



The Canadian Psychological Association (CPA) - Sport & Exercise Psychology Section promotes the development of Sport and Exercise Psychology as a special interest area in Psychology. It provides a forum for communication and information dissemination to psychologists, kinesiologists, students, and other sport science professionals working with athletes, coaches, parents, and sports organizations. Members are active in research, teaching, and/or practice. The practice of sport psychology addresses the applied services provided to athletes, coaches, and organizations, in addition to the mentoring, supervision, and training guidelines for competencies that intertwine psychology with sport.

What do Sport Psychologists Do:

The practice of sport psychology includes working with primarily athletes and coaches on the objectives outlined by the CSPA, in addition to working on psychological issues. This can range from teaching how to apply performance enhancement techniques to consulting with organizations on programs to counselling difficulties in one's personal life and the resulting impact that this has on the ability to perform or participate in sport. As a psychologist, you can also work with individuals outside of sport by conducting therapy or assessments in a range of areas and different populations, depending on what type of training and education you obtained through your psychology program.

How do I become a Sport Psychologist?

The practice of psychology is regulated by each provincial College across Canada. A practitioner is a psychologist first, and may declare a specialized area when applying for licensure. At the present time, sport psychology is not an area listed with the Colleges but the work performed often falls within the areas of clinical and counselling psychology. This means that in order to effectively practice psychology, you will need to take the training, education, and supervision in one of these areas, in addition to completing all of the corresponding licensing requirements. In order to practice sport psychology, additional recommendations are suggested by the Sport & Exercise Section of CPA to ensure you have the competencies and knowledge of sport and exercise that is essential to working with this population group. The following information contains the necessary credentials needed to get licensed as a psychologist in Canada and then provides the recommendations for training in applied sport psychology.

How do I become a Licensed Psychologist?

Every province has different requirements depending on the College and provincial legislation that governs the practice of psychology where a psychologist lives. A chart outlining the licensing tasks (i.e. supervision, oral and written exams, psychology board exam) to be completed after one's education is approved is attached, in addition to a direct link to this chart and corresponding links to each of the Colleges. The Mutual Recognition Agreement (<http://www.cpa.ca/documents/MRA.pdf>) was established by the Colleges, collectively, primarily for mobility reasons so that the credentials of an independent practitioner would be recognized in other provinces and allow for individuals to apply for reciprocal licensure and/or limited term licensure in that province. Since sport events often involves travel, this possibility assists an individual to be able to practice under the legislation pertaining to different provinces. The MRA document can provide guidance for the minimum competencies required for licensure. However, many provinces have additional requirements, such as different courses or extra supervised hours. It is important to check each College's website regularly for the most current specific coursework, supervision, and exams required to become licensed. Following is the commonly reported minimum requirements for licensure:

- ◆ Master's degree in an area of psychology
- ◆ Foundational Knowledge: Biological Bases of Behaviour, Cognitive/Affective Bases of Behaviour, Social Bases of Behaviour, and Individual Differences
- ◆ Core Competencies: Interpersonal Relationships, Assessment and Evaluation, Intervention, Research, Ethics and Standards.
- ◆ Supervised experience
- ◆ Licensing exams

What are specific examples for these requirements?

The following specific requirements are **examples** only of what is common in *some* of the provinces. Please check the College in your province to determine what the provincial education, coursework, training, and exams are for licensure.

A. EDUCATION

This usually requires a four year undergraduate university degree in psychology, in addition to a graduate degree in any area of psychology (housed in a psychology department).

B. ACADEMIC COURSE WORK

The following example of courses, taken from the College of British Columbia's current guidelines, suggests the completion of: three (3) or more credits (13 classroom contact hours = 1 semester hour) in *each* of the 10 areas below, *in addition to* six (6) or more credits in at least four (4) of the areas below. The coursework requirement is the same for psychologists and psychological associates and does not include colloquia or practica.

Course Area
BIOLOGICAL BASES OF BEHAVIOUR (e.g., physiological psychology, comparative psychology, neuropsychology, sensation and perception, or psychopharmacology)
COGNITIVE/AFFECTIVE BASES OF BEHAVIOUR (e.g., learning, cognition, motivation, or emotion)
SOCIAL BASES OF BEHAVIOUR (e.g., social psychology, group processes, community psychology, environmental psychology, or organizational & systems theory)
INDIVIDUAL DIFFERENCES (e.g., personality theory, human development, abnormal, psychopathology)
ETHICS AND STANDARDS IN PROFESSIONAL PSYCHOLOGY
RESEARCH DESIGN AND METHODOLOGY (e.g., research design, experimental procedure, laboratory methods)
STATISTICS (e.g., statistics, multivariate analysis)
PSYCHOMETRICS (e.g., measurement, test construction and validation)
PROFESSIONAL PRACTICE: ASSESSMENT (application of assessment techniques)
PROFESSIONAL PRACTICE: INTERVENTION (application and theory of psychotherapy, counselling, behaviour modification)
<ul style="list-style-type: none">◆ A maximum of two senior <i>undergraduate</i> courses in these areas <i>may</i> be considered in Biological Bases of Behaviour, Cognitive/Affective Bases of Behaviour, and/or Social Bases of Behaviour.◆ A research-based thesis and/or dissertation is required.

C. SUPERVISED INTERNSHIP

- ◆ This typically includes a minimum of a 400 hour practicum and 1600 hour post-graduate internship. Doctoral level often requires 1 year (1600 hours) pre- and post-doc and Masters level often requires additional supervised years post-MA. All of these hours involve the practice of psychology, including direct and indirect work.
- ◆ Supervisors need to be a *psychologist* who has been licensed to practice independently for at least 2 years, although 5 years is common in many provinces (ratio of supervision to client contact hours is variable).

