

0. Form NP – New Program Proposal Form

NEW PROGRAM PROPOSAL FORM

Sponsoring Institution(s): Northwest Missouri State University

Program Title: MS in Sport and Exercise Psychology

Degree/Certificate: Master of Science

Options: _____

Delivery Site(s): Maryville, Missouri Campus

CIP Classification: 31.0508 (Please provide a CIP code)

Implementation Date: Fall 2015

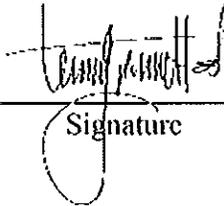
Cooperative Partners: NA

Expected Date of First Graduation: December 2017

AUTHORIZATION

Timothy Mottet, Provost

Name/Title of Institutional Officer



Signature

January 30, 2015

Date

Gregory Haddock, Vice Provost

Person to Contact for More Information

(660) 562-1145

Telephone

I. Need (Form SE - Student Enrollment Projections)

Student Demand:

i. Estimated enrollment each year for the first five years for full-time and part-time students (Please complete Form SE.)

<i>Year</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>Full-time</i>	<u>10</u>	<u>15</u>	<u>20</u>	<u>25</u>	<u>30</u>
<i>Part-time</i>	_____	_____	_____	_____	_____
<i>Total</i>	<u>10</u>	<u>15</u>	<u>20</u>	<u>25</u>	<u>30</u>

ii. Will enrollment be capped in the future?

Enrollment will be capped if resources are limited to the number of students that can be covered.

What method(s) or data were used to project student enrollment for this proposed program?

Conservative projections are based on aspirations of our current majors/minors, past graduates, consultation with Health and Human Services department and trends in the discipline/field. These predictions are in line with the growth experiences of other programs as reported by AASP. Past sport psychology minors have had to travel out of the region to enroll in similar programs.

A. Market Demand:

i. National, state, regional, or local assessment of labor need for citizens with these skills
Within the field of psychology, there is a 12% growth for all Psychologists. Sport and Exercise Psychology has a much broader occupational base, but is a newer field so specific numbers are not available via traditional occupational sites. According to the Association of Sport Psychology there is an anticipated increase in sport and exercise psychology occupations and those occupations are expected to grow rapidly especially for applicants with graduate level training.

This program will serve a new market and offer current undergraduate students in the sport psychology minor at Northwest and other related majors/minors (i.e. psychology, recreation, coaching, Sport management) an opportunity to remain at Northwest for their graduate education. Conservatively, we have 20 minors with a high interest in a sport and exercise psychology graduate program and 5 potential students from HHS degree areas. We have experienced high interest in the undergraduate sport psychology course across Behavioral Sciences and

1. Need (Form SE - Student Enrollment Projections)

Health and Human Services majors. There are approximately 30 Sport Psychology minors, however enrollments in the Sport Psychology course run at approximately 75-80 students annually. Sections of this class fill quickly and consistently have requests for additions to those sections when they fill.

B. Societal Need:

i. General needs which are not directly related to employment

"Applied sport and exercise psychology involves extending theory and research into the field to educate coaches, athletes, parents, exercisers, fitness professionals, and athletic trainers about the psychological aspects of their sport or activity. A primary goal of professionals in applied sport and exercise psychology is to facilitate optimal involvement, performance, and enjoyment in sport and exercise" (AASP, 2014).

"During the last two decades, applied sport and exercise psychology has received significant and increasing attention from athletes, coaches, parents, and the media. For example:

The growing number of elite, amateur, and professional athletes who acknowledge working with a professional in the field of applied sport psychology.

The increased media attention on increasing physical activity in youth as a way to fight the national obesity epidemic.

Coaches at the high school and university levels who seek professionals in the field of applied sport and exercise psychology to work with their athletes and teams on game preparation, team cohesion, communication skills, and other areas that affect performance.

The growing concern about the use of performance enhancement substances in sport and exercise settings.

Major universities, where professionals in the field of applied sport and exercise psychology are being added to athletic department staffs to assist athletes with life skills development and to improve coping with the demands of being a student-athlete.

The number of professional and Olympic athletes who discuss mental training as a regular part of their training routines.

Exercise specialists, athletic trainers, youth sport directors, corporations, and psychologists who are using knowledge and techniques developed by professionals in the field of applied sport and exercise psychology to assist with improving exercise adherence, rehabilitating injuries, educating coaches, and

1. Need (Form SE - Student Enrollment Projections)

parents, building self-esteem, teaching group dynamics, and increasing effectiveness" (AASP, 2014).

C. Methodology used to determine "B" and "C" above.

Information from Association for Applied Sport Psychology. Analysis of current programming and student interest.

2. Duplication and Collaboration: (Form CL – Collaborative Programs)

If similar programs currently exist in Missouri, what makes the proposed program necessary and/or distinct from the others at public institutions, area vocational technical schools, and private career schools?

Currently, there aren't any similar programs at our peer institutions in the region. In the past, interested students have been referred to KU, MU, North Texas, West Virginia, University of Denver, Ithaca Colleg, or Springfield (MA) College.

Does delivery of the program involve a collaborative effort with any external institution or organization?

No (If yes, please complete Form CL.)

