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Institutional Profile

The Haven is a small, state-owned university located in the picturesque setting of central Pennsylvania. Founded in 1870 as the Central State Normal School, LHU offers programs in the arts, education, humanities, sciences, health care, business, and much more!

Our Mission

Lock Haven University offers an excellent and affordable education characterized by a strong foundation in the liberal arts and sciences for all students, majors in the arts and sciences, and a special emphasis on professional programs. All programs are enhanced with real-world experiences and co-curricular activities that enable students to realize their full potential. In close personal interactions with faculty who are passionate about teaching, students are challenged to develop their minds and skills in order to be responsible citizens and to succeed in a global and technologically advanced society.

LHU Academics

- More than 60 undergraduate programs and five graduate programs.
- Student to faculty ratio is 21:1
- Average class size is 28
- Average freshman class size is 45
- Honors Program that provides academic challenge and merit-based scholarships
About the Program

Graduate study in sport science provides advanced preparation for those who love sport and wish to pursue sport-related careers. Graduates of the Sport Administration track are prepared for careers ranging from marketing, sales and sponsorship to event planning and facility management in professional, amateur, educational and community sport settings. Having examined how psychological factors influence sport performance and physical activity participation and how sport and physical activity involvement affect psychological well-being, graduates of the Sport and Exercise Psychology track are prepared to help athletes and others achieve optimal performance.

Two Tracks:

- Sport Administration
- Sport and Exercise Psychology

Professional Preparation:

The Master of Science in Sport Science program is advanced preparation for the professions of:

- Sport Marketing
- Sport Sales and Sponsorship
- Event Planning
- Facility Management
- Athletic Administration
- Coaching
- Applied Sport and Exercise Psychology Consulting
- Athlete Development and Support
Program Mission:

Upon completion of the Master of Science in Sport Science program, a student will be better prepared to:

- Formulate strong understanding of research methods and the foundations underlying sport science including socio-cultural, philosophical and psychological perspectives.

- Appraise the impact of psychological factors including stress/anxiety on sport/exercise performance and structure mental skills training programs with consideration of developmental, lifespan issues for individuals and groups including injured athletes and athletes in transition.

- Classify hierarchies in sport organizations and model how to resolve conflicts between competing parties through effective leadership and personnel management.

- Manage sport events including planning, evaluating, marketing and public relations.

- Create the vision and goals, including financial, of an organization and successfully convey and gain commitment to them.

- Demonstrate knowledge of legal issues relevant to sport organizations including sport personnel and the ability to determine appropriate solutions to legal problems.

On-line Delivery

100% online, web-based delivery enables working adults the flexibility to progress through the program on a part-time basis, at a reasonable pace, without interrupting their career. The program will also accommodate traditional and non-traditional students to attend on a full-time or part-time basis. No campus visits or on-campus residencies are required.

Web-based delivery designed to maximize the efficient use of technology for online teaching and learning, while maintaining a personal, one-to-one mentoring and supervision relationship with degree candidates.

The web-based online format takes advantage of leading edge technology to deliver the curriculum. Streaming audio and video, threaded discussion, journaling, real-time chat discussions, document sharing and other instructional methods make it possible to create
active and engaged learning communities. In addition to the individual work, group work is accomplished in the online environment through document sharing, e-mail, threaded discussion, and other capabilities.

Visit our website to Test Drive the online delivery format:
http://www.lhup.edu/graduatestudies/test_drive.htm

Admission Process

To complete the admissions process, students must submit:

- Online application
- Official college transcripts
- Three letters of recommendation
- Statement of professional goals

Online Application Instructions:

- This section provides information that will assist LHU graduate candidates in completing the online graduate application. Please consider reviewing and printing this information prior to completing the application.
- This is a secure site. Your information will remain protected.

Opening Screen:
- Master of Science Candidates must select the Online Degree option under the Mode heading.
- After entering your Birth Date, Social Security Information and selecting the appropriate Mode, click the Continue button.

Contact, Profile, and Enrollment Information:
- Enter all Contact information requested including, Name, Permanent Address, Local Address (only if different from Permanent Address), Email, Profile, and Enrollment Information.
- Note: The email and phone numbers entered will be used by graduate admissions to communicate your progress in the admissions process. Please provide an email address that you most often use and a phone number that you can be reached during daytime hours.
Enrollment Information:
- Graduate Students can apply only during one of the following three sessions: Fall, Spring, or Summer Session 1
- Graduate candidates must select the main campus location.
- After completing all information, click on the Save Partial Application button; the application will save and reset to the top of the page.
- Click on the Education Tab (top left) to enter your education information.

