

## Overview

<b>Programme Code</b>	46123
<b>Programme Title</b>	Sport Psychology
<b>Awarding Institution</b>	Liverpool John Moores University
<b>Programme Type</b>	Degree with Foundation
<b>Language of Programme</b>	All LJMU programmes are delivered and assessed in English
<b>Programme Leader</b>	Gillian Cook
<b>Link Tutor(s)</b>	

## Awards

Award Type	Award Description	Award Learning Outcomes
Target Award	Bachelor of Science with Honours (Fnd) - BSHF	See Learning Outcomes Below
Alternative Exit	Certificate of Higher Education (Fnd) - CHEF	Define and describe the foundational concepts underpinning psychology and sport and exercise psychology Outline and describe the key foundational skills underpinning sport and exercise psychology Identify the foundational components of psychological methodology and research. Identify the key theories and techniques within research methods in sport and exercise psychology contexts Explore and develop personal and professional skills in the context of fundamental employability skills Work independently and with others, recognising and respecting the values of equality and diversity Identify how factors such as race, ethnicity, religion, gender, sexuality, disability, class, socioeconomic status, and citizenship, and intersections thereof, impact within society, and how these contribute to experiences in sport and exercise psychology
Alternative Exit	Bachelor of Science (Fnd) - BSF	Demonstrate a broad and comparative knowledge of the general scope of the subject, its different areas and applications, and its interactions with related subjects. A detailed knowledge of a defined subject or a more limited coverage of a specialist area balanced by a wider range of study. In each case, specialised study will be informed by current developments in the subject. Demonstrate a critical understanding of the essential theories, principles and concepts of the subject(s) and of the ways in which these are developed through the main methods of enquiry in the subject.
Alternative Exit	Diploma of Higher Education (Fnd) - DHEF	Explain and evaluate the principal concepts and theories within psychology and sport psychology. Analyse and apply the skills central to applied sport and exercise psychology work Evaluate and utilise the advanced components of psychological methodology and research Explain the principle concepts and theories and conduct analytical techniques within research methods in a sport and exercise science psychology context Reflect upon and develop personal and professional skills and self-awareness in the context of fundamental employability skills Work independently and with others, as both a team member and a leader, recognising and respecting the values of equality and diversity Reflect on the role that each individual plays in shaping the landscape of sport and exercise psychology and the contribution that we can make to transforming our own and other people's experience(s)

### Alternate Award Names

## External Benchmarks

### Subject Benchmark Statement

UG-Psychology (2019)

## 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).			

### Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length
Full-Time, Face to Face	September	LJMU Taught	4 Years

## Aims and Outcomes

### Educational Aims of the Programme

The BSc. (Honours) Sport Psychology programme is designed to provide a current, coherent and vocationally relevant programme of study to degree level for students interested in the discipline of Sport Psychology. On completion of the programme students will have acquired a knowledge and skill base relevant to the vocation of Sport Psychology that will facilitate progression onto postgraduate study. The programme provides the opportunity to attain Graduate Basis for Certified Membership (GBC) from the British Psychological Society (BPS). Graduate Basis for Certified Membership is a pre-requisite for entry onto BPS accredited Stage 2 professional training postgraduate programmes in Psychology, including Health and Care Professions Council (HCPC) approved independent route qualifications and Professional Doctorates in Sport and Exercise Psychology. The programme aims to: Provide a progressive and challenging programme of study that is informed by research and scholarly activity and meets the needs of the profession of sport and exercise psychology; Provide a programme of study that develops core knowledge and understanding of psychological principles, concepts and theories appropriate to the field of sport and exercise psychology; Provide supportive, stimulating and diverse learning environments for students to develop intellectual skills of evaluation, critique and integration of psychological theory; Produce a scientific understanding of mind, brain, behaviour, and experience, and how they interact; Equip students with a range of core skills that facilitate progression onto postgraduate study, including professional doctorate and independent professional training routes relevant to the profession; Enable achievement of Graduate Membership (GM) and Graduate Basis for Chartered Membership (GBC) from the British Psychological Society (BPS); Encourage students to fully engage with the Future Focus programme which enables students to explore their employability skills and mindset- including proactivity, adaptability and resilience, and expand their awareness of career possibilities; Develop employability skills and mindset throughout the programme that are aligned to the LJMU Employability Strategy. Transform student employability skills, self-awareness, agency and aspirations to be able to make a difference to professional practice through exercise and sport. Encourage appreciation and reflection on how protected characteristics (such as ethnicity, culture, sex and gender, religion, sexuality, socioeconomic status), and intersections thereof, contribute to experiences in Sport and Exercise Psychology and what action can be taken to promote a more equitable society.

