

## Applied Performance Placements

**Description:** DUC's [Applied Sport and Performance Psychology](#) program offers students the opportunity to work hands-on with individuals and teams in sport and performance settings. These settings include club sports, high schools, collegiate teams and performance domains outside of sport. Placement participation is a core feature of the ASPP program. All placements are supervised by faculty members who are Certified Mental Performance Consultants ([CMPC](#)) through the [Association for Applied Sport Psychology](#). After passing required prerequisite courses, students will complete their first placement (Intensive Placement; PI) onsite at DUC. The second and third placements are at a site of the student's choosing. All students must be approved to take part in the placement program by the department, and applications will be vetted internally to insure fit. Both PII and PIII are a minimum of a 16-week commitment.

### Placement II:

DUC graduate student-trainees work with youth sport programs, defined as 12-18 year old youth in a club, organization, or High School athletic team.

### Placement III:

DUC graduate student-trainees work with youth, collegiate, or adult populations in a sport setting or other performance domain.

**Key Features:** The Applied Performance Placements provides programs with several opportunities, including:

- Assess, conceptualize and support student-athletes in determining mental performance strengths and challenges
- Support teams in developing team dynamics, establishing norms and standards, communication, and leading team building activities
- Work 1on1 with student-athletes to create individualized mental performance planning, skill building, and routines

**Questions?** If you are interested in having a DUC ASPP student-trainee with your program, please contact Dan Ourian, Assistant Director, at [dan.ourian@dominican.edu](mailto:dan.ourian@dominican.edu)