Education Section:
- Do not include High School Information.
- Click on the Add College button.
- Enter information about the undergraduate institution at which you received your degree.
- If you completed graduate credits, or an entire graduate degree, enter this information also.
- When adding school information, carefully follow the instructions written in red; your school information will automatically populate the appropriate fields.
- Do not submit information about extracurricular activities.
- Upon completion of this section, click on the Back button; you will return to the contact information screen. Scroll to the bottom of the page, click on the Save Partial Application button, and then click on the Next Section button.
- Certification of Information Accuracy: A Windows Internet Explorer Pop-Up Window will appear. Click OK.
- After certifying that the information you provided was correct, you will be directed to a secured electronic payment website.

Electronic Payment Form:
- At this time you will be asked to pay a $25 non-refundable application fee. Your credit card, billing, and contact information will be requested. Once the form is complete, select “Submit Payment”. You will receive a confirmation notice stating that your application has been successfully submitted. Print a copy of this form for your records.
- Your application has now been submitted and you can exit the online application.
- The Office of Graduate Admissions will follow-up with new applicants within two business days. If you have questions regarding the application or the admissions process, feel free to call 570-484-3869 or email gradadmissions@lhup.edu

APPLY NOW
Undergraduate Enrollment

Undergraduate students meeting the following criteria may enroll in graduate courses for graduate credit.

The student must:

- Be in the last semester of the Bachelor's program and eligible for graduation at the completion of the semester.
- Be in Good Academic Standing with a minimum 3.0 GPA
- Apply to the graduate program and be provisionally accepted.
- Restrictions – Registration is limited to a maximum of 6.0 graduate credits; the graduate credits will not be counted toward requirements needed for the Baccalaureate degree.
The Master of Science in Sport Science program is a 30 credit online degree program with tracks in Sport Administration and Sport and Exercise Psychology. The program includes a shared core as well as separate classes for each track.

<table>
<thead>
<tr>
<th>Sport Administration</th>
<th>Sport and Exercise Psychology</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Core (9 credits)</strong></td>
<td><strong>Core (9 credits)</strong></td>
</tr>
<tr>
<td>SPRT600: Research Methods in Sport Science</td>
<td>SPRT600: Research Methods in Sport Science</td>
</tr>
<tr>
<td>SPRT601: Sport in American Culture</td>
<td>SPRT601: Sport in American Culture</td>
</tr>
<tr>
<td>SPRT602: Ethics in Sport</td>
<td>SPRT602: Ethics in Sport</td>
</tr>
<tr>
<td><strong>Required (15-18 credits)</strong></td>
<td><strong>Required (15 credits)</strong></td>
</tr>
<tr>
<td>SPRT620: Leadership in Sport Organizations</td>
<td>SPRT610: Foundations of Sport/Exercise Psychology</td>
</tr>
<tr>
<td>SPRT621: Financial Management in Sport</td>
<td>SPRT611: Sport/Exercise Psychology across Lifespan</td>
</tr>
<tr>
<td>SPRT622: Marketing and Public Relations in Sport</td>
<td>SPRT612: Sport Psych for Performance Enhancement</td>
</tr>
<tr>
<td>SPRT623: Legal and Policy Issues in Sport</td>
<td>SPRT613: Psychology of Athletic Injury and Illness</td>
</tr>
<tr>
<td>SPRT630: Capstone Project</td>
<td>SPRT630: Capstone Project</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>SPRT624: Advanced Field Experience (6 credits)</td>
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</tr>
<tr>
<td><strong>Electives (3-6 credits)</strong></td>
<td><strong>Electives (6 credits)</strong></td>
</tr>
<tr>
<td>SPRT610: Foundations of Sport/Ex Psychology</td>
<td>SPRT614: Stress Management for Physically Active</td>
</tr>
<tr>
<td>SPRT611: Sport/Exercise Psychology across Lifespan</td>
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<td>SPRT623: Legal and Policy Issues in Sport</td>
</tr>
</tbody>
</table>
## Course Sequences