## Learning Outcomes

Code	Description
PLO1	Effectively use and synthesise knowledge and understanding of research methods in sport and exercise psychology.
PLO2	Recognise and apply appropriate subject knowledge when performing problem solving skills in sport and exercise psychology contexts.
PLO3	Conduct data collection and research skills.
PLO4	Demonstrate effective evaluative and analytical skills.
PLO5	Demonstrate effective comprehension skills and use of data when developing written reports.
PLO6	Analyse, appraise and synthesise information critically from a variety of sources including published research and reports.
PLO7	Retrieve and organise information effectively.
PLO8	Carry out an extensive piece of independent empirical research, applying skills of choosing and applying appropriate advanced empirical methodologies and the treatment of resulting data with appropriate analytical methods.
PLO9	Use a variety of psychological tools, including specialist software, laboratory equipment and psychometric instruments.
PLO10	Apply skills of literature search, critical review and selection of relevant sources, and systematic synthesis and treatment of key material.
PLO11	Use reflective practice to develop awareness of individual skills required to support the development of an applied practitioner;
PLO12	Effectively use knowledge and understanding of foundations and principles in sport and exercise psychology.
PLO13	Critically apply detailed knowledge of research methods in a sport and exercise psychology context and effective deployment of the research process through the planning, production, analyses and interpretation of investigation.
PLO14	Use employability skills to effectively navigate and contribute to a work-based context and develop a compelling onward plan.
PLO15	Work effectively independently and with others, as both a team member and a leader, recognising and respecting the values of equality and diversity.
PLO16	Critically reflect on the concept of unearned advantages based on factors such as race, ethnicity, religion, gender, sexuality, disability, class, socioeconomic status, and citizenship, and intersections thereof, in the context of sport and exercise psychology and how we can act to promote a more equitable, diverse, and inclusive sector.
PLO17	Effectively use knowledge, understanding and skills in applied sport and exercise psychology.
PLO18	Effectively use knowledge and understanding of biological and cognitive psychology.
PLO19	Effectively use knowledge and understanding of developmental, social and individual differences in psychology.

<b>Code</b>	<b>Description</b>
PLO20	Synthesise and critically appreciate knowledge of psychology and development issues in sport and exercise.
PLO21	Synthesise and critically appreciate knowledge of motor behaviour.
PLO22	Synthesise and critically appreciate knowledge associated with applied sport and exercise psychology application across different contexts.
PLO23	Demonstrate effective oral and written communication skills.

## Programme Structure

### Programme Structure Description

There are four strands on the programme to structure the content into cognate areas, namely professional practice, research skills, core psychology, and sport and exercise psychology. The course is accredited by the British Psychological Society (BPS) and confers graduate eligibility for both Graduate Membership of the British Psychological Society and the Graduate Basis for Chartership, provided students pass the empirical psychology project and gain at least a Lower Second Class Honours degree. All modules are core to ensure appropriate outcomes in relation to the British Psychological Society (BPS) competencies. Study Abroad The programme will offer the opportunity of an additional study year abroad following Level 5. Students will be enrolled on a 480 credit honours with study abroad programme. Of those 480 credits, 120 will be taken via a Level 5 study abroad module (5103SPOPSY). The modules to be studied in the host institution must be agreed in advance. The Level 5 mean for the final award mark will be calculated based upon the 240 credits at Level 5. Students who started the programme in September 2021 or later will complete the programme as stated below, but students who started prior to that date will follow the previously validated version.

