# Frequently Asked Questions by Prospective FSU Sport Psychology Graduate Students (Updated August 30, 2025)

This FAQ document for the sport psychology program at Florida State University was designed to supplement the information provided at <https://cehhs.fsu.edu/sport-psychology>. Prospective graduate students should review the above website and the FAQ’s below for detailed information about the program.

# Our Degree Programs Described Briefly:

# We offer higher degree programs that are informed by the scientist-practitioner model of sport psychology. Our programs are primarily focused on the science of sport psychology. In addition, we provide great opportunities to consult with athletes and other performers to apply this science in the support of the mental components of their performance. This consultancy is mentored by a program faculty member and hours may count towards earning the Certified Mental Performance Consultant (CMPC) credential offered by the Association for Applied Sport Psychology (AASP).

# Application:

1. When are applications due (i.e., program vs. university deadlines)?
	* Applications for the M.S. program are due January 15, 2026
	* Applications for the Ph.D. program are due December 1, 2025
2. Do you only accept students for Fall admission?
	* Yes, students are only accepted to start in the Fall semester.
3. How many students apply/get accepted to the M.S. and Ph.D. programs each year?
	* M.S.: Approximately 175 students apply, 36-40 are accepted.
	* Ph.D.: Approximately 20 students apply, 2-6 are accepted.
4. Is it possible to do a thesis as part of the MS degree?
	* Yes, but generally only 1-3 students in each cohort are accepted to complete a thesis. All master’s students are admitted on the coursework (i.e., non-thesis) track. Those interested in completing a thesis should meet with a faculty member about doing so in their first semester. If a professor agrees to serve as a student’s major advisor for the thesis, the student will complete a synopsis (literature review and methods) followed by several rounds of edits. Once the major advisor is satisfied with the student’s work, their program of study will be changed to reflect M.S.-Thesis. Otherwise, students will complete the coursework track.
	* Students with a strong research interest and capability would likely pursue the thesis- track, pending faculty availability and approval. If a student would like to pursue a traditional research-based Ph.D. (in Sport Psychology or another field) upon completion of the master’s, serious consideration should be given to completing a thesis as in many cases it will be required for admission to a doctoral program.
	* If a student believes the master’s will be their terminal degree and plan on working in applied settings, the coursework track will likely be best.
	* If a student intends on following the master’s program by applying to PsyD programs or clinical / counseling Ph.D. programs, in most cases a master’s thesis will not be necessary, but prospective students of these types of programs should review application requirements early, as the application processes for these types of programs can vary widely.
5. What is the difference between the M.S. and Ph.D. programs? Which should I apply for? Can I be admitted to the Ph.D. program without a Master’s degree?
	* Students admitted to the Ph.D. program must have a master’s degree prior to starting the Ph.D. program, and are expected to have completed a master’s thesis prior to enrollment. Those who are admitted to the Ph.D. program without a master’s thesis are conditionally admitted and are required to complete a research project during their first year in the Ph.D. program.
6. What GRE scores/percentiles should I be aiming for (not just the “required” minimum)?
	* Ph.D program: A minimum of the 50th percentile on both Verbal and Quantitative as well as at least 3.5 on Analytical Writing.
	* Master’s program: GRE is not required. If scores are submitted as part of the application they will not be considered in the decision making process.
7. What previous research or applied experience is required or expected for applicants?
	* M.S.: None required, but applications able to demonstrate research experience (such as volunteering in a lab, conducting an undergraduate thesis, publishing a paper, or presenting at a conference) and / or applied experience (such as shadowing a sport psychology professional, working with one as an athlete, volunteering in other helping settings such as a mental health center or something similar) will be prioritized.
	* Ph.D.: At least a master’s thesis.
8. From whom should I get letters of recommendation? What does a good letter of recommendation look like? To whom should my recommenders send their letter?
	* Letters of recommendation should be written by persons who are in a position to comment on the likelihood of your success within the department. You are encouraged to submit at least 2 letters written by faculty.
	* Letters of recommendation are submitted by the recommender via the application portal.

Applicants list the recommender and their contact information and the recommenders receive an email with instructions on how to submit their letter of recommendation.