### Projected Course Sequence by Semester - Full Time Sport Administration Track

#### Field Experience Option

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
<th>Summer 1</th>
<th>Summer 2</th>
<th>Summer Extended</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPRT600: Research Methods in Sport Science</td>
<td>SPRT601: Sport in American Culture</td>
<td>SPRT620: Leadership in Sport Organizations</td>
<td>SPRT615: Seminar in Sport Science (or other elective)</td>
<td>SPRT624: Advanced Field Experience (6 credits)</td>
</tr>
<tr>
<td>SPRT602: Ethics in Sport</td>
<td>SPRT622: Marketing and Public Relations in Sport</td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total = 9 credits</strong></td>
<td><strong>Total = 9 credits</strong></td>
<td><strong>Total = 3 credits</strong></td>
<td><strong>Total = 3 Credits</strong></td>
<td><strong>Total = 6 credits</strong></td>
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</tbody>
</table>

### Projected Course Sequence by Semester - Full Time Sport Administration Track

#### Capstone Option

<table>
<thead>
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<th>Spring</th>
<th>Summer 1</th>
<th>Summer 2</th>
<th>Summer Extended</th>
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<td>SPRT601: Sport in American Culture</td>
<td>SPRT620: Leadership in Sport Organizations</td>
<td>SPRT615: Seminar in Sport Science (or other elective)</td>
<td>SPRT630: Capstone</td>
</tr>
<tr>
<td>SPRT602: Ethics in Sport</td>
<td>SPRT622: Marketing and Public Relations in Sport</td>
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</tr>
<tr>
<td><strong>Total = 9 credits</strong></td>
<td><strong>Total = 9 credits</strong></td>
<td><strong>Total = 6 credits</strong></td>
<td><strong>Total = 3 Credits</strong></td>
<td><strong>Total = 3 credits</strong></td>
</tr>
<tr>
<td>Fall</td>
<td>Spring</td>
<td>Summer 1</td>
<td>Summer 2</td>
<td>Summer Extended</td>
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<td>Total = 6 Credits</td>
<td>Total = 3 credits</td>
</tr>
</tbody>
</table>
### Projected Course Offerings by Semester

*(Subject to Change)*

<table>
<thead>
<tr>
<th>Fall</th>
<th>Spring</th>
<th>Summer 1</th>
<th>Summer 2</th>
<th>Summer Extended</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shared Classes</strong></td>
<td><strong>SPRT600: Research Methods in Sport Science</strong></td>
<td><strong>SPRT601: Sport in American Culture</strong></td>
<td><strong>SPRT615: Seminar in Sport Science</strong></td>
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<td></td>
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<td><strong>SPRT610: Foundations of Sport and Exercise Psychology</strong></td>
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<td><strong>Sport/Exercise Psychology Track</strong></td>
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<td><strong>SPRT614: Stress Management for the Physically Active</strong></td>
<td><strong>SPRT612: Sport Psych for Performance Enhancement</strong></td>
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</tr>
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<td><strong>Sport Administration Track</strong></td>
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</tbody>
</table>
Shared Core Courses:

**SPRT600 Research Methods in Sport Science**  
[Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh]  
An application of historical, descriptive and experimental research strategies and designs to sport and physical activity. Prepares graduate students to design, conduct, and report research. Emphasis is placed upon planning research, utilizing research methods, and interpreting results.

Prerequisite: None  
Corequisite: None

**SPRT601 Sport in American Culture**  
[Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3sh ]  
A comprehensive examination of the sociocultural environment in which sport exists, including detailed evaluation of the impact of such issues as gender, race, media, social stratification, ethnicity, mass media and commercialization, politics, and leadership from historical and contemporary sociocultural perspectives. It is designed to focus on American cultural ideologies throughout history and their interplay with both amateur and professional sport.

Prerequisite: None  
Corequisite: None

**SPRT602 Ethics in Sport** [Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3sh ]  
An advanced interpretation of moral issues in sport. An examination of the meaning and significance of values and ethics issues in sport including ethical decision-making, towards the formulation of a professional philosophy of sport and physical activity. Intended to help foster critical thinking skills, to interpret the philosophical and ethical background of sport, and to cultivate written communication skills.

Prerequisite: None  
Corequisite: None
**Required/Elective Courses:**

**SPRT610 Foundations of Sport and Exercise Psychology** [Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh] A survey of the psychological factors related to performance and participation in sport and exercise settings. Emphasis is placed on determining how psychological variables influence performance and participation in physical activity pursuits and how physical activity participation affects the psychological well-being of the individual. This course will assess theoretical and methodological approaches to a variety of sport and exercise psychology topics including motivation, group processes, competition, and performance enhancement.

