

Athlete Support Compass

ROLE	FOCUS	WHAT TO EXPECT	IDEAL FOR ATHLETES WHO...	CERTIFICATION
Coach	Skill development, tactics, physical training, motivation	Sport-specific training, physical and tactical development, technique improvement, and motivation.	Want to improve specific skills, technique, or physical performance	May or may not have certification
Mental Performance Consultant	Mental skills training, focus, confidence, visualization, goal setting	Develop mental tools and strategies to perform consistently under pressure and optimize mindset for competition.	Want to enhance mental skills like focus, confidence, and resilience within their sport/activity	<u>CMPC</u> (Certified Mental Performance Consultant through AASP) <u>MA</u> or <u>PhD</u> (Sport Psychology, Counseling, or related fields)
Performance Enhancement Specialist	Physical conditioning, strength, speed, agility, injury prevention	Improving physical attributes such as strength, conditioning, explosiveness, and injury prevention through specialized training.	Want to improve physical fitness, strength, speed, or prevent injury	<u>CSCS</u> (Certified Strength and Conditioning Specialist) <u>NSCA</u> <u>NASM</u> <u>ACE</u> <u>ACSM</u> <u>CPR/First Aid</u>

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Therapist	Mental health, emotional well-being, trauma, anxiety, depression, coping skills	Licensed professionals providing therapy for mental health issues and emotional support. Can address trauma, anxiety, depression, and overall well-being. Generally, this involves depth psychotherapy or skills based therapies that learn towards long term work with the individual.	Need support with personal or emotional challenges affecting life and/or sport. It is possible to find a therapist who is athlete informed and has context on how to work with athletes.	<u>LCSW/LMSW/LSW/MSW</u> (Social Work) <u>LMFT/MFT</u> (Licensed Marriage & Family Therapist) <u>LPC</u> (Counselor) <u>MEd</u> (Counseling) <u>PhD</u> (Clinical or Counseling Psychology) <u>PsyD</u> (Psychology)
Sport Psychologist	Integration of psychology and sport, mental health and performance, research-based interventions	Licensed psychologists with specialized research and training in sport psychology; tailored strategies for focus and resilience, as well as support for mental health issues like performance anxiety, self-doubt, and recovery from injuries	Need mental health support regarding sport based psychological strategies	<u>PhD</u> (Psychology) <u>PsyD</u> (Psychology) <u>ABPP-Sport Psychology</u> (Board Certification) <u>CMPC</u> (Licensed Clinical Psychologist credentials)

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Physical Therapist	Rehabilitation, injury prevention, movement efficiency, recovery	Evaluation of movement, exercise prescriptions, treatment plans. May collaborate with coaches and physicians	Need recovery from an injury, want to prevent injury, or improve mobility/physical resilience	<u>DPT</u> (Doctor of Physical Therapy) <u>SCS</u> (Sports Certified Specialist)
Nutritionist	General nutrition guidance, healthy eating habits, performance fueling	Recommendations for balanced meals, hydration, and supplements. May provide individualized plans	Need practical guidance on eating well, improving energy, or basic sports nutrition without needing medical-grade interventions	Not regulated, there is no universal degree requirement. Some may have <u>CNS</u> (Certified Nutrition Specialist) <u>Bachelors/Master's/PhD</u> in Nutrition Studies,
Dietitian	Evidence based medical nutrition therapy, clinical care, and sports specific fueling	Comprehensive nutrition assessments, individualized meal plans, managing medical conditions, sports fueling strategies	Have complex nutrition needs/ health conditions	<u>RD</u> (Registered Dietitian) <u>RDN</u> (Registered Dietitian Nutritionist)