1. I have degree(s) in , is there still a chance I can get accepted?
	* Yes, students may be accepted from any prior major. However, our students commonly majored in exercise physiology, kinesiology, psychology, sport management, sport science, or a related major.
2. What courses do you recommend I take to prepare for the program?
	* Courses in psychology, kinesiology, and / or exercise science are recommended.
3. If I have questions before being accepted/admitted, who do I ask?
	* Program administrator Aubrey Linn processes the applications for sport psychology; if you have questions about the application process, she can be reached at ael19e@fsu.edu.
4. For the master’s program, what is the application timeline after I submit my application?
	* January 15, 2026: application window closes
	* Late February or Early March 2026: initial decision sent to applicants (accept, waitlist, or deny). Those receiving acceptance offers have approximately four weeks to make a decision on their offer.
	* Late March or Early April: waitlisted applicants receive follow-up message regarding their waitlist status.
5. Who do I send my application materials to?
	* Applications and all supplemental documents (e.g., transcripts, CV, letters of recommendation, personal statement, writing samples) are submitted online through the application portal.

# Visiting:

1. May I visit campus prior to applying or after receiving an acceptance but prior to committing?
	* Yes, to schedule a campus visit, email Dr. Brian Foster (bjfoster@fsu.edu). An attempt will be made to have you sit in on a class or two, speak with current faculty and students, and receive a brief tour of the Stone Building where our program is housed. Please note that Mondays are preferable to Fridays for visits, as our program has no classes on Fridays.
	* Occasionally, the sport psychology program hosts invited speakers and holds regional conferences, which provide great opportunities for prospective sport psychology students to interact with students, faculty, and various professionals in the field. Check with Dr. Brian Foster (bjfoster@fsu.edu) for details of any upcoming events.
2. How else may I learn about Florida State University and campus life?
	* Please see the following link: <https://visit.fsu.edu>

# Funding:

1. What graduate assistantships or funding opportunities are available for accepted students?
	* PhD program: acceptance often is offered along with some form of funding in the form of a graduate teaching or research assistantship, but these are not guaranteed.
	* MS program: our program unfortunately has no assistantship or funding opportunities to offer.
	* All students may apply for and obtain assistantships outside of the program but the sport psychology program does not have control over these nor any knowledge of their availability, so it is up to the student to seek such opportunities by contacting departments, colleges, and other centers on campus. In the past, students who have started systematically searching for assistantships before arriving at the university have in some cases been successful in securing an assistantship.
2. How do I know what assistantships are available? How do I find assistantships being offered on campus?
	* There is unfortunately no central database for available opportunities. The best way to find out what is out there is to contact the different departments and laboratories on campus and inquire on the availability of such funding. In the past, students have obtained assistantships in the Department of Psychology, FSU Career Center, and Learning Systems Institute, to provide just a few examples.
	* Bryan Richards is the office manager for Educational Psychology and Learning Systems, which is home to the sport psychology graduate programs, and he processes appointments for students who become University employees and receive graduate assistantships and tuition waivers. However, he has no information about what assistantships are available in the program, college, or university and is not responsible for filling open positions or finding funding for students.
3. What does an assistantship cover? Do I get paid?
	* An assistantship covers nine credits of tuition each semester (not fees). In addition, students receive a stipend depending on the assistantship they have.
4. Besides assistantships, what funding opportunities are there (e.g., scholarships, fellowships, paid internships/practicums, financial aid, etc.)?
	* The Anne Spencer Daves College of Education, Health, and Human Sciences offers various funding opportunities students can apply for (https://annescollege.fsu.edu/resources/scholarships-and-aid). You can find more information at the Office of Graduate Fellowships and Awards (https://ogfa.fsu.edu)
	* Many scholarships and fellowships require faculty recommendation (not student application) which is why we encourage early application to give faculty adequate time to review the application and put forth recommendations by mid-January (see Application question #1 above).

