FlexPath Option
Master of Science (MS) in Psychology with a specialization in
Sport Psychology

Effective July 10, 2017
Master’s learners in this specialization are frequently school-based coaches, physical education teachers, or individuals working in parks and recreation departments who wish to gain current theory and research knowledge associated with performance enhancement, individual and team motivation, injury recovery, and stress management as it applies to amateur athletes. Some learners plan to apply these principles to settings such as fitness/health clubs, sports camps, and resort-based wellness programs. These specialization requirements are not intended to prepare graduates for licensure as a professional counselor or psychologist. Learners who pursue this specialization through the FlexPath option earn an MS in Psychology through self-paced demonstrations of competencies.

**FlexPath Option**

Capella University’s FlexPath option allows you to leverage your knowledge and experience when earning your degree, offering you an even more efficient pathway while maintaining the academic rigor for which Capella is known. Each FlexPath course contains a series of authentic assessments designed by faculty who are experts in their fields. These competency-based assessments allow you to demonstrate those skills and knowledge you need to be successful in the workplace. You’ll complete the assessments at your own pace, without preset due dates for your work. Once you complete an assessment, faculty will typically review and provide feedback within 48 hours. When you demonstrate mastery of all competencies within a course, you move forward to the next course.

Throughout your program, you’ll continue to have access to a wide range of support, including dedicated coaches, tutoring resources, and an online community where you can connect with other learners earning their degrees through our FlexPath option.

- **FlexPath courses** give you the freedom to achieve the competencies in your own way, on your own time. Because of this, assessment preparation will vary, depending on your learning style.

- **With specific assessment instructions**—and clear guidelines on how your work is assessed—you’ll always know exactly what’s expected of you.

- Faculty serve as evaluators for each assessment, providing detailed feedback regarding the level of competency being demonstrated.

Capella University is one of the first institutions to measure student learning through a direct assessment approach, eliminating the credit hour requirement and focusing on demonstrating specific competencies expected for the degree and needed for success in the workplace.

With FlexPath, you’ll build career-enhancing skills that employers and industry experts seek, but in a more efficient, personalized way.

FlexPath is designed to support you in developing and demonstrating the same competencies as Capella’s traditional online courses.

This guide is intended to provide an overview of the specialization and is subject to change. Your enrollment counselor can provide updates, details, and Capella’s official University Catalog that specifies your program requirements.
Capella’s Career Center proactively assists learners and alumni in developing and implementing their unique career management goals. The Career Center staff is committed to helping you move forward in your career.

Step Into FlexPath is an option for those who don’t qualify for FlexPath. Start a program in our structured, online format, and then transition into FlexPath upon successful completion of two courses, at a 3.0 GPA or higher.

**Career Information**

### RELATED EMPLOYMENT SETTINGS TO EXPLORE
- Community college
- Corporation
- P–12 public/private school
- Health care
- Youth sport organization
- Fitness club
- Parks and recreation organization
- Military

### RELATED JOB TITLES TO EXPLORE*†
- Instructor
- Adjunct or part-time faculty
- Athletic program manager
- Coach
- Fitness coach
- Sport development manager
- National sport program coordinator
- Sport psychology assistant
- Personal trainer

### SPECIALIZATION OUTCOMES
- Know the foundations of psychology and their application to sport psychology practice
- Apply principles of sport psychology to one’s chosen profession (e.g., coaching, performance enhancement, athletic training, or consulting)
- Utilize sport psychology theory and research to customize working models that fit specific populations
- Recognize, value, respect, and embrace diversity and individual differences in the application of sport psychology
- Apply ethical principles in the application of sport psychology
- Communicate in a manner that is scholarly, professional, and consistent with expectations for members of the psychological professions

* These are examples intended to serve as a general guide. Because many factors determine what position an individual may attain, Capella cannot guarantee that a graduate will secure any specific job title.
† Job title qualifications vary by state and licensure and/or other designations may be required. We encourage you to research requirements for your job and career goals.
Curriculum

- 12 required courses
- Total program points: 30 program points

REQUIRED COURSES

- PSY-FP5002 Foundations of Theory and Practice for Master's Psychology Learners .................................. 2.5 program points
- PSY-FP7610 Tests and Measurements ................................................................. 2.5 program points
- PSY-FP7860 Survey of Research Methods .............................................................. 2.5 program points
- PSY-FP7864 Quantitative Design and Analysis ......................................................... 2.5 program points

SPECIALIZATION COURSES

- PSY-FP7310 Biological Basis of Behavior ............................................................... 2.5 program points
- PSY-FP7411 Learning Theories in Psychology ........................................................... 2.5 program points
- PSY-FP7543* Ethics and Multicultural Issues in Psychology ...................................... 2.5 program points
- PSY-FP8840* Principles of Sport Psychology ............................................................ 2.5 program points
- PSY-FP8841* Performance Enhancement in Sports .................................................... 2.5 program points
- PSY-FP8842* Applied Sport Psychology ................................................................. 2.5 program points
- PSY-FP8845* Current Issues in Sport Psychology ...................................................... 2.5 program points

*Denotes courses that have prerequisite(s). Refer to the course descriptions for further details.