Prerequisite: None
Corequisite: None

**SPRT611 Sport and Exercise Psychology Across the Lifespan** [Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh] Designed to focus on developmental changes in the psychosocial antecedents and consequences of sport and physical activity across the lifespan. Specific topics include (1) describing theoretical frameworks and methods used to study sport and physical activity related psychosocial development across the lifespan, (2) describing how self-perceptions develop and influence behavior in movement contexts at different points in life, and (3) explaining how social and contextual factors influence developmental processes associated with physical activity.

Prerequisite: None
Corequisite: None

**SPRT612 Sport Psychology for Performance Enhancement** [Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh] An evaluation of the nature of performance, sources of performance crises, and self-regulation strategies used to enhance sport performance. Specific objectives include (a) distinguishing the antecedents and consequences of subjective and objective performances, (b) conceptualizing motor performance and performance problems in a psychological context, and (c) matching psychologically-based performance problems with theoretically-based intervention strategies. This class is specifically designed to help students formulate practical strategies for teaching various psychological skills from an education perspective.

Prerequisite: None
Corequisite: None
SPRT613 Psychology of Athletic Injury and Illness
[Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh]
An examination of psychological theories and applied considerations related to athletic injuries and the subsequent rehabilitation of the physically active. Emphasis placed on the psychosocial antecedents to athletic injury and factors related to the psychological experience and treatment of the injured athlete and athlete in transition.

Prerequisite: None
Corequisite: None

SPRT614 Stress Management for the Physically Active
[Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh]
An examination of the demands of athletic competition that cause stress for athletes, coaches, and other sport figures. Identifies the psychophysiology of the stress response and the individual/performance costs of distress. Emphasis is placed on the principles and methods of preventive stress management, such as social support, exercise, and the relaxation response and their application in sport and exercise settings for improved performance.

Prerequisite: None
Corequisite: None

SPRT620 Leadership in Sport Organization
[Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh]
Interpret effective management practices including policy development, human resource management, negotiation, resource allocation, labor relations and conflict resolution based on analysis of current organizational and leadership theory. Focus on the successful development and implementation of organizational goals through use of existing research and student event management.

Prerequisite: None
Corequisite: None

SPRT621 Financial Management in Sport
[Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3sh ]
Designed to evaluate the financial aspects of sport including traditional and innovative revenue producing strategies available to sport organizations. Topics include financial challenges at diverse levels, facility financing, public subsidization and support, budgeting and economic impact analysis.

Prerequisite: None
Corequisite: None
**SPRT622 Marketing and Public Relations in Sport** [Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh] Designed to evaluate the marketing and public relations strategies used by sport organizations to increase brand awareness, brand/fan loyalty, and brand/fan identification.

Prerequisite: None
Corequisite: None

**SPRT623 Legal and Policy Issues in Sport** [Minimum Semester Hours: 3 sh; Maximum Semester Hours: 3 sh] An evaluation of law and policy as they relate to the specific domain of sport. The course will interpret existing legal precedents and current federal, state and local policies that influence contemporary sport administration. Specific topics include contracts, torts, Title IX, the American Disability Act, civil rights policy and constitutional law. This course will evaluate the relevance of court cases and existing policy for sport administrators.

Prerequisite: None
Corequisite: None

**SPRT624 Advanced Field Experience**
[Minimum Semester Hours: 6 sh; Maximum Semester Hours: 6 sh] An emphasis on the development of practical, on-the-job skills and experience through work with a sponsoring entity under the supervision of an approved mentor in an area related to sport administration. Requires full-time, on-the-job work and may or may not be include financial compensation. The Advanced Field Experience is demanding of the student's skills and abilities and requires an advanced degree of preparation, initiative, and responsibility to complete successfully and, as such, is considered a culminating experience.

Prerequisite: None
Corequisite: None
Capstone Project

Students in the Sport and Exercise Psychology track are required to complete a capstone project. Also, the Sport Administration track students have the option of completing a capstone in lieu of SPRT624 (professional field experience).

Capstone Roles and Responsibilities

Capstone Proposal Rubric

Capstone Certification

Capstone Project Rubric

Capstone Presentation Rubric

Academic Regulations

Academic Standing:

- To remain in good standing graduate students must maintain at least a 3.00 GPA.
- Probation, suspension and dismissal policies will be University-based and are not part of this policy.