# The Student Experience:

1. How many years does it take to complete the M.S./Ph.D.?
	* M.S.-coursework track: 2 years
	* M.S.-thesis track: 2-3 years
	* Ph.D.: 3-5 years
2. How many students are in the M.S./Ph.D. programs?
	* Our master’s program is growing beginning Fall 2025. 36-40 students will be accepted to the program each year, resulting in a total of 72-80 students at a given time. Our PhD program accepts 2-6 students each year, and there are generally about 12 students in the program at a given time.
3. How is graduate school different from undergraduate?
	* The coursework is more focused. In the sport psychology graduate program, you will take a series of content-specific courses such as applied sport psychology, cognitive processes in sport psychology, and stress and motor performance.
	* Courses are typically offered in one longer class session per week (usually 150 minutes) rather than two or three shorter class sessions.
	* Students are expected to do more than just attend classes. There is an expectation of active involvement in classes (participation) and out of classes (research groups, applied consulting, colloquium participation, etc.)
4. Are there international students in your program? What is their experience like?
	* Yes. Our students have come from all over the world. It is common for us to accept 2-5 international students each year.
	* *Note: international students must be approved for Curricular Practical Training (CPT) to be eligible to enroll in Field Lab Internship. In most cases this cannot occur until the first academic year (fall and spring) has been completed.*
	* Check out the Center for Global Engagement (https://cge.fsu.edu) for international student information and to speak to someone about the international graduate student experience.
5. What careers do students who graduate pursue? What job opportunities are out there?
	* Our alumni have careers in academia, private practice, the military, coaching and athletic training, research companies, and with professional sport and performance organizations. Opportunities depend on the interest and qualifications of the student.
	* Note that our program provides a strong start towards achieving the Certified Mental Performance Consultant (CMPC) credential (often attained 1-3 years after MS degree completion or at the completion of a Ph.D.), however it does *not* lead to licensure, meaning students are not able to use the title “sport psychologist” upon graduation. It is common for our students to combine our degree with a mental health / counseling degree that makes them highly competitive in the job market.
6. What opportunities are there for professional networking? How well are you introduced to, and integrated in the sport psychology field?
	* Attending conferences is the great way to network. Our students attend and present at conferences such as AASP (Association for Applied Sport Psychology), NASPSPA (North American Society for Psychology of Sport and Physical Activity), APA Division 47 (American Psychological Association), FEPSAC (European Federation of Sport Psychology), and ISSP (International Society of Sport Psychology). Students also have the opportunity to serve as student representatives of these organizations, review conference presentation abstracts, or review manuscripts for publication. All these activities give students opportunities to meet and work with professionals in the field.
	* We frequently invite experienced researchers and practitioners in the field to speak with our current students, and also occasionally host a conference here on campus; these are great opportunities to meet and network with professionals.

# Professor/Advisor/Mentor Relationships:

1. How/when will I be assigned a major advisor?
	* **M.S**.: Dr. Brian Foster will serve as your major advisor. He will be your primary contact during your time in the program and, if requested, can provide academic and career guidance so that you can be successful in your degree and beyond. For those approved for the MS thesis-track, the professor who advises you on your thesis also serves as your major advisor.
	* **Ph.D.:** When applying to the program, you will be asked to choose an advisor. Your choice should be based on the match between your research interests and those of the professor.
2. How available are the professors for advising, meetings, and guidance?
	* The professors have designated office hours for their courses and are commonly available for individual meetings by appointment
3. How often do the professors meet with graduate students?
	* This primarily depends on the student and how often they request meetings. The professors are open to meet with students as many times as the student requests.