The courses in this program may require live web conferencing activities and/or learner audio/video recordings. Learners who require assistive technology or alternative communication methods to participate in these activities should contact Disability Services to request accommodations.
Required Course Descriptions

PSY-FP5002  Foundations of Theory and Practice for Master's Psychology Learners  2.5 PROGRAM POINTS
In this course, learners acquire the ability to navigate the Capella courseroom and use the resources that support academic success, including the library and writing center. Learners identify and practice the academic requirements (including APA style and formatting) necessary to successfully complete the master's degree program in their chosen specialization; review their specialization's requirements, associated professional roles and organizations, and ethics and professional standards; and articulate a professional identity based on master's-level psychology training. For MS in Psychology learners only. Must be taken during the learner's first quarter. Cannot be fulfilled by transfer.

PSY-FP7610  Tests and Measurements  2.5 PROGRAM POINTS
This course is an introduction to the subject of mental measurement in psychology. Course topics include techniques for correctly interpreting test scores such as percentiles, standard errors of measurement, standard scores, and validity and reliability. Learners acquire and demonstrate knowledge of measuring devices used in the fields of intelligence, interests, personality, and special aptitudes, and identify professional standards of test development and use. The course also includes analysis of the psychometric procedures used to develop and validate educational and psychological instruments and requires learners to present appropriate applications for each type of methodology.

PSY-FP7860  Survey of Research Methods  2.5 PROGRAM POINTS
Learners in this course critically evaluate research in order to gain an understanding of the scientific methods of inquiry and the ethical considerations of research. Learners focus on becoming educated consumers and creators of research. Learners also use their research design skills to analyze and apply research methodologies, validity, reliability and other components of scientific research related to their field of interest. Cannot be fulfilled by transfer.

PSY-FP7864  Quantitative Design and Analysis  2.5 PROGRAM POINTS
In this course, learners investigate the fundamental concepts needed to conduct quantitative research. Learners examine and apply quantitative research techniques; appropriate applications of quantitative research; research design, measurement, and analysis, and their associated interdependencies; variable types and levels of measurement; sampling; descriptive and inferential statistics; and hypothesis testing. Learners define the strengths and limitations of descriptive statistics, analyze the quantitative scales of measurement, review the logic of probability and null hypothesis testing, and leverage technology when applicable. Learners also determine the steps necessary to ensure human subjects protection, and consider methodological adaptations when conducting research with vulnerable and diverse populations. Cannot be fulfilled by transfer.

Specialization Course Descriptions

PSY-FP7310  Biological Basis of Behavior  2.5 PROGRAM POINTS
This course is an introduction to physiological psychology and associated topics, including genetics, functional neuroanatomy, and physiology. Learners develop and demonstrate an understanding of brain functioning; sensory systems; attention, memory, perception, and language mechanisms; and the effects of neurotransmitters on human behavior. Learners also identify the relationship between brain functions and behavioral disorders and analyze current physiological psychology research, ethics, and the implications of culture and diversity on field-related issues.
PSY-FP7411  Learning Theories in Psychology  2.5 PROGRAM POINTS
This course focuses on the concepts and principles of learning theory and its sub-processes, especially those associated with cognition. Learners evaluate and articulate major learning theories, practice applying these learning theories and their associated processes to teaching, and analyze the effects of various behavioral and cognitive sub-processes on learning.

PSY-FP7543  Ethics and Multicultural Issues in Psychology  2.5 PROGRAM POINTS
In this course, learners analyze multicultural perspectives and factors such as ethnicity, socioeconomic status, and gender, and their influences on the ethical behavior of psychology professionals. Learners evaluate and articulate multicultural issues within the context of different settings and practice applying ethical reasoning principles and standards within their profession. Prerequisite(s): PSY-FP5002 or PSY8002.

PSY-FP8841  Performance Enhancement in Sports  2.5 PROGRAM POINTS
Learners in this course examine the mechanisms athletes use to exceed their perceived physical and mental limitations. In addition, learners apply performance enhancement theories and techniques to help clients improve athletic performance. Topics include strategies such as visualization, meditation, hypnosis, autogenic training, biofeedback, and progressive relaxation. Prerequisite(s): PSY-FP8840.

PSY-FP8842  Applied Sport Psychology  2.5 PROGRAM POINTS
Learners in this course acquire and demonstrate the knowledge, skills, and abilities needed to apply fundamental sport psychology concepts to their chosen profession. Learners consider ethical issues, their personal approach to sport psychology practice, and ways to use research to inform their work. Learners also examine the significance of working with diverse populations and expanding their areas of expertise. Prerequisite(s): PSY-FP8841.

PSY-FP8845  Current Issues in Sport Psychology  2.5 PROGRAM POINTS
In this course, learners critically analyze the research, theories, and practices of sport psychology. Learners examine current issues in sports and determine ways to ethically and professionally apply sport psychology practices to educate sports participants and to improve the performance of athletes. Prerequisite(s): PSY-FP8842.

