



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification

Master of Science  
Psychology of  
Sport and Exercise

Course Code: MSCPE

2020/21

# ***Master of Science Psychology of Sport and Exercise***

## **Material Information Summary for 2020/21 Postgraduate Entrants**

**Confirmed at October 2019**

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### **General Information**

**Award** Master of Science Psychology of Sport and Exercise

**Contained Awards** Postgraduate Diploma Sport and Exercise Psychology  
Postgraduate Certificate Sport and Exercise Psychology

**Awarding Body** Leeds Beckett University

**Level of Qualification & Credits** Level 7 of the Framework for Higher Education Qualifications, with 180 credit points at Level 7 of the Higher Education Credit Framework for England

### **Course Lengths & Standard**

**Timescales** The standard start date for Leeds Beckett University induction week is reproduced below and relates to the majority of students starting a course in September 2020. A proportion of courses have alternate start dates which are displayed on the online prospectus and additionally will be notified to the students concerned via the offer letter. Non-September starters will also have their start dates confirmed in their offer letters.

- 1 year (full time, campus based)  
Starts 14 September 2020 / Ends September 2021
  
- 2 years (part time, campus based)

Starts 14 September 2020 / Ends September 2022

<b>Part Time Study</b>	PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that defined within this information set but the modules offered across the course are consistent. For this course, two options are available. Any student wishing to access a government loan must complete the course within 2 years. Students who wish to study over a longer period, e.g. To fit around existing work commitments, can opt to study for up to 5 years.
<b>Location(s) of Delivery</b>	Headingly Campus, Leeds
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning">www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning</a> .
	Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a> .
<b>Course Fees</b>	Course fees and additional course costs are confirmed in your offer letter. Enquiries may be directed to <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a> .

## Timetable Information

Timetables will be made available to students during your induction weeks via:

- i) The Student Outlook Calendar
- ii) The Student Portal (MyBeckett)
- iii) The Leeds Beckett app

Any difficulties relating to timetabled sessions may be discussed with your Course Administrator.

**Policies, Standards and Regulations** [www.leedsbeckett.ac.uk/public-information](http://www.leedsbeckett.ac.uk/public-information)

Exemption to Academic Regulation 2.3 'Standard Minimum Entry Requirements'; course entry requirements include IELTS 6.5 with no skills below 6.0, or an equivalent qualification.

Permission has been granted for the following exceptions to the University's Regulations:

In order to meet the requirements of the accrediting professional body – the British Psychological Society (BPS) – students must achieve an overall grade of at least 50% for **all** modules in the MSCPE course (standard benchmark set for all BPS-accredited programmes).

## **Key Contacts**

**Your Course Director** Dr Lauren Duckworth

**Your Course Leader** Dr Faye Didymus

**Your Academic Advisors** Dr Faye Didymus and Dr Mariana Kaiseler

**Your Course Administrator** [sportpgadmin@leedsbeckett.ac.uk](mailto:sportpgadmin@leedsbeckett.ac.uk)

## **Professional Accreditation or Recognition Associated with the Course**

### **Professional Body**

#### **Accreditation/ Recognition Summary**

Accredited by the British Psychological Society (BPS).

Leeds Beckett University recognises the importance of the key professional framework for Chartered Membership of the Society (CPsychol) and Full Membership of the Division of Sport and Exercise Psychology. The course has been designed with this in mind, and graduates of the programme will be able to complete Stage 1 of the BPS training route towards Chartered Status within the Division of Sport and Exercise Psychology. Following successful completion of this course\*, students can go on to complete the BPS Stage 2 Qualification in Sport & Exercise Psychology (QSEP), which permits them to legally use the titles of Chartered Sport and Exercise Psychologist, Registered Psychologist or Practitioner Psychologist".

**\*Please note that only graduates who hold the BPS Graduate Basis for Chartered Membership (GBC) can enrol as a Stage 2 candidate. Graduates who do not hold GBC will first need to complete a BPS-accredited Psychology Conversion course before they are eligible to enrol on the Stage 2 QSEP. Students who are not eligible to enrol on the Stage 2 QSEP are also encouraged to consider the British Association for Sport and Exercise Sciences (BASES) Supervised Experience pathways to professional accreditation as a Sport and Exercise Scientist (specialising in Psychology).**

The programme is designed to meet the accreditation requirements for the BPS Stage 1 training route towards Chartered Status within the Division of Sport and Exercise Psychology and is validated until 2023/2024.