# The Research Experience:

1. Do you have research group meetings? What are they like?
	* Yes, our faculty will meet with students interested in research during the Fall and Spring semesters. These meetings will help you gain useful research experiences and build research skills. Many of our students have ended up as authors on research publications, presenting at conferences, and disseminating research findings to practitioners simply on the basis that they got involved in our research groups.
	* Research interests of sport psychology professors also can be found by taking a look at their individual CVs (click on the person’s image on the page to view their CV): https://annescollege.fsu.edu/faculty-staff?page=1 .
2. Will you work on only your professor’s research or can you pursue research interests of your own?
	* You are able to work on your professor’s research and also have the opportunity to propose your own interests. Theses and dissertations are often guided by the student’s personal interests under the supervision of a professor.
3. What are the research interests of current students?
	* Our students’ research interests are diverse and cover a range of sport and exercise psychology topics including: acquisition of skilled and expert athlete performance; decision making in athletes, coaches, and referees; attention allocation; visual perception processes; effects of exercise on executive functioning; exercise adherence; ironic theory of motor tasks; using EEG to study burnout; athlete transition; choking; supervision practices in sport psychology; professional development of graduate sport psychology students; providing online sport psychology services; stigma reduction for seeking sport psychology services; intervention implementation; performance profiling; and mindfulness, just to name a few!
4. What opportunities are there for attending/presenting at conferences? What opportunities are there for getting published?
	* Our students attend and present at conferences such as AASP (Association for Applied Sport Psychology), NASPSPA (North American Society for Psychology of Sport and Physical Activity), APA Division 47 (American Psychological Association), FEPSAC (European Federation of Sport Psychology), and ISSP (International Society of Sport Psychology).
	* Students present and publish research from their thesis and dissertation projects as well as from research groups. If research is a priority, students have many opportunities to work on projects that will lead to presentations and publications.
5. Do you have a lab? How is that facility used?
	* Yes, our sport psychology laboratory is located in the Stone Building. The lab is primarily used as a space to conduct research projects, consult with clients, conduct workshops, and host classes. Students and faculty also use the lab for various meetings and as a workspace. Additionally, we provide the opportunity for students to become exposed to various technologies (e.g., biofeedback, mobile eye- tracking, motion analysis, DynavisionD2, etc.).
6. What opportunities are there for obtaining research grants?
	* Our students apply for and have been awarded several different grants from various entities. APA offers opportunities for students to apply for a Dissertation Research Award (https://www.apa.org/about/awards/scidir-dissertre.aspx) and/or Early Graduate Student Researcher Award (https://www.apa.org/about/awards/scistucoun-earlyre.aspx). These grants range from $1,000-$5,000.
	* The NCAA offers a Graduate Student Research Grant Program, with research grants of up to $7,500 awarded (http://www.ncaa.org/about/resources/research/ncaa-graduate-student-research-grant-program)
	* AASP also provides students with opportunities to apply for research and community outreach grants ($250-$5,000; https://appliedsportpsych.org/resources/grants/)
	* Much of the technology in our lab has been acquired by means of Florida State University technology grants that members in the Sport and Exercise Psychology Laboratory have applied for. Since 2012, lab members, led by program faculty have acquired over $130,000 in technology grants.

**Experiences of Consulting with Athletes and Sports Teams**

1. As a M.S./Ph.D. student, do I have a chance to work with athletes/teams?
	* Yes. Every semester a student wishes to be involved in applied work they must enroll in 1 credit hour of EDF 5942 Field Lab Internship. Each semester a student may enroll in 1-3 credits. The course may be repeated up to 8 credits. While Ph.D. students may apply these credits to their program of study, M.S. students may not (that is, Field Lab Internship credits do not count towards the 37 credits required to earn the degree)
	* All master’s students must enroll in one semester of Field Lab Internship before they may begin active consulting. During this semester students will be assigned opportunities to shadow other students in the field.
	* The ability of Ph.D. students to begin consulting in their first semester is determined on a case-by-case basis by the instructor of record.
	* Opportunities are currently available with NCAA Division I teams, junior college teams, local high school teams, youth sport clubs, and more.
	* *Note: international students must be approved for Curricular Practical Training (CPT) to be eligible to enroll in Field Lab Internship. In most cases this cannot occur until the first academic year (fall and spring) has been completed.*
2. Are applied consulting opportunities free or paid?
	* Students providing services to students at Leon County public and private schools may not charge for their services. All other services may be provided for compensation if the client wishes to compensate the student.
3. What certification/licensure can I get upon graduating from your program? Does your program provide the opportunity to meet all AASP Certified Mental Performance Consultant (CMPC) requirements?
	* Students are not able to attain any psychology or counseling licensure following either the master’s or the PhD program.
	* Our program provides CMPC coursework in the six required categories specific to sport psychology (K1, K2, K3, K5, K6, and K8). We are unable to offer courses in the two general psychology categories required for CMPC (K4 and K7).
	* Recent master’s graduates have been completing the program with 40-120 direct hours (200 required) and 30-40 mentorship hours (50 required).
	* More information on the CMPC certification can be found at https://appliedsportpsych.org/certification/

# FSU / Tallahassee:

1. What is it like to live in Tallahassee? What do you like about FSU? What do students typically do on “days off”?
	* Tallahassee is definitely a college town! Between FSU, Florida A&M University, and Tallahassee Community College, there are 75,000 students who live here. That means there are many social events, restaurants and nightlife, parks and rec fields, and a young, energetic vibe.
	* By attending FSU, students have the opportunity and flexibility to work within a supportive environment and pursue their research and applied interests. We are a large university that offers plenty of social events and activities.
2. Why choose the sport psychology program at Florida State University?
	* Students have given the following reasons for choosing our program: renowned and respected faculty, reputation of the program in the field, having both research and applied opportunities, cutting edge technology for research and applied work, research interests matching the professor’s expertise, liking the campus and feel of FSU, cost of living being relatively low, collegiality and collaboration of students, and FSU’s storied and successful sports teams.
3. Do you live on or off campus? Is it better to live closer to campus or is it okay to live a little further away? How much is typical for rent?
	* Most students live off campus. There are no graduate-only housing options on campus.

