

Sport and Exercise Psychology

BSc (Hons)

Accredited by the British Psychological Society (BPS).

This course enables students to analyse and understand human behaviour, thought and emotions, particularly as they relate to sport and exercise.

Course content

This innovative degree is for students interested in understanding human behaviour in sport and exercise settings. The study of Psychology is combined with, and applied to, the study of Sport and Exercise. Therefore this degree is delivered by qualified and experienced staff from both the Psychology and the Sport and Exercise fields.

Students will recognise the role that the disciplines of Psychology and Sport and Exercise play in optimum preparation of the body for performance and in maintaining a healthy lifestyle. Students on this pathway are also equipped with transferable, critical and analytical skills to enhance their employability. The course is accredited by the BPS as conferring eligibility for the Graduate Basis for Chartered membership (GBC). Students who attain second class honours or above and who complete an empirical dissertation should be able to progress to training for a career in sport and exercise psychology. Each student has the support of a personal tutor to advise on academic and professional issues.

Full-time students take six modules per stage for three years. Some modules are mandatory whilst others are selected from a range of options in Psychology and Sport and Exercise. In stage one important core areas, evidence and methods are introduced. The basic knowledge and skills are built upon in stages two and three to foster a cutting-edge understanding of the field of Sport and Exercise Psychology.

Stage one

In stage one, three compulsory modules permit excellent grounding in Sport and Exercise Psychology.



Course level

Undergraduate

Modes of study

Part time, Full time

UCAS or UKPASS details

UCAS code: CC86

UCAS description: BSc/SpoPsy

School

School of Social Sciences

Location

Park Campus

Course contact

study@northampton.ac.uk

Avenue Campus

St George's Avenue
Northampton
NN2 6JD

Park Campus

Boughton Green Road
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One module enables students to acquire skills in the design and execution of a range of psychological research methods, the analysis and interpretation of data and report writing. A second module introduces the major approaches to understanding human behaviour; social, cognitive, biological, developmental and personality psychology. The third covers specific psychology theories as applied to sport and exercise settings. Students can select from a number of electives.

Stage two

Students undertake core modules in biological, cognitive, social, developmental, personality and conceptual and historical issues in Psychology. There are also modules to expand students' skills and knowledge of quantitative and qualitative research and data analysis in Sport and Exercise Psychology. Students also undertake a module in Sport and Exercise Psychology which expands on the knowledge gained at stage one and introduces applying psychological skills to sport and exercise settings.

Stage three

In stage three, students undertake an empirical dissertation, under the guidance of an experienced supervisor. The dissertation allows students to immerse themselves in a topic of their choosing, subject to staff availability and ethical approval and to implement the research skills they have acquired through the course.

Special course features

- Excellent preparation for careers in sport and exercise psychology
- Course accredited by the BPS for the next five cohorts (from 2009)
- Modular programme offering flexibility and choice at all levels of study
- Access to superb research and sporting facilities, including an observation suite and physiology laboratory

Typical modules

- Psychology of Individuals and Groups in Sport

- Physiological Function and Response
- The Psychological Basis of Sport and Exercise
- Sports Coaching and Motor Learning
- Sport and Exercise Psychology Dissertation
- Applied Sports Psychology
- Psychology of Exercise and Health
- Motivation and Emotion

Types of assessment

A variety of assessment strategies are used at each level to ascertain your level of competence in a range of academic and transferable skills. These strategies include essays, practical reports, multiple-choice tests, oral presentations, time-constrained essays, seen and unseen examinations, critical reviews and group project work.

Methods of study

Teaching methods include lectures, seminars, tutorials, practical / laboratory workshops, computer assisted learning, independent and group work. Discussion and student participation is encouraged. Practical work will represent an important component of your Psychology course in each of the three years of study.

Entry requirements

Standard entry requirements apply, applicants are normally expected to hold GCSE grade C or above in Mathematics, or an approved equivalent. A typical offer would be around 280-300 UCAS tariff points.

Career opportunities

Psychology is applied to many professional contexts. After further qualification, you can obtain 'chartered' status as a counselling, clinical, educational, occupational, health or forensic psychologist. Also, academic psychologists conduct research and teach in higher education. Northampton graduates have followed each of these careers. It is widely acknowledged by employers that Psychology degrees provide an excellent grounding for a diverse range of non-psychological careers. Our graduates are employed in education, the health service, the police force, human

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resources management, marketing, the civil service, broadcasting, social work and many other professions.

This course not only prepares graduates for work in the areas of Sports and Exercise Psychology, but other areas too. Many graduates pursue postgraduate study (such as MSc, MPhil or PhD) and careers in the psychological professions. In addition, graduates acquire a combination of skills much sought after by employers in many non-psychological professions such as education, health, and human resources.

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