

SPORT AND PERFORMANCE PSYCHOLOGY, GRADUATE MICROCREDENTIAL

The graduate microcredential in Sport and Performance Psychology introduces students to psychological factors that influence human health and performance of various populations (e.g., athletes, performing artists, military, and emergency services personnel). Aimed at various health and sport professionals (e.g., athletic trainer, physical therapist, mental health provider, dietitian; coach, performance manager, strength & conditioning professional, athletic director), this program focuses on the psychological factors that are linked to health and performance with a goal to optimize care.

Admission Requirements

Application Deadlines

Application deadlines vary by program, please review the application deadline chart (<http://uwm.edu/graduateschool/program-deadlines/>) for specific programs. Other important dates and deadlines can be found by using the One Stop calendars (<https://uwm.edu/onestop/dates-and-deadlines/>).

Admission

This microcredential is offered to UWM graduate students who are already enrolled in another degree or certificate with a minimum 3.0 GPA, and to non-degree or special students enrolling in credit-bearing microcredentials. Non-degree students enrolled in this microcredential are generally not eligible for financial aid. There is no admission process for the microcredential.

Credits and Courses

The Sport and Performance Psychology microcredential consists of two graduate courses. These courses may be taken for graduate credit by students enrolled in a degree program, non-degree seeking students, or special students.

Code	Title	Credits
Required Courses		
PRPP 551G	Psychology of Injury: Prevention, Rehabilitation & Return to Participation	3
PRPP 553G	Psychological Considerations for Optimizing Health & Performance	3
Total Credits		6

Sport and Performance Psychology Microcredential Learning Outcomes

Upon completion of the Sport and Performance Psychology Microcredential, the students will be able to:

1. Describe and identify key psychological factors that optimize human health and performance.
2. Describe and identify key psychological factors that influence injury prevention, occurrence, rehabilitation, and return to participation process.
3. Describe, analyze, and critically evaluate pertinent theoretical models used to explain how psychological factors influence health and performance.
4. Identify and explain how self-regulation, psychological skills and strategies can be used to optimize health and performance.
5. Recognize the need for, and have the ability to, make mental health referrals.
6. Explain the importance of competent practice and interprofessional collaborations in optimizing human health and performance.