Parking on campus can be tricky, so many students choose to live close enough to campus so they can walk or bike to class. FSU has an extensive shuttle bus system that allows students to live further away from campus but not rely on finding parking.

However, living further from campus and driving gives students more options for housing. Upon being admitted to the program, students will receive additional housing information and the contact information of other admitted students so housing options can be arranged before starting in the fall. Many students live with other sport psychology students to make friends, reduce costs, and benefit from mutual support and guidance as they move through the program.

# Psychology/Counseling:

1. Are there opportunities to receive a counseling degree in addition to the sport psychology degree? Can I dual-enroll? What kind of relationships are established with psychology/counseling?
	* There are no opportunities to receive a counseling or psychology degree and no option to dual-enroll, However, Counseling and Psychological Services faculty often serve as thesis and dissertation committee members.
2. Do students typically get additional counseling or psychology degrees after finishing the master’s?
	* Many students seek additional degrees after graduating from our master’s program. In addition to the Sport Psychology degree, our students have pursued graduate degrees in Mental Health Counseling, Experimental Psychology, Clinical Psychology, Developmental Psychology, Criminal Justice, Sport Management, Measurement & Statistics, Occupational Therapy, Exercise Physiology, and Sport Sciences.
3. Is the sport psychology program at FSU APA accredited?
	* No, APA accreditation is for clinical and counseling psychology programs.

# Useful links:

# Sport Psychology Organizations

* **Directory of Graduate Programs in Applied Sport Psychology**
	+ <http://www.appliedsportpsych.org/publications/graduate-program-directory/>

# Graduate Training and Career Possibilities in Exercise and Sport Psychology

* + <http://www.apadivisions.org/division-47/about/resources/training.aspx>

This link provides useful information about different educational and career paths in sport psychology.

# Association for Applied Sport Psychology Certified Mental Performance Consultant

* + <http://www.appliedsportpsych.org/certified-consultants/>

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* + **AASP**
		- <http://www.appliedsportpsych.org/>

# NASPSPA

* + - <http://naspspa.com/>

# ISSP

* + - <http://www.issponline.org/>

# FEPSAC

* + - <http://www.fepsac.com/>

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# Florida State University

* **FSU Graduate Sport Psychology Program Information**

# <https://cehhs.fsu.edu/sport-psychology>

# Admissions

* + <http://admissions.fsu.edu/>
	+ <https://dos.fsu.edu/newnole/>

# Sport Psychology Laboratory

# <https://cehhs.fsu.edu/sport-psychology-lab>

# Visit FSU

* + <http://visit.fsu.edu/>

# Center for Global Engagement (for international students)

* + <https://cge.fsu.edu/>

# Scholarships/Funding

* + <https://cehhs.fsu.edu/scholarships>
	+ <http://financialaid.fsu.edu/>
	+ <http://ogfa.fsu.edu/>

# Tuition & Fees

* + <http://controller.vpfa.fsu.edu/student-business/tuition-fees>

# Athletics

* + <http://www.seminoles.com/>
* **Oglesby Union** <https://union.fsu.edu/>

# Bookstore

* + [http://www.bkstr.com/floridastatestore/shop/textbooks-and-course- materials](http://www.bkstr.com/floridastatestore/shop/textbooks-and-course-materials)

# Student Government

* + <http://sga.fsu.edu/>

# Libraries

* + <https://www.lib.fsu.edu/>

# Career Services

* + <http://education.fsu.edu/student-resources/career-services>

# Health & Wellness

* + **Campus Rec**
		- <http://campusrec.fsu.edu/sports/facilities/rsp-map>

# Wellness Center/Thagard Health Center

* + - <http://uhs.fsu.edu/>

# University Counseling Center

* + - <http://counseling.fsu.edu/>

# College of Education, Health, and Human Sciences Faculty & Staff

# <https://cehhs.fsu.edu/faculty-and-staff>

# Tallahassee

o [http://www.visittallahassee.com](http://www.visittallahassee.com/)