

Counseling and Applied Psychological Science (Sports and Performance Counseling), BS

LSCAPSSPBS

Learn to apply psychological theory and counseling skills to help improve mental health and promote optimal performance of individuals such as athletes, first responders, military personnel, performing artists and others whose work places them under intense stressors that put them at high risk for anxiety, depression, substance abuse and other mental health issues.

Program description


Counseling and applied psychological science is a practical specialty that promotes psychological well-being.

The sports performance counseling concentration of the BS program in counseling and applied psychological science provides foundational training in the psychology of performance and related counseling theories and skills that is geared toward professionals in a wide range of fields.

This program prepares graduates to support licensed professionals in counseling and counseling psychology; it also readies them for graduate study in counseling psychology, sport psychology, counselor education and other fields. Additional education is required for students who wish to become licensed professionals, teachers or professors.

At a glance

- **College/School:** [College of Integrative Sciences and Arts](#)
- **Location:** [Polytechnic](#) or [Online](#), [ASU Local](#)

- **Second language requirement:** No
- **First required math course:** MAT 119 - Finite Mathematics
- **Math intensity:** Moderate 

Required courses (Major Map)

[2024 - 2025 Major Map \(on-campus\)](#)

[2024 - 2025 Major Map \(online\)](#)

[Major Map \(Archives\)](#)

Concurrent program options

Students pursuing concurrent degrees (also known as a "double major") earn two distinct degrees and receive two diplomas. Working with their academic advisors, students can create their own concurrent degree combination. Some combinations are not possible due to high levels of overlap in curriculum.

Admission requirements

General university admission requirements:

All students are required to meet general university admission requirements.

[First-year](#) | [Transfer](#) | [International](#) | [Readmission](#)

Tuition information

When it comes to paying for higher education, everyone's situation is different. Students can learn about [ASU tuition and financial aid](#) options to find out which will work best for them.

Change of Major Requirements

A current ASU student has no additional requirements for changing majors.

Students should visit the [Change of Major form](#) for information about how to change a major to this program.

Attend online

ASU Online

ASU offers this program in an online format with multiple enrollment sessions throughout the year. Applicants may [view the program's ASU Online page](#) for program descriptions and to request more information.

ASU Local

It is now possible to earn an ASU degree with [ASU Local](#), an integrated college experience in which students take advantage of in-person success coaching and programming experiences on site while completing one of 130+ undergraduate online degree programs, all of which come with online faculty interaction and tutoring support.

Transfer options

ASU is committed to helping students thrive by offering tools that allow personalization of the transfer path to ASU. Students may use [MyPath2ASU@](#) to outline a list of recommended courses to take prior to transfer.

ASU has [transfer partnerships](#) in Arizona and across the country to create a simplified transfer experience for students. These pathway programs include exclusive benefits, tools and resources, and they help students save time and money in their college journey.

Global opportunities

Global experience

To make a positive impact in the lives of others, students must understand the diverse set of experiences, backgrounds and cultures that shape the people with whom they wish to work. When studying abroad, students gain firsthand experience of a wide range of cultures and communities. [Global Education programs](#) provide students with a unique global perspective that enables them to impact the world.

Career opportunities

Graduates are able to assist licensed mental health counselors and psychologists in providing services that focus on mental health and optimal performance.

Such employment is found in a variety of settings, including community centers, the corporate world, educational institutions, independent consulting, social service agencies, and sports, and in behavioral health care delivery settings such as community agencies, hospitals and rehabilitation centers.

Career examples include:

- athletic coach
- behavioral health technician
- educator
- human services worker
- life skills instructor
- mental health professional
- mental performance coach or consultant for athletes, first responders and military personnel

- performance consultant for the arts, industry and the services sector
- trainer for human resources, sales and marketing, and career transition
- youth counselor

According to the U.S. Bureau of Labor Statistics, mental health counselor is one of the fastest growing occupations with 18% employment growth projected from 2022 to 2032.

Example job titles and salaries listed below are not necessarily entry level, and students should take into consideration how years of experience and geographical location may affect pay scales. Some jobs also may require advanced degrees, certifications or state-specific licensure.

Career	*Growth	*Median salary
<u>Behavioral Health Specialist</u> ☀️	6.6%	\$61,420
<u>Community Health Worker</u> ☀️	14.1%	\$46,190
<u>Counselor (General)</u> ☀️	17.2%	\$43,390
<u>Mental Health Counselor</u> ☀️	18.4%	\$49,710
<u>Rehabilitation Counselor</u>	1.9%	\$39,990

* Data obtained from the Occupational Information Network (O*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

☀️ Bright Outlook

Contact information

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