



**LEEDS
BECKETT
UNIVERSITY**

Course information for applicants

This information applies to the course as it will be delivered to students starting the course in 2027/28.

Information provided here was confirmed on 04/09/2026

General information

Programme code

PSEXP

Target award

If you complete this course successfully you will be eligible for the award of:

PGDip Psychology of Sport and Exercise

Delivery mode

- ☒ On campus
☐ Distance learning

Where you will study

The majority of teaching will be at Headingley campus but on occasion may be at City campus.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 7 of the Framework for Higher Education Qualifications

Course duration

If you are made an offer of a place on the course, your offer letter will include the start date.

This course can be studied:

12 months full-time

24 months part-time

Part-time study

This course can be studied part-time.

If you study the course part-time, it will usually take twice as long to complete compared with the equivalent full-time course. The modules may be delivered in a different sequence than on the full-time course, but you will study the same modules at each academic level. With the agreement of the course team, you may be able to increase your pace of study to shorten the overall course duration.

Work placement

10 hours of supervised practical experience within a sport or exercise psychology setting.

Practical experience opportunities will be arranged by the course team. The locations will vary, dependent on the opportunity.

Entry requirements

Admissions criteria are available on the online prospectus entry for this course.

If you have previous relevant qualifications or experience, you could be exempt from certain parts of your course. Recognition of prior learning (RPL) allows you to start your course at a point appropriate to the learning and skills that you may have developed in a professional, vocational or community setting.

Find out more here: <https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning>

If you have questions about entry requirements and admissions, contact AdmissionsEnquiries@leedsbeckett.ac.uk

Course fees

Course fees and a breakdown of any additional costs is included on the online prospectus entry for this course.

If you have questions about fees for this course, contact Fees@leedsbeckett.ac.uk

Timetable

You will receive your full timetable for the year during induction week.

What you will study

Course aims

The aims of the course are 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.

Teaching and learning activities

The learning and teaching on the PG Diploma 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.

Students will be engaged through a variety of teaching and learning approaches whilst studying the PG Diploma 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 will differ by module and across levels. Modules (20-credits) are delivered over a 12-week semester, with students expected to attend on campus each week, at least a 1-hour large group session and at least a 2-hour smaller group seminar/practical session. Recorded lectures and directed activity will be provided around these study hours. Each module will therefore provide 36 hours of taught content, with students expected to dedicate at least 164 hours of independent study across each semester for each module.

Supervision of work-related learning 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 practical experience 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 course team act as Practicum Supervisors and engage in shared reflections/discussions at regular intervals (monthly) during the practical experiences.

Course structure

This information is correct for students progressing through the course within standard timescales. If you have to repeat study or take time out during your course, you may be taught alternative modules which meet the overall learning outcomes.

Level 7

Compulsory modules – full-time

Module title	Credits	Semester/teaching period
The Research Process	20	Semester 1
Contemporary Issues in Sport Psychology	20	Semester 1
Psychology of Exercise and Health	20	Semester 2
Psychosocial Development in Sport and Exercise	20	Semester 2
Professional Practice	20	Semester 1 & 2
Practicum	20	Semester 1 & 2
Total number of credits of compulsory modules:	120	

Compulsory modules – part-time

Contemporary Issues in Sport Psychology	20	Semester 1 – Year 1
Psychology of Exercise and Health	20	Semester 2 – Year 1
Psychosocial Development in Sport and Exercise	20	Semester 2 – Year 1
Practicum	20	Semester 1 & 2 – Year 1
The Research Process	20	Semester 1 – Year 2
Professional Practice	20	Semester 1 & 2 – Year 2
Number of credits of compulsory modules	120	

The part-time study pattern outlined above reflects a recommended course study structure. However, it is recognised that for some students undertaking part-time study more flexibility will be needed in terms of number of modules completed each year as well as the order of modules studied.

Assessment and feedback

Level 7

This course is assessed by a broadly even mix of coursework with some practical assessments.

Workload

You can expect to spend a total of 100 hours learning per 10 credits.

Typically, a student on this course can expect to divide their time like this:

Overall workload	Level 7
Teaching, learning and assessment	216 hours
Independent study	974 hours
Placement study	10 hours