

Overview

| | |
|------------------------------|---|
| Programme Code | 35436 |
| Programme Title | Doctor of Sport and Exercise Psychology |
| Awarding Institution | Liverpool John Moores University |
| Programme Type | Professional Doctorate |
| Language of Programme | All LJMU programmes are delivered and assessed in English |
| Programme Leader | Martin Eubank |
| Link Tutor(s) | |

Awards

| Award Type | Award Description | Award Learning Outcomes |
|-------------------|--|--------------------------------|
| Target Award | Doctor of Sport and Exercise Psychology - DSEP | See Learning Outcomes Below |

| | |
|------------------------------|--|
| Alternate Award Names | |
|------------------------------|--|

External Benchmarks

| | |
|------------------------------------|--|
| Subject Benchmark Statement | |
|------------------------------------|--|

Accreditation

Programme Accredited by

| PSRB Name | Type of Accreditation | Valid From Date | Valid To Date | Additional Notes |
|------------------|------------------------------|------------------------|----------------------|-------------------------|
| | | | | |

| | | | | |
|---|---|--|--|---|
| British Psychological Society (BPS) | Accredited against the requirements for the Graduate Basis for Chartered Membership (GBC) of the British Psychological Society (BPS). | | | Graduates from the Doctor in Sport and Exercise Psychology programme are deemed to have met the requirements for Chartered Membership of the British Psychological Society (CPsychol) and full membership of the Division of Sport and Exercise Psychology. |
| Health and Care Professions Council, the (HCPC) | Approved by the Health and Care Professions Council (HCPC) for the purpose of providing eligibility to apply for registration with the HCPC as a practitioner psychologist. | | | |

Programme Offering(s)

| Mode of Study, Mode of Delivery | Intake Month | Teaching Institution | Programme Length |
|---------------------------------|--------------|----------------------|------------------|
| Full-Time, Face to Face | January | LJMU Taught | 27 Months |

Aims and Outcomes

Educational Aims of the Programme

To train individuals to be eligible to apply for HCPC Registered Sport and Exercise Psychologist and BPS Chartered Psychologist status
 To train individuals to carry out safe independent practice* in Sport and Exercise Psychology
 To train individuals to reflect on their practice and produce work at the forefront of Sport and Exercise Psychology
 *Practice is defined as demonstration of the following competences: research, teaching & training (education and dissemination), consultancy, professional skills and ethics.

Learning Outcomes

| Code | Description |
|------|---|
| PLO1 | Understand, interpret and create a substantial body of knowledge at the forefront of sport and exercise psychology which merits publication |
| PLO2 | Demonstrate a detailed understanding of a range of techniques of research and intervention applicable to sport and exercise psychology |

| Code | Description |
|-------------|---|
| PLO3 | Conceptualise, design and implement projects to support the generation of new knowledge at the forefront of sport and exercise psychology |
| PLO4 | Apply high-level skills in critical thinking, reflection and meta-reflection |
| PLO5 | Demonstrate possession of competences in research, teaching and training (education and dissemination) and consultancy in sport and exercise psychology |
| PLO6 | Demonstrate possession of generic professional competence befitting a sport and exercise psychologist and applicable to other cognate professions. |
| PLO7 | Exercise personal responsibility, show autonomous, evidence-based decision-making, and be adaptable in unpredictable and complex situations |

Programme Structure

Programme Structure Description

For statutory reasons, the duration of training must be two years full-time, and thus the programme is set for two years as a minimum. Part-time trainees are studying on the programme on a pro-rata basis, normally set at half-time (i.e. four years in total). The programme is 540 credits in total. Trainees enter the programme with a BPS GBC and an accredited MSc in sport and exercise psychology, or a BPS Stage 1 qualification in sport and exercise psychology, with an overall mark equivalent to a merit. On entry students will be awarded advanced standing of 180 credits at Level 7 by credit transfer/RPL. The programme follows the university professional doctorate framework, and consists of three modules intended to map onto the three stages of the university framework. The three modules are: Planning Training in Sport and Exercise Psychology - 8001SPOSCI: (30 credits), Sport and Exercise Psychology Professional Practice - 8002SPOSCI: (270 credits) and Reflection in Sport and Exercise Psychology - 8003SPOSCI: (60 credits). In order to reflect national standards, there is no formal progression from phase to phase or from module to module. All modules are open from enrolment and remain so throughout the training. All modules are CORE. 8001SPOSCI deals with planning of training in line with the national sport and exercise psychology qualification framework. Training has begun at this stage, but demonstration of early planning is necessary, and this module is assessed within a month of commencement of training. This is in order to demonstrate to the BPS and HCPC that trainees have shown planning and foresight. It is also an essential record of the early stages of training, which is used to determine mission creep and for trainees to have a baseline for reflection in the final module. 8002SPOSCI is open from enrolment and is the module where the different sport and exercise psychology competences (research, teaching and training, consultancy, professional skills and ethics) are captured, each being assessed. Assessments mirror those in the BPS standards. 8003SPOSCI is a module intended to capture those elements of practice related to professional skills and to show reflection and meta-reflection on the training provided in the programme. The viva voce element is tied to this module but is not credit bearing. All assessments are graded on a pass/fail basis, in keeping with all existing programmes in the UK and the BPS qualification in sport and exercise psychology. The competences are based on a threshold and so reaching that threshold of competence is a binary distinction.

