer financial aid for graduate students?

Our [financial aid office](#) has information available about aid eligibility and providing more information on [FAFSA](#), scholarships, and more. While 8 units is considered full-time student status, you need to take a minimum of 4 units per semester to qualify for Financial Aid.

APPLIED WORK OPPORTUNITIES (CAREER)

Are there internship opportunities?

Yes. At DUC we call them “Applied Performance Placements.” Students do a minimum of three placements, the first of which is the “Intensive Placement” which includes coming to the Bay Area for a 2-week onsite experience. This placement takes place during the Summer term (2 consecutive weeks in late July and/or early August). The intensive Placement is the student-trainees first opportunity to do the work of applied sport and performance psychology, receive on-the-spot supervision, and collaborate with peers on the creation of materials and delivery of mental skills training sessions. The purpose of the Applied Performance Placements experience is to provide student-trainees with the opportunity to apply the

knowledge, theories, and techniques they have learned in a real-world performance context.

The second and third placements are at a site of the student-trainees choosing, and may be done within the community that the student resides. The 2nd placement (ASPP5232) is typically with a youth sport setting and the 3rd placement (ASPP5233) may be with youth, collegiate, or adult performance populations (can be outside of the sport domain). The placements are a foundational feature of the Applied Sport and Performance Psychology Master's program, providing students with a robust supervised experience that will set them up for their future work in mental performance consulting.

Our placements can count towards the necessary applied hours of experience for the CMPC application process. This will depend on passing the placements as well as hours accumulated throughout the placements. All the placement work is supervised by someone who is CMPC (see #10 below) or on the AASP list of approved mentors.

What career pathways are available after the MA degree? What jobs do students get after completion?

There are many possibilities for careers with this applied degree. The focus is on training students to do the work in the field with athletes, coaches, and other performers (e.g., in business, musicians, dancers, etc.). Students typically wish to start their own private practice; however, this can be challenging at first prior to marketing one's work, etc. We will guide students on some essential steps to setting up their own business practice. Many students may be interested in working with the military as a [Master Resilience Trainer \(MRT\)](#), they offer several positions every year, and some will go on and work in colleges or full-time with teams. These are just some examples of the many applications of this degree, and as the field grows, more new and creative applications of our degree are constantly emerging!

What is AASP and CMPC certification? What is the benefit of obtaining this title?

The [Association for Applied Sport Psychology \(AASP\)](#) is the leading organization for sport and performance psychology professionals. It is an international professional organization based out of the US. AASP is an organization focused on human performance, holistic well-being and social functioning through education, research and practice, certification, and service to the profession of sport psychology.

Graduates of our MA degree may complete hours and coursework needed to be eligible to apply for certification as [Certified Mental Performance Consultants \(CMPC\)](#) through AASP:

“CMPC®s are individuals with a master’s or doctoral degree in sport science, psychology or a closely related field who have met specific course requirements and have completed an extensive, mentored applied experience. The disciplines included within the sport psychology field applicable to those holding the CMPC® designation include clinical psychology, educational psychology and clinical mental health counseling, social work, industrial-organizational psychology, and sport psychology from a sport science basis. A CMPC® may work with a wide variety of participants in sport and performance.”

WHAT’S IT LIKE TO BE A MASTER’S STUDENT IN OUR PROGRAM?

What does a typical week look like in the program?

There are no typical weeks! Every week will look different depending on your schedule, with some courses meeting more consistently than others. You also have the option of taking online courses or on-campus (or a combination) and a few courses are online only. Regardless of which modality you choose, you can expect to put in roughly 5 hours of work per course per week to stay on top of the coursework and excel. Class time can vary based on the modality you choose, so make sure to plan accordingly and use a calendar to stay organized (especially important if you are an online student as you won’t see the professor every week).

You should note that once you start your placements after your first year (on the Intensive track) then you will be required to attend group supervision every other week (no exceptions). If you are a remote student who lives more than 50 miles away from campus, we will make sure you can attend online.

Is it possible to take classes online instead of on-campus?

Yes, the program is available online, on-campus, or a hybrid (e.g., one class online and one class on-campus) and a few courses are online only. However, all students enrolled in the program are required to attend the 2-week summer applied performance placement (Intensive Placement), which is held on campus (see #2 above).

If you choose to take the online version of a course, that course will typically have 3-5 synchronous (real-time, live) classes. During these live classes, professors will guide you and your classmates through lectures, activities, and in-depth discussion about various topics of the course. It is an optimal space to develop your relationship with your professors and cohort and learn the material using a different modality.