<b>Programme Structure - 480 credit points</b>	
<b>Level 3 - 120 credit points</b>	
<b>Level 3 Core - 120 credit points</b>	<b>CORE</b>
[MODULE] 3001SPS Skills and Practice in Sport Approved 2022.02 - 20 credit points	
[MODULE] 3002SPS Health and Wellbeing Approved 2022.01 - 20 credit points	
[MODULE] 3003SPS Practical Delivery in Sport and Physical Activity Approved 2022.01 - 20 credit points	
[MODULE] 3004SPS Behaviours in Sport and Physical Activity Approved 2022.01 - 20 credit points	
[MODULE] 3005SPS Human Anatomy and Physiology Approved 2022.02 - 20 credit points	
[MODULE] 3006SPS Projects in Sport and Nutrition Approved 2022.01 - 20 credit points	
<b>Level 4 - 120 credit points</b>	
<b>Level 4 Core - 120 credit points</b>	<b>CORE</b>
[MODULE] 4051SPS Professional Practice in Sport Psychology 1 Approved 2022.01 - 20 credit points	
[MODULE] 4052SPS Introduction to Developmental Psychology and Individual Differences Approved 2022.01 - 20 credit points	
[MODULE] 4053SPS Introduction to Cognitive and Biological Psychology Approved 2022.02 - 20 credit points	
[MODULE] 4054SPS Academic Skills (Sport Psychology) Approved 2022.02 - 20 credit points	
[MODULE] 4091SPS Research Methods 1 Approved 2022.03 - 20 credit points	
[MODULE] 4093SPS Psychosocial Principles of Sport and Exercise Approved 2022.05 - 20 credit points	
<b>Level 5 - 120 credit points</b>	
<b>Level 5 Core - 120 credit points</b>	<b>CORE</b>
[MODULE] 5051SPS Professional Practice in Sport Psychology 2 Approved 2022.01 - 20 credit points	
[MODULE] 5052SPS Advances in Cognitive and Biological Psychology Approved 2022.01 - 20 credit points	
[MODULE] 5053SPS Exercise and Health Psychology Approved 2022.01 - 20 credit points	
[MODULE] 5054SPS Developmental and Social Psychology Approved 2022.01 - 20 credit points	
[MODULE] 5091SPS Research Methods 2 Approved 2022.01 - 20 credit points	
[MODULE] 5093SPS Sport and Performance Psychology Approved 2022.01 - 20 credit points	

<b>Optional placement - 120 credit points</b>	OPTIONAL
<b>Study Semester - 120 credit points</b>	OPTIONAL
[MODULE] 5103SPOPSY STUDY YEAR ABROAD - APPLIED SPORT PSYCHOLOGY Approved 2022.01 - 120 credit points	
<b>Level 6 - 120 credit points</b>	
<b>Level 6 Core - 120 credit points</b>	CORE
[MODULE] 6051SPS Professional Practice in Sport Psychology 3 Approved 2022.01 - 20 credit points	
[MODULE] 6052SPS Applied Motor Behaviour Approved 2022.01 - 20 credit points	
[MODULE] 6053SPS Current Issues in Sport and Exercise Psychology Approved 2022.01 - 20 credit points	
[MODULE] 6054SPS Applied Sport and Exercise Psychology Placement Approved 2022.01 - 20 credit points	
[MODULE] 6091SPS Major Project Approved 2022.01 - 40 credit points	