| Programme Structure - 540 credit points | |
|--|-------------|
| Level 7 - 180 credit points | |
| Level 7 Core - 180 credit points | CORE |
| [MODULE] 7109SPOSCI Research Project Approved 2022.01 - 60 credit points | |
| [MODULE] 7133SPOSCI Research Methods and Training in Sport Psychology Approved 2022.04 - 20 credit points | |
| [MODULE] 7134SPOSCI Performance and Development Issues in Sport Psychology Approved 2022.02 - 40 credit points | |
| [MODULE] 7135SPOSCI Professional Practice in Sport Psychology Approved 2022.02 - 20 credit points | |
| [MODULE] 7136SPOSCI Frameworks, Approaches and Skills in Sport Psychology Approved 2022.02 - 40 credit points | |
| Level 8 - 360 credit points | |
| Level 8 Core - 360 credit points | CORE |
| [MODULE] 8001SPOSCI Planning Training in Sport and Exercise Psychology Approved 2022.01 - 30 credit points | |
| [MODULE] 8002SPOSCI Sport and Exercise Psychology Professional Practice Approved 2022.01 - 270 credit points | |
| [MODULE] 8003SPOSCI Reflection in Sport and Exercise Psychology Approved 2022.01 - 60 credit points | |

Module specifications may be accessed at <https://proformas.ljmu.ac.uk/Default.aspx>

Teaching, Learning and Assessment

Workshops, lectures, supervision, work based learning. A range of coursework assessments to include research papers, case studies and reflective commentaries. Viva voce examination. Each assessment is mapped onto learning outcomes attached to specific competences, given that the national curriculum is based upon a competency model. It will be possible for previously experienced trainees to submit a portfolio of evidence, including a mapping document and commentary, which can substitute for certain assessments/competences. This is limited to consultancy, research and teaching and training, and no more than 50% of the assessments within 8002SPOSCI, the practice module, will be accepted via substitute evidence under any circumstances. In addition, work being submitted must relate to skills and knowledge acquired under the supervision of a Sport and Exercise Psychologist or equivalent specialist, and must have been acquired after the trainee obtained eligibility for the Graduate Basis for Chartered Membership from the British Psychological Society (BPS GBC).

Opportunities for work related learning

During training the trainee may undertake some work-based learning activities that can be regarded as being placement based. These are defined as activities that could be with, for example, a team, an individual or an organisation, where engagement takes place frequently over a medium / long-term period in that environment, and the nature/scope of the work is determined and facilitated by a placement host. In the sport and exercise psychology context, the placement host is the client. In these circumstances there is a placement contact, who works with the Programme Team to ensure that the work is being conducted satisfactorily. They have no part in the assessment, however, lines of reporting are in place to ensure that if there are problems in the workplace the Programme Team is notified, since Fitness to Practise procedures might need to be invoked. Trainees are registered on a programme that could bring them into contact with children and/or vulnerable adults. Therefore they are required to apply for a check with the Disclosure and Barring Service through the University. The Faculty has a Criminal Convictions Panel, with external members, at which any trainee whose check shows evidence of a Police record is considered in the context of their suitability to remain on their chosen course of study. Placement visits, usually on site, may occur up to three times in the course of each individual's training. Due to the opportunistic nature of sport and exercise psychology postgraduate training, there are likely to be a significant amount of instances when the trainee undertakes work-based learning activities that are short-term and/or infrequent (so not placement based), and take place across a number of different environments. Examples include a request to undertake a workshop or a short and/or infrequent period of consultancy work with an individual or team. The programme is predicated upon work-based learning activity supplemented by supervision and taught elements. The majority of time is spent in these work based learning environments (employment or voluntary work), which is set up by the trainee rather than the course team (who assess each proposed activity against criteria as to their relevance and levelness to the programme). The university's policies on work based learning will apply except if professional body requirements are different. A trainee sport and exercise psychologist can specialise in sport and / or exercise psychology work, and their work based learning activity will reflect this. Those who wish to specialise in sporting applications should have experience in a range of situations typical of the sport context. They will usually seek work based opportunities with sports teams, governing bodies of sport or individuals. They will be expected to provide evidence of the application of a number of psychological techniques and interventions targeted at specific behaviours. Whatever the area of work, the researcher or practitioner needs to be aware of the central importance of working with a clear philosophy of practice that is rooted in sound theoretical paradigms. A trainee Sport and Exercise Psychologist who wishes to specialise in exercise applications should have experience in a range of situations typical of the exercise environment. They will usually seek work based learning opportunities with fitness clubs, local authority leisure providers, GP referral schemes, or with individuals. They will be expected to provide evidence of interventions to promote and enhance exercise participation and adherence. The work based learning environments used must allow the trainee enough autonomy to develop elements of their work and provide evidence for the use of Sport and Exercise psychology models and approaches and demonstrate that they have met the requirements for each of the national curriculum competences at the appropriate level. Trainees can have as many opportunities as necessary to achieve their competencies.

Entry Requirements

| Type | Description |
|---------------------------------------|---|
| Alternative qualifications considered | The following criteria are essential: BPS GBC A BPS accredited MSc in Sport/Sport and Exercise Psychology, normally at least at merit level. Applicants whose graduate study was undertaken in languages other than English will need to demonstrate English language proficiency to the level of an IELTS overall score of 7 with no element below 6.5. Evidence of securing pre-arranged work based learning opportunities prior to enrolment, with employer/line manager support as applicable. Where appropriate, candidates may be required for interview. |

Extra Entry Requirements