PSY-FP5201  Integrative Project for Master’s Degree in Psychology  2.5 PROGRAM POINTS
In this course, learners demonstrate mastery of knowledge, scholarship, and research proficiency in their chosen specialization. Learners apply ethical principles to academic and professional activities and effectively articulate psychology concepts using the discipline’s standards. For MS in Psychology learners only. Must be taken during the learner’s final quarter. Prerequisite(s): All required and elective coursework. Cannot be fulfilled by transfer.
Course Sequence

FlexPath courses are designed to be completely self-paced and can take from one week to a full academic session to complete. Complete your assessments on your own schedule within the session, moving quickly when you can or more slowly as needed, without preset due dates for your coursework. There is no limit on the number of courses that can be taken within a session, but no more than two courses may be taken concurrently.

Tuition

This tuition rate is effective July 10, 2017, and is subject to change. For current pricing, visit the Capella University website at www.capella.edu.

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Financial Aid

Capella University offers assistance to learners who qualify and would like to secure educational funding to help finance their academic program. A number of options are available, given the diverse needs and backgrounds of prospective learners. Options include:

- Federal Direct Stafford Loan Program
- Federal Direct PLUS Loan Program
- Non-federal loans through preferred lenders and financial institutions
- External scholarships
- Veterans’ and U.S. armed forces discounts
- Corporate and higher education alliances
- Employer tuition reimbursement

Regarding loan programs, interest rates for Stafford student loans are low compared to other types of consumer loans, and repayment can be deferred until after graduation. In compliance with federal and state laws, Capella University has established policies for all learners regarding satisfactory academic progress, which is necessary for financial aid eligibility.
Academic Leadership

Andrea Miller, PhD
Dean

Andrea Miller is the dean of the Department of Psychology in the Harold Abel School of Social and Behavioral Sciences at Capella University. Dr. Miller has worked as a member of the Capella undergraduate psychology department since 2010 and has taught online since 2005. Her professional background includes work as a psychologist in the public schools and as a psychologist and supervisor for non-profit clinics. She specializes in working with children and families as well as individuals of all ages with intellectual and/or developmental disabilities. Dr. Miller is licensed as a psychologist in three states, licensed as a specialist in school psychology, and a human services board certified practitioner. She is active in psychological associations and served as President of the Georgia Psychological Association from 2013–2014. Dr. Miller holds a PhD in Counseling Psychology from Texas Woman’s University and a BA in Psychology from the University of Michigan.

Bethany Lohr, PhD, LP
Faculty Chair

Dr. Lohr joined Capella in 2011 as a part-time professor in the master’s programs in Clinical and Counseling Psychology, and in 2012 became a full-time member of the Core Faculty and Colloquia Lead. Dr. Lohr became chair of the MS and PsyD programs in Clinical Psychology in 2014. She earned her Master’s and PhD degrees in Clinical Psychology with a subspecialty in Behavioral Medicine from the University of Georgia in 1997, and did her internship at Harvard Medical School, specializing in Cognitive Behavioral Therapy and Behavioral Medicine. Prior to her role as a Capella faculty member, Dr. Lohr ran a private practice in a rural area while always continuing to teach in higher education. She has had numerous experiences and training in various settings, including forensic work, physical rehabilitation, community mental health, and hospitals and schools. Her research interests and publications include aspects of psychopathology, health psychology, and CBT. Dr. Lohr is a very evidence-based practitioner with a strong theoretical orientation in CBT. She has provided cognitive behavioral therapy to individuals, couples, and groups of all ages. She also has training and experience in administering a wide range of psychological assessments, and is licensed as a psychologist in the states of Alabama and Tennessee. Dr. Lohr has been involved in her State Psychological Associations, serving as President and Disaster Response Coordinator, and feels strongly about the importance of advocacy in our role as psychologists. Among her favorite activities with Capella are the learning and networking with students and faculty that occurs at residencies.
Move Forward with Capella University

WORKING SCHOLARS
Capella provides an online, flexible learning environment for working adults who are also determined scholars. That connection between academic and professional work infuses the entire Capella experience—from the faculty we recruit to the course projects you complete. The theories discussed in the course room are designed to develop working knowledge for everyday situations.

AN ACCREDITED UNIVERSITY
Our accreditation* is an assurance to students, employers, and the public that Capella University meets or exceeds established standards for quality of faculty, curriculum, and learner services. It is also an important factor in the ability to transfer credits among higher education institutions. Regional accreditation, the type held by Capella, is the most common type for major public, state, and private institutions in the United States.

VALUING YOUR KNOWLEDGE AND EXPERIENCE
Adults bring a wealth of experience and learning to their education. Capella courses are designed to bring out your perspectives just as you gain from others’ ideas. Your knowledge can also be worth time and money: An enrollment counselor can help you estimate how much of your prior learning may apply toward your Capella degree program.

*ACCREDITATION
Capella University is accredited by the Higher Learning Commission.

HIGHER LEARNING COMMISSION
https://www.hlcommission.org
800.621.7440

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Important Information about the educational debt, earnings, and completion rates of students who attended this program: http://capellaresults.com/assets/includes/gainfulemployment/cta/GE/GE15/ FlexPath/MS_Psych_FP_Sports_ gedt.html.