Course Repeat Policy:

The Universities will employ a common standard for individual course repeats as outlined below:

- Graduate students can repeat a single course for grade improvement only once.
- Graduate students will be limited to a maximum total of two repeats across the program.
- The most recent grade (regardless of whether it is higher or lower) will be the grade used for the GPA calculation.
Graduate Tuition and Fees

For Tuition and Fee information please visit:

http://www.lhup.edu/Admissions/cost-information.html

Federal Student Aid

To apply for federal aid programs (i.e. Federal Stafford Loan, Federal Perkins Loan, and Federal Work Study), students must complete a Free Application for Federal Student Aid (FAFSA). The FAFSA may be completed on line at www.fafsa.ed.gov. The Lock Haven University Federal School Code is 003323.

Students interested in federal financial aid should complete and submit the FAFSA as early as possible. Financial aid awards will not be determined until after students are officially accepted into a graduate program.
Each year a limited number of graduate assistantships are available

Qualifications:
The student must be:

- Unconditionally admitted to graduate study (minimum GPA of 3.0 in the undergraduate degree or having completed 9 graduate credits and received a 3.0 or better).
- Enrolled full-time (i.e., 9 semester hours of graduate work).
- Remain in good academic standing (GPA of 3.0 or higher).

Description:

- Remuneration will include full tuition waiver and stipend of $5,400 per year.
- Summer remuneration will include full tuition waiver and stipend of $1,800.
- Graduate assistants will work in an assigned area for a designated supervisor no more than twenty (20) hours per week.
- Assignments will (as much as possible) be in an area related to the student's major field of study.

Application:

Please apply by submitting the completed form found here: [http://www.lhup.edu/students/student_resources/graduate_asst.html](http://www.lhup.edu/students/student_resources/graduate_asst.html)

GA application should be submitted [HERE](http://www.lhup.edu/students/student_resources/graduate_asst.html)
Dr. Patricia Lally

**Hometown:** Ottawa, Ontario, Canada

**Academic History:** B.A. in Psychology from McGill University in Montreal, a M.A. in Human Kinetics (Sport Psychology) from the University of Ottawa, and a Ph.D. in Exercise Science (Sport and Exercise Psychology) from the University of Toronto

**Area of Expertise:** Sport and Exercise Psychology

Dr. Richard Lally

**Hometown:** Boston, MA

**Academic History:** Undergrad: Providence College, PhD: Penn State

**Area of Expertise:** Ethics and Philosophy of Sport

Dr. Justin Wartella

**Hometown:** Pottsville, PA

**Academic History:** Began at West Chester University, finished undergrad at Penn State University, Earned my Master’s degree at Millersville University, Completed my terminal degree at the University of Nevada Las Vegas (UNLV)

**Area of Expertise:** Sport Administration
Peter Campbell

**Hometown:** Lock Haven, PA

**Academic History:**
B.S. Management Information Systems, Gannon University, Erie, PA (1992)
J.D. Cleveland-Marshall College of Law, Cleveland, Ohio (1995)
Admitted to practice law in Ohio in November 1995

**Area of Expertise:** Sport Administration and Sport Law

Dr. Alanna Harman

**Hometown:** Mississauga, Ontario

**Academic History:**
Bachelor of Sport Management, Brock University, St. Catharines
Master of Arts (Sport Management) Brock University, St. Catharines
PhD, Kinesiology, University of Western Ontario, London, Ontario

**Area of Expertise:** Sport Administration
As a coach and teacher who is constantly busy, the LHU MS Sport Science Program is set up perfectly for me because I can do the class work on my own time. I was initially nervous about the online format because I ask a lot of questions, but I found that I learned a lot more by doing assignments on my own. Also, the format of the class gives me chances to contact teachers and peers frequently which helps a lot. With the hope of becoming an Athletic Director down the road, I believe that the material being taught in this program will ultimately help me achieve my goal. Although I only took 2 courses so far, I know that I made the right choice by choosing LHU for achieve my Master's degree.

David Jake Wartella
Physical Education Teacher

The LHU MS Sports Science Program is great. The work itself is relatively recent to today's issues, problems and concerns which makes it very interested to learn about. For the total work load to be online, the professors really make sure you understand the assignments. I love the fact that I don't have to sit in a classroom yet have the same access to professors if I have any questions. I'm able to work full time while getting my masters which enables me to gain more work experience to go along which furthering my education. I would recommend this program to anyone looking to capitalize on both work and education.

Peaches Nesmith
Assistant Events Manager
Lock Haven University