3. Program Structure: (Form PS - Program Structure)

PROGRAM STRUCTURE

A. Total credits required for graduation: 45

B. Residency requirements, if any: NA

C. General education: Total credits: 0

Courses (specific courses OR distribution area and credits):

D. Major requirements: Total credits: 45

Behavioral Sciences Courses

_____ 68-625 Sport & Exercise Psychology (3)

_____ 68-635 Advanced Sport & Exercise Psychology (3)

_____ 68-645 Professional & Ethical issues in Sport & Exercise Psychology (3)

_____ 68-675 Practicum in Sport & Exercise Psychology (3)

_____ 68-610 Counseling Theory & Techniques (3)

_____ 68-640 Group Counseling Techniques (3)

_____ 08-605 Social & Cultural Foundations of Counseling (3)

_____ 08-615 Psychodiagnosis of Pathology (3)

_____ 08-627 Advanced Child & Adolescent Psychology (3)

_____ 68-636 Methods in Counseling Research (3)

_____ 68-639 Research Project (3)

Health and Human Services Courses

_____ 22-512 Psycho-Social Aspects of Human Performance (3)

_____ 22-523 Motor Development (3)

_____ 22-632 Exercise Physiology (3)

_____ 22-540 Group Dynamics (3)

E. Free elective credits: 0 (Sum of C, D, and E should equal A.)

F. Requirements for thesis, internship or other capstone experience:

Research project is required as Graduate Research Component requirement.

G. Any unique features such as interdepartmental cooperation:

The program is comprised of mostly existing courses from the Behavioral Sciences and Health & Human Services Departments, with only four new courses being created .

5. Program Characteristics and Performance Goals: (Form PG).

PROGRAM CHARACTERISTICS AND PERFORMANCE GOALS

Institution Name: Northwest Missouri State University

Program Name: Master of Science in Sport and Exercise Psychology

Date: January 30, 2015

(Although all of the following guidelines may not be applicable to the proposed program, please carefully consider the elements in each area and respond as completely as possible in the format below. Quantification of performance goals should be included wherever possible.)

Student Preparation

- Any special admissions procedures or student qualifications required for this program which exceed regular university admissions, standards, e.g., ACT score, completion of core curriculum, portfolio, personal interview, etc. Please note if no special preparation will be required.

Standard admission requirements (3.0 undergraduate GPA, recommendation letters, statement of purpose, sufficient background in area of study)

- Characteristics of a specific population to be served, if applicable.

graduate students with a background in sport or psychology disciplines with a desire to pursue a career with an advanced degree

Faculty Characteristics

- Any special requirements (degree status, training, etc.) for assignment of teaching for this degree/certificate.

Faculty from the department of Behavioral Sciences and the department of Health & Human Services are qualified to teach in this subject area.

- Estimated percentage of credit hours that will be assigned to full time faculty. Please use the term "full time faculty" (and not FTE) in your descriptions here.

Expectation is that 100% will be full-time faculty

- Expectations for professional activities, special student contact, teaching/learning innovation.

Faculty will need some initial professional development to initiate the program (travel, conference, etc.)

Enrollment Projections

- Student FTE majoring in program by the end of five years.

5. Program Characteristics and Performance Goals: (Form PG).

30 students after five years

- Percent of full time and part time enrollment by the end of five years.

It is expected that the students will be full-time students.

Student and Program Outcomes

- Number of graduates per annum at three and five years after implementation.

10 per year at three years, and 15 per year after five years

- Special skills specific to the program.

Sufficient background will include students with majors in Psychology, Health/Recreation areas, and those that have a minor in Sports Management.

- Proportion of students who will achieve licensing, certification, or registration.

Completion of the Sport and Exercise Psychology master's program will allow our students to apply for Sport Psychology Consultant Certification through the Association for Advanced Sport Psychology.

- Performance on national and/or local assessments, e.g., percent of students scoring above the 50th percentile on normed tests; percent of students achieving minimal cut-scores on criterion-referenced tests. Include expected results on assessments of general education and on exit assessments in a particular discipline as well as the name of any nationally recognized assessments used.

The comprehensive exam will most likely not be nationally normed. The requirement is that an 80% is achieved on two exams in the knowledge content area.

- Placement rates in related fields, in other fields, unemployed.

Expected 95-99%, similar to current placement data from those departments

- Transfer rates, continuous study.

NA

6. Program Accreditation

- Institutional plans for accreditation, if applicable, including accrediting agency and timeline. If there are no plans to seek specialized accreditation, please provide reasons.

None planned

Alumni and Employer Survey

- Expected satisfaction rates for alumni, including timing and method of surveys

Satisfaction is expected to be high based on the demand for the program.

- Expected satisfaction rates for employers, including timing and method of surveys

Surveys related to advisory boards and program review should indicate expected satisfaction to be high.

5. Program Characteristics and Performance Goals: (Form PG).

7. Institutional Characteristics: Please describe succinctly why your institution is particularly well equipped or well suited to support the proposed program.

The university is able to offer this program by shifting teaching load resources and no need to hire any additional faculty. Only Ffur courses were added to create the program requirements.

8. Any Other Relevant Information:

NA

Appendix – Catalog Copy

Catalog (Current)	Catalog (Proposed)
Course Description	M.S. In Sport and Exercise Psychology
Major Requirements	Required Courses
Minor Requirements	Behavioral Sciences Courses
Total hours	68-625 Sport & Exercise Psychology (3)
	68-635 Advanced Sport & Exercise Psychology (3)
	68-645 Professional & Ethical Issues in Sport & Exercise Psychology (3)
	68-675 Practicum in Sport & Exercise Psychology (3)
	68-610 Counseling Theory & Techniques (3)
	68-640 Group Counseling Techniques (3)
	08-605 Social & Cultural Foundations of Counseling (3)
	08-615 Psychodiagnosis of Pathology (3)
	08-627 Advanced Child & Adolescent Psychology (3)
	68-636 Methods in Counseling Research (3)
	68-639 Research Project (3)
	Health and Human Services Courses
	22-512 Psycho-Social Aspects of Human Performance (3)
	22-523 Motor Development (3)
	22-632 Exercise Physiology (3)
	22-540 Group Dynamics (3)
	Total.....45