Does DUC provide housing? What is the living situation like?

DUC does offer housing for graduate students! Here is a general link to our [residence life page](#), where you can find all the information about student life at DUC.

Are there opportunities for networking with classmates and professionals in the field?

Of course! On-campus and online students will get to know their cohort intimately as they will share many classes together. Our Student Applied Sport and Performance Psychology Association (SASPPA) has been created with the goal of helping create a space for our students to stay connected and help each other out! Opportunities to engage with experts in the field will take place at Performance Masterclasses and by attending the annual AASP Conference.

Are there GA opportunities for incoming students?

No, DUC does not offer GA opportunities for students at this time.

What support is there for the LGBTQ+ community?

We pride ourselves in diversity across our student body. We have an LGBTQ+ student [resource page](#) dedicated to resources for this community and can connect you with students and staff members on campus who are dedicated to making DUC a safe, welcoming space for all!

GENERAL QUESTIONS

What is special about this program and how is it different from other programs in this field?

The emphasis of our degree is on the 'applied' nature of the work, so by having this in the title of the degree it adds to this feature. We have athletes and performers on campus, thus applied opportunities for training practitioners will be ready-made year-round. In addition, some program highlights are:

Learning from highly skilled faculty face-to-face on campus and opportunities to learn online.

- Observing experienced practitioners working with performers. We follow the philosophy of: Watch it, practice it, teach it.
- Working with performers under faculty supervision.
- Developing an applied performance project throughout the program.
- Attending Masterclasses with renowned practitioners.
- Attending professional development workshops.
- Having classes/workshops on business practices for consultants.
- Being able to have a specialization beyond the sporting domains

If I am an international student, can I get an International visa to study at your program?

Yes, it is possible, we have several international students in our program. You need 6 units to be classed as a full-time student, which is a requirement for an International Visa (F-1), in addition to other visa requirements. Please reach out to an Enrollment Counselor for more information. [This page](#) you to our international students' webpage.

What are the strengths and weaknesses of the ASPP program?

One of the strengths of the program is its emphasis on applied experience which includes placements, coursework, applied projects, and Masterclasses that are geared towards preparing students to be practitioners in the field. In addition, we have an amazing faculty with many years of experience that are passionate and committed to the growth of each student. Given that we are a young program, we have only a few alumni at present. However, there are testimonials from current students that we can share and several of our faculty, including Program Director Dr. Alison Pope-Rhodus, who have extensive experience leading a graduate program. In all, ASPP is a wonderful program!

How do students typically graduate from the program? Do they have to submit a thesis or are there other means (comprehensive exam, capstone project) to graduate?

There is no required thesis. To graduate from the program, students will need to fulfill all course requirements (50 units), complete 3 placements (included in the 50 units), submit an applied performance project which begins from the first semester and runs all the way through the end of the program, and pass a comprehensive examination.

What is the SPP Certificate program?

Learn the main theoretical approaches, principles, and methods of sport and performance psychology with a [Certificate in Sport and Performance Psychology](#). This program is ideal for psychologists and therapists who wish to train in sport and performance psychology and/or who are working towards their Certified Mental Performance Consultant (CMPC) certification through the Association of Applied Sport Psychology (AASP). It can also be useful for coaches and trainers who want to further their education and expertise in mental skills training.

What is the cost of this program?

The cost of the program depends on the number of units taken. On this [page](#), there will be more information provided on the cost per unit.

Besides the core courses and electives, is anything else required to graduate?

Yes, students must register for a minimum of four professional development workshops (ASPP 5243) and four Performance Masterclasses (ASPP 5241), attend town hall meetings twice per year (no registration), and pass the final comprehensive examination (ASPP 5298).

Who is DUC accredited by?

Dominican University of California is accredited by the [Western Association of Schools and Colleges Senior College and University Commission](#). The organization sets standards regarding institutional improvement, mission fulfillment and service not only to students but to the public.

Can a visit to the campus be arranged? How do you go about that?

Yes! A visit can be arranged whether in person via appointment or through a virtual tour. For more information, or to make an appointment to visit the campus, click on [visit campus](#).

CONTACT INFORMATION

For any further questions, information, and all things DUC, please don't hesitate to contact us via email. Links to our website and social media are below.

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[DUC Applied Sport and Performance Psychology Webpage](#)

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