The anticipated date of the next accreditation is 2023/2024.

## **Course Overview**

The course philosophy reflects the University's strategic plan by putting students at the centre of our activities, delivering a flexible and relevant curriculum with excellent teaching and learning, providing a supportive, inclusive and welcoming environment, and preparing students for employment and lifelong learning. The MSc Psychology of Sport and Exercise is designed to enable each student to grow personally and professionally during the course. In line with the five aims of the programme, developing students who feel competent and confident in contributing to the beneficence of others through the application of the skills and knowledge they have acquired whilst studying on the programme is key. It is also evident from the aims of the programme that students will experience a course that is research-led and promotes evidence-informed practice as a professional standard to which they should aspire.

Students will enter this programme with a Graduate Basis for Chartered Membership (GBC). Therefore, completion of the scheduled learning programme will enable students to complete Stage 1 of the BPS training route towards Chartered Status within the Division of Sport and Exercise Psychology. A modular structure has been developed which allows for the inclusion of the Practicum module in which students will be supported via individual and group supervision to engage in a period of client-related work in the role of a sport and exercise psychologist. The programme incorporates two additional strategies to enable students to achieve the intended learning outcomes. First, there is the academic advisor programme where a member of staff will be asked to support the student through their learning journey, particularly with a view to the student's progress and their wider life goals. Second, the programme aims to develop a culture where students take an interest in, learn from, and support each other. These strategies in particular help to provide a forum for the development of research skills, professional competencies and personal development in an ethical and appropriate way.

## **Aims of the Course**

The broad aim of the programme is to provide students with the opportunity to develop professional and ethical competencies in the research and application of psychology within sport and exercise contexts. This broad aim is explicated more fully in the specific aims set out below. The course is designed to:

- Develop a comprehensive understanding of the psychological principles related to sport and exercise contexts and their application to professional practice.
- Provide an opportunity to critically evaluate and apply a broad range of theories, methodologies and research findings in sport and exercise psychology.

- Develop a comprehensive and practical understanding of how established techniques of research and enquiry are used to create and interpret knowledge in sport and exercise psychology.
- Develop the practical ability to identify and employ appropriate/established research techniques in the creation and interpretation of knowledge in sport and exercise psychology.
- Develop professional competencies linked to the pursuit of a career as a Chartered Sport and Exercise Psychologist.

This programme of postgraduate study will provide students with training of high academic quality and applicable to the role of a Chartered Sport and Exercise Psychologist.

### **Course Learning Outcomes**

On successful completion of this course, students will be able to:

No.	Learning Outcome
1	Demonstrate the professional competencies required to be a Chartered Sport and Exercise Psychologist in line with established Codes of Ethics and Conduct.
2	Demonstrate a systematic understanding of knowledge and a critical awareness of current problems and new insights in the field of sport and exercise psychology.
3	Critically analyse and evaluate a broad range of theories, methodologies and research findings as applied to contemporary issues in sport and exercise psychology.
4	Utilising a range of media, exhibit a comprehensive knowledge and application of appropriate techniques and methodologies deemed relevant to research in sport and exercise psychology.
5	Demonstrate a reflective approach to applied practice through the engagement in client-related activity.
6	Demonstrate self-direction, self-awareness and evidence-informed approaches to solving problems, planning tasks and implementing strategies at a professional level.
7	Demonstrate independence and originality whilst undertaking a research task in sport and exercise psychology.

### **Teaching and Learning Activities**

#### **Summary**

The learning and teaching on the MSc Psychology of Sport and Exercise degree places the student at the centre of the experience by fostering an inclusive, supportive and challenging environment. Through a curriculum which is informed by research and professional practice

students will develop the required skills, knowledge and experience. The course will focus on developing sound knowledge of Sport and Exercise Psychology with ample opportunities to apply their knowledge whilst enhancing learning through problem solving approaches. The learning approaches will develop students independent learning capability and critical thinking skills as well as prepare them for employment.

