

COULD YOU BENEFIT FROM A CC-AASP?

For the adult athlete and/or exercise enthusiast:

- *Do you need help to begin or maintain an exercise program?*
- *Have you lost confidence after an injury or poor sport performance?*
- *Are you looking for a competitive edge that will help you get more out of your performance?*
- *Thinking of returning to a sport or to exercise after a long absence, but aren't sure where to begin?*
- *Do you perform much better in practice than when it counts in competition?*

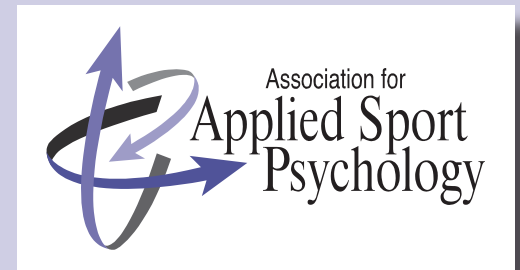
For the parent and/or coach of a young athlete:

- *Do you seek a positive youth sporting experience for your child/athlete?*
- *Has your child/athlete lost confidence?*
- *Could your child/athlete use help in coping with the stressors of youth sport?*
- *Does your child/athlete have trouble focusing when performing in front of an audience?*
- *Does your child/athlete experience nervousness before a competition that detracts from his/her enjoyment and/or performance?*

For the team coach:

- *Do you want to enhance your team's motivation and confidence?*
- *Would you like to improve your team's communication and cohesion?*
- *Would you like to improve your team's ability to focus and perform?*

If you answered “yes” to any of these questions, it's time to consult with a CC-AASP!



CHOOSING A SPORT AND EXERCISE PSYCHOLOGY CERTIFIED CONSULTANT

THE IMPORTANCE OF AASP CERTIFICATION

Founded in 1986, the Association for Applied Sport Psychology (AASP) is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. Those professionals who receive the status of Certified Consultant from AASP are referred to as CC-AASP.

With more than 1,500 members in 38 countries, AASP is a worldwide leader, sharing research and resources that will improve sport and exercise performance. For more information, please visit our website at www.appliedsportpsych.org



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WHY A CC-AASP?

Every one of AASP's sport and exercise psychology Certified Consultants (CC-AASP) have met a high standard of education and training in psychology and the sport sciences. He or she has also undergone an extensive review process. CC-AASP's agree to abide by the provisions of AASP's Ethical Code. To ensure that you are choosing a qualified professional, look for a CC-AASP.



The AASP certification process establishes that applied sport and exercise psychology professionals will maintain high standards of professional conduct.



HELP FOR SPORT AND EXERCISE ISSUES

You realize that exercise is critical to good health, but you struggle to get started and stay motivated. Or maybe you've been active for a long time, and now you need help taking your game or exercise routine to the next level. Perhaps you're experiencing performance challenges on the field, on stage, at work, or in school. A Certified Consultant may be able to help. Certified Consultants address performance issues that affect people in all arenas of sport and exercise.

LOOK FOR AASP CERTIFICATION AND MEMBERSHIP

If you decide to work with a sport and exercise psychology consultant, make sure the professional you choose is specifically trained and certified in sport and exercise psychology. As demand for sport and exercise psychology services grows, so does the number of practitioners, not all of whom are qualified. Certification by and membership in the Association for Applied Sport Psychology are indicators of professional legitimacy.

HOW TO FIND AN AASP CERTIFIED CONSULTANT

Visit www.appliedsportpsych.org/consultants/find-a-consultant to search the Certified Consultant Database to find a CC-AASP in your area.



Applied sport and exercise psychology professionals are interested in how participation in sport, exercise, and physical activity may enhance personal development and well-being throughout the life span.



SPECIALIZED TRAINING MATTERS

Certified Consultants are specifically trained to help resolve performance challenges, including, but not limited to:

- Starting and maintaining an exercise program
- Setting both short- and long-term goals
- Increasing and maintaining motivation
- Building self-confidence
- Reducing anxiety and improving concentration
- Improving communication
- Recovering from injury