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

## Teaching, Learning and Assessment

Teaching and learning. This programme will be delivered with a range of teaching and learning methods. It contains formal contact time and directed and private study. Students will be encouraged to develop their learning skills and to become progressively more independent in their learning, so students are given more direct study in level four and more private study at level six. This is facilitated through the inclusion of an academic skills module in semester one of level 4. Students will develop skills of time management and how to use appropriate resources (e.g., IT and library) to find and organise information. Students learn to select and evaluate suitable materials from disparate sources. Students will develop integrative skills to analyse and solve problems applying appropriate numerical and statistical techniques when required. They will be able to communicate scientific information effectively. During the programme, lectures and directed independent reading are used to introduce core knowledge. Lectures are supplemented by seminar, laboratory and practical activities in which students can explore ideas in more depth and contribute to, and benefit from, peer learning. Individual supervision meetings support students in developing, conducting and reporting an empirical investigation in sport psychology. In addition, students are expected to cover substantive course content through their own directed reading. These approaches are consistent with the learning outcomes of each specific module. Practical skills are taught during practical classes, which form a component of the teaching on several modules and within in-session tasks more broadly. These practical activities provide opportunities for formative feedback from both peers and tutors. Similarly, tutor support during the preparation of coursework assignments (feedforward sessions) provides opportunities for formative feedback. Assessment and feedback. A variety of assessment methods are utilised across the programme. Formal assessment methods include essay assignments, written examinations (using seen or unseen questions), multiple choice tests, portfolios, reflective work-related learning reports, poster presentations, laboratory reports and supervised major projects. In formulating the assessment strategy, the programme team aimed to achieve an appropriate match between teaching and learning methods and assessment tasks, including the provision of formative feedback, an appropriate balance of assessment tasks over the programme, and inclusivity of a range of student approaches to learning. Coursework assessment is used to provide timely and detailed summative assessment. Individual tutors take advantage of opportunities to provide formative assessment during modules. A consistent approach to the provision of summative feedback will be taken; the use of marking rubrics to ensure breadth in feedback provided, whilst qualitative feedback under the headings “areas for enhancement” and “strengths of the assignment” will provide depth, specificity, personalisation, and a future focus to feedback. Assessment methods are specified on each module's Canvas page. Equity, diversity & inclusion (EDI). In 2021, an 'inclusive curricula team' was formed and this working group successfully secured internal funding to enable student interns to lead an audit of our programmes in relation to decolonising the curriculum, with the support from the academic team. We recognise that a colonial curriculum is an inaccurate curriculum, characterized by an unrepresentative, inaccessible, and privileged nature. Decolonising the curriculum is about being more accurate, more inclusive, and more interculturally responsive. EDI is an increasingly important focus for our School (the School also has Athena SWAN Bronze status). We recognize that to deeply embed EDI into the fabric of what we do, we need to focus our curricula. The curricula are, truly, the heart of our School and involves everyone, al

## Opportunities for work related learning

The School recognises that employment experience is a major differentiating factor in a graduate's curriculum vitae. In this regard, work related learning and applied experience are integral components of the programme and provides an opportunity for all students to conduct learning within a placement setting. Work placements have included applied sport/exercise psychology experience across a range of sport and exercise settings, psycho-educational programme development and delivery, work with local charities and local primary and secondary schools. Placements at level six are supported by the Practice Learning Support Unit (PLSU). In order to prepare students for work related learning opportunities, the programme incorporates a series of progressive professional practice modules that focus upon key theoretical content, practical and applied knowledge and skills. These modules also enable a progressive framework for reflection and personal development planning (employability perspective) to be developed. This is complemented by an integrated careers curriculum as well as the opportunity for students to engage in the University wide Future Focus programme. Overall, the School provides a world class research informed curriculum alongside a structured and focused approach to employability that ensures the programme remains at the forefront of applied sport and exercise psychology.



## Entry Requirements

Type	Description
NVQ	Candidates having successfully completed a HND in an appropriate subject, mature candidates with advanced standing or experiential learning in a relevant area, or with non-standing qualifications which would be deemed to be equivalent to those stated above, are also invited to apply
A levels	A minimum of 88 points on the UCAS tariff
Alternative qualifications considered	All candidates must have GCSE Mathematics and English minimum grade 'C' or equivalent.
Other international requirements	International students achieving a qualification equivalent to the above (as defined by NARIC) with an English language capability of IELTS 6.0 or equivalent.
BTECs	A minimum of 88 points

## Extra Entry Requirements