



UNIVERSITY OF  
ST. THOMAS



# MASTER OF ARTS IN APPLIED SPORT & PERFORMANCE PSYCHOLOGY (MASPP)

## THE NEXT LEVEL OF PSYCHOLOGY

OFFERED ONLINE & ON CAMPUS

Interested in working with individuals in sports, performing arts, and health and fitness arenas on psychological factors aimed at improving human performance?

The University of St. Thomas' Applied Sport and Performance Psychology program will provide students with the knowledge to help individuals meet their performance and growth goals using assessment and intervention. Graduates will be equipped with the skills to work with athletes of various levels (youth, elite, masters, recreational), coaches, non-sport performers (dancers, musicians), business professionals, and tactical occupations (military personnel) to enhance their performance and well-being from a psychological standpoint.

**[StThom.edu/MASPP](https://stthom.edu/MASPP)**

For more information, contact UST's Graduate Programs  
at 713-942-5932 or [gradprograms@stthom.edu](mailto:gradprograms@stthom.edu)