## **Learning and Teaching Approaches**

The learning and teaching on the MSc. Psychology of Sport and Exercise course places the student at the centre of the experience by fostering an inclusive, supportive and challenging environment. Through a curriculum which is informed by research and professional practice, students will develop the required skills, knowledge and experience necessary to achieve Stage 1 of the BPS curriculum. The course will focus on developing sound knowledge of Sport and Exercise Psychology with ample opportunities to apply their learning whilst enhancing learning through problem-solving approaches. The learning approaches will develop students' independent learning capability and critical-thinking skills, as well as prepare them for employment.

Learning and teaching approaches will be continually improved using feedback from mid- and end-of-module evaluations, peer review, focus groups, enhancement and development meetings, and module development days. This will ensure that the students' learning experience is continually enhanced by supporting the professional development needs of the academic members of staff who will facilitate the learning experience.

Students will be engaged through a variety of teaching and learning approaches whilst studying the MSc. Psychology of Sport and Exercise course. Challenging and authentic tasks will be used to stretch the students' capabilities in real-world learning and assessment, resulting in a deeper approach to learning.

The following learning and teaching strategies will be used across the modules;

- ✓ Students will undertake advance preparatory work in order to contribute to and inform interactive learning environments.
- ✓ Students will learn from and facilitate the learning of others through engagement in peer review processes.
- ✓ Students will participate in tutorials where they will work in small groups to engage with learning activities.
- ✓ Students will organise and conduct research processes in order to facilitate appropriate data collection, analysis and interpretation.

- ✓ Students will work independently to research the relevant literature using a wide range of sources (e.g., electronic databases and search engines).
- ✓ Students will complete directed activities/ formative assessments which will inform the content of scheduled sessions, providing opportunities for feedback.

The blend of learning approaches will involve a combination of face-to-face facilitated learning, online learning and self-study which may differ by module.

Supervision of client-related work is a key aspect of this programme. Supervision involves an active and reciprocal relationship (Johnson, 2007) that relies on effective communication. Therefore, supervision of students during their Practicum placement requires dynamism and flexibility to respond to the generative growth (Johnson, 2007) of the student as they progress through the process and address the inevitable challenges that arise along the supervised practice journey. As such, Practicum Supervisors aspire to move along the supervisory continuum from adopting a more formal, hierarchical and transactional style at the start of the relationship to one that delivers the qualities of a transformational supervisor (Johnson, 2007). However, a challenge that can ensue from the transformational approach is boundary violations. Therefore, to mitigate this risk, it is important to clarify boundaries at the outset of all supervisory relationships (as part of informed consent to supervision) and remain vigilant and act if the boundaries are breached (Johnson, 2007). Members of the team act as Practicum Supervisors and engage in shared reflections/discussions at regular intervals (monthly) during the course of the placements.

## **Your Modules**

This information is correct for students progressing through the programme within standard timescales. Details of module delivery will be provided in your timetable.

### **Level 7 Core Modules (2020/21 for FT students and 2020/21 and 2021/22 for standard PT students)**

The Research Process  
Psychology of Exercise and Health  
Contemporary Issues in Sport Psychology  
Psychosocial Development in Sport and Exercise  
Professional Practice  
Practicum  
Major Independent Study

## **Assessment Balance and Scheduled Learning and Teaching Activities**

The assessment balance and overall workload associated with this course are calculated from core modules studied. They have been reviewed and confirmed as representative by the Course Director.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, placement activities and independent study. Modules may have more than one component of assessment.

### **Assessment**

On this course students will be assessed predominantly by coursework with some practical assessments.

### **Workload**

<b>Overall workload for the course</b>	
Teaching, Learning and Assessment	254 hours
Independent Study	1546 hours
Placement	10 hours

### **Learning Support**

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators work closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

If you have any questions about life at our University in general, call into or contact the Student Hub on either campus to speak to our Student Experience Team. This team, consisting of recent graduates and permanent staff, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. There is a Student Hub on the ground floor of the Rose Bowl at City Campus and one in Campus Central at Headingley. You can also find the team in the Gateway in the Leslie Silver Building at City Campus. Email enquiries may be directed to [studentexperience@leedsbeckett.ac.uk](mailto:studentexperience@leedsbeckett.ac.uk).

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The **Support** tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The **Opportunities** tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.