D. LICENSING EXAMS

Once A, B, and C are approved, the final *common* requirements to obtain a license to practice in psychology are:

- ◆ Written or oral jurisprudence exam (on relevant legislation)
- ◆ Oral clinical exam
- ◆ Psychology board exams (EPPP)
- ◆ Final criminal checks, Liability insurance, & References

What about the sport part?

Up until now, we have covered all of the requirements to become a psychologist. So how is it different for a *sport* psychologist? In other areas, such as school psychology, forensic psychology, neuropsychology, additional coursework and/or the application of these areas within the coursework previously listed is part of the education requirement. Practical experience is gained by doing the supervised hours in the area of specialty which is later tested in the oral clinical exams with the College for all of the areas you declared you are competent in. Sport psychology could potentially follow the same process and the Sport and Exercise Section proposes the following recommendations. Please check our website for updates as these are only *guidelines* and by no means an accredited program or part of the licensure process at this point in time. These are suggested to ensure that as a psychologist or psychology student, you also possess the specialized competencies in sport and exercise psychology.

◆ Additional Coursework & Competencies

Course Area	Course Requirement
SPORT PSYCHOLOGY (e.g., sport psychology, health/exercise psychology, intervention/ performance enhancement, mental training)	2 courses (1 at the graduate level)
SPORT SCIENCES (e.g., kinesiology, biomechanics, exercise physiology, anatomy, motor learning/control, human movement, sociology of sport, history and philosophy of sport/physical education, health and physical activity, nutrition and physical activity, principles of coaching, prevention and care of athletic injuries, exercise and disease prevention)	2 courses (undergraduate or graduate level)
PRACTICAL SKILLS OR EXPERIENCES IN SPORT OR RELATED DOMAINS (e.g., formal coaching, athletic experiences, sport clinics, coaching certification courses, athlete or coach mentoring)	Must document how your skills or experiences fulfill the equivalent of a 3-credit course

◆ Supervised Practice in Sport Psychology

We suggest that at least 400 hours of your 1600 psychology internship be comprised of sport psychology practice, supervised under a licensed psychologist with a sport psychology specialization.

Additional Information:

Please continue to check our website for updates on training and education recommendations:

<http://www.cpa.ca/sections/sportandexercisepsychology/sportpsychologytraining/> . We are also updating our list of potential supervisors who are licensed psychologists, in addition to posting opportunities for consultation with both sport psychologists and certified sport psychology consultants.



PROVINCIAL & TERRITORIAL LICENSING REQUIREMENTS

	Academic Entry Requirements	Supervised Experience	Examinations ¹
British Columbia	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent Practice</p> <p>Masters Title: Psychological Associate; <i>Scope</i>: Independent Practice</p>	<p>Doctoral - 1 year pre-doctoral</p> <p>Masters - 1 year post-masters internship and 3 years supervised practice</p>	<ul style="list-style-type: none"> - EPPP scaled score of 500 - Written jurisprudence - Oral Examination
Alberta	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	<p>Masters - 1 year (1600 hours) post-masters</p>	<ul style="list-style-type: none"> - EPPP 70% - Oral
Saskatchewan	<p>Doctoral Title: Doctoral Psychologist; <i>Scope</i>: Independent practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	<p>Masters - 1 years (1500 hrs.) post- masters</p>	<ul style="list-style-type: none"> - EPPP 70%; scaled score of 500 - Oral
Yukon Territory	No legislation governing practice of psychology		
Manitoba	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychological Associate; Practice supervised by a Psychologist</p>	<p>Doctoral - 1 pre- and 1 post- year</p> <p>Masters - 2 years post</p>	<ul style="list-style-type: none"> - EPPP Doctoral 70%; Masters 65% - Oral (both)
Ontario	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychological Associate; <i>Scope of Practice</i>: Either practice supervised by a Psychologist or independent practice</p>	<p>Doctoral - 1 pre- and 1 post- year</p> <p>Masters - 4 years post plus 1 year on supervision register</p>	<ul style="list-style-type: none"> - EPPP scaled score of 500 - Oral - JEE
Quebec	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	None	<ul style="list-style-type: none"> - no EPPP or oral - Ethics course
Newfoundland & Labrador	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent Practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	<p>Doctoral - 1 pre- and 1 post- year</p> <p>Masters - 2 years post</p>	<ul style="list-style-type: none"> - EPPP 70% ; scaled score of 500 - no oral
Northwest Territories	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	1 year (1600 hours) while on an Intern's Registry. Previous supervised experience from another jurisdiction may be considered.	An exam may be required
Nova Scotia	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	<p>Doctoral - 1 pre- and 1 post- year</p> <p>Masters - 4 years post</p>	<ul style="list-style-type: none"> - EPPP 70% - Oral
Prince Edward Island	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice in institute/agency</p>	<p>Doctoral - 1 pre- and 1 post- year</p> <p>Masters - 2 years post</p>	<ul style="list-style-type: none"> - EPPP scaled score of 500 - Oral
New Brunswick	<p>Doctoral Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p> <p>Masters Title: Psychologist; <i>Scope of Practice</i>: Independent practice</p>	<p>Doctoral - 1 pre- and 1 post- year</p> <p>Masters - 3 years post</p>	<ul style="list-style-type: none"> - EPPP 70% - Oral or interview

