**Master’s Non-thesis option Curriculum**

Students selecting the non-thesis option will be required to complete a minimum of 36 credit hours. In addition, the student is required to secure a mentor, form an advisory committee, meet with their committee, complete the requisite paperwork, complete a Master’s project, and present findings from their Master’s project in Graduate Seminar.

The following courses are required. See mentor for advice regarding options for elective courses.

**Content courses (18 credit hours):**
- 6700: Introduction to Sport Psychology (first fall)
- 6730: Applied Sport Psychology (first spring)
- 6750: Motivation Theory (spring of even numbered years)
- 6751: Character Development (spring of odd numbered years)
- 6760: Sociology of Sport (fall of odd numbered years)
- 6780: Psychology of Injury (fall of even numbered years)

**Research courses (6 credit hours):**
- 6550: Interpreting Research (first fall)
- 6850: Graduate Seminar (taken your last semester; present your final project)

**Application/independent study courses (12 credit hours):**
- 6951: Independent Study (taken to prepare and conduct your final project)
- 6910: Master’s Internship (can be taken more than one time): The student is required to meet with Dr. Detling prior to enrolling in internship hours to discuss goals and internship opportunities.

The Master’s non-thesis degree program culminates with the successful completion of the Master’s non-thesis project.

**Description of the Master’s non-thesis project:**
Students opting for the non-thesis option must conduct a project on a topic related to the psychosocial aspects of sport or physical activity. The project should focus on a specific theme or question of interest chosen in consultation with the student’s primary mentor and committee members.
Example projects may include, but are not limited to: (1) applying and examining the efficacy of a mental skills training program, (2) a quantitative/qualitative assessment of some question or relationship in sport and exercise psychology, (3) an ethnographic or auto-ethnographic report on a contemporary psychosocial topic, (4) systematic review of literature, (5) development and/or assessment of a personal philosophy/paradigm in relation to mental skills training, and (6) the development of a new mental skills training tool/assessment/activity. Final project approval is subject to the discretion of the primary mentor and committee members.

While the nature of the project may vary, all final projects should include (1) a discussion of relevant literature and/or background information on the topic (2) a clear statement of the question of interest or project purpose, (3) a discussion of the significance of the project, and (4) a complete description of the project. Please converse with your mentor about the nature and format of the final product to be completed (e.g., paper and/or presentation).

Please follow the process outlined below, relative to the Master’s project, to ensure a timely graduation.

**By the end of year 1 (or after you have completed about ½ of your coursework):**
✓ Student should have an advisory committee formed (mentor plus two members).

**Early year 2 (or the year you intend to graduate):**
✓ Student should be conversing with mentor about their project.
✓ Advisory committee meeting should be called to discuss coursework (possible courses/experiences), sign any paperwork (e.g., plan of study), and discuss project.

**Mid-year 2 (or the year you intend to graduate):**
✓ Advisory committee meeting to formalize and approve project.

**Final semester**
✓ Student should conduct their project, refine it in Graduate Seminar, and converse with advisory committee.
✓ It is recommended that the student conduct a practice presentation in front
of their advisory committee.
✓ Student presents final project in Graduate Seminar.

Note: Your Master’s non-thesis advisory committee consists of three members: one faculty mentor member plus 2 additional members. Faculty eligible to mentor non-thesis psychosocial projects: Newton, Podlog, Detling, and LaReaux. These individuals as well as other ESS faculty may comprise your committee.