

DEFINITIVE COURSE RECORD

Course Title	BSc (Hons) Sport Psychology
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 6
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits
Mode of Attendance	Full-time and part-time
Standard Length of Course ³	3 years full-time
Intended Award	BSc (Hons) Sport Psychology
Named Exit Awards	DipHE Sport Psychology CertHE Sport Psychology
Entry Requirements ⁴	<p>Typical Offer:</p> <p>2018 Entry: 120 UCAS tariff points (or above), BBB (A-Level), DDM (BTEC).</p> <p>Students taking A-Levels will be required to have a science subject at grade B or above (which may include P.E., Psychology and/or Sport Science).</p> <p>Students taking a BTEC qualification will need to be studying a Sports Studies/Science related subject.</p>
Delivering Institution(s)	Ipswich
UCAS Code	C604

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

² All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

³ Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Undergraduate Awards](#).

⁴ Details of standard entry requirements can be found in the [Admissions Policy](#)

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This definitive record sets out the essential features and characteristics of the BSc (Hons) Sport Psychology course. The information provided is accurate for students entering level 4 in the 2019-20 academic year.⁵

Course Summary

Psychologists are the people in a sports organisation who interact with athletes, players, coaches and other specialists to optimise performance by understanding human behaviour. They support the psychological needs of all members of a sports organisation. Psychologists work with individuals on a case-by-case basis, or support and nurture effective group dynamics to aid individual player and overall team performance. As well as supporting performance improvement, the psychologist also specialises in helping teams avoid common performance pitfalls (dealing with defeat, injury, and group cliques).

Students will gain the theoretical knowledge and practical skill-set required to practice in elite sport. Subject themes focus on specialist sport psychology topics, whilst developing the core disciplines of sport and exercise science (coaching, physiology and movement analysis). Specialist content includes understanding the social environment of elite sport settings, applying psychological theory through skills training to support athlete performance, and enabling individuals and teams to overcome distractions including hostile environments, injury, fatigue and stress.

This degree is specially designed to provide students with the theoretical knowledge and practical skillset required to work in Sports Psychology in elite sport settings. The degree blends university education and research-based learning.

Course Aims

- Enable students to make effective use of their knowledge and understanding of the disciplines underpinning sport psychology;
- Provide students with the knowledge and skills required for employment, both within the sporting context, and general graduate level employment;
- Develop the skills necessary for the coherent communication of psychological data and information;
- Provide students with the skills required to critically evaluate contemporary psychology and sport psychology research literature;
- Provide students with an understanding of the influence of emotions, thoughts and behaviour on sport performance;
- Engage students with the contemporary developments in the scientific discipline of sport psychology;
- Develop students' critical appreciation of the relationship between sport performance and interventions in a variety of participant groups;
- Develop students' ability to monitor human psychological health, needs and performance through appropriate testing, and prescription of suitable and critically justified interventions;

⁵ The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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- Provide students with an understanding of the multidisciplinary approaches to support sporting performance;
- Support the pedagogical role of sporting activities for a healthy development and lifelong quality of life;
- Enable students to become independent learners and successful professionals.

Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Sport Psychology course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 6 awards as set out by the UK Quality Assurance Agency (QAA).⁶

Demonstrate a systematic and critical understanding of:

1. Sport psychology informed by current scholarship and research
2. Personal reflection of current issues and developments in sport psychology
3. Advanced scholarship and the ability to use a range of techniques and research methods applicable to sport psychology
4. Critically evaluate and advance current innovative knowledge in sport psychology
5. Critically evaluate sport psychology methodologies, develop critiques of them and, where appropriate, to propose new hypotheses
6. Deal with complex issues in sport psychology both systematically and creatively
7. Make sound judgements pertaining to sport psychology and communicate conclusions clearly to specialist and non-specialist audiences
8. Act autonomously and demonstrate self-direction in planning and implementing sport psychology tasks at a professional level

Course Design

The design of this course has been guided by the following QAA Benchmarks:

- Hospitality, Leisure, Sport and Tourism benchmark statements (2016)

Course Structure

The BSc (Hons) Sport Psychology comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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	Module	Credits	Module Type
Level 4			
	Science in Sport	20	R
	Principles of Coaching	20	R
	Introduction to Exercise Physiology	20	R
	Introduction to Psychology	20	R
	Personality Theories and Social Psychology	20	R
	Introduction to Sport and Exercise Psychology	20	R
Level 5			
	Exercise Physiology	20	M
	Statistics for Sport and Exercise Sciences	20	M
	Research Methods for Sport and Exercise Sciences	20	M
	Life Coaching Psychology	20	M
	Sport and Exercise Psychology	20	M
	Physical Activity and Exercise Behaviour	20	M
Level 6			
	Dissertation	40	M
	Applied Sport Psychology	20	M
	Individual Differences	20	M
	Abnormal Psychology	20	M
	Reflective Practice for Sports Professionals	20	O
	Applications of Exercise Psychology	20	O

Awards

On successful completion of the course, students will be awarded a BSc (Hons) Sport Psychology. Students who leave the course early may be eligible for a DipHE Sport Psychology on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Sport Psychology on successful completion of 120 credits including all mandatory modules at level 4.

Course Delivery

The course is delivered at Ipswich. Students studying full-time on the BSc (Hons) Sport Psychology course are likely to have approximately 300 contact hours for level 4, 300 contact hours for level 5, and 300 contact hours for level 6. The contact hours will be a mix of lecture, practical activity, workshop and seminar. Students will normally be expected to undertake 36 hours of independent study/practice in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

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Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 74% coursework (including essays, reports, presentations, group work, reflective learning journals, research projects and practical observations) and 26% written and practical examinations.

Course Team

The BSc (Hons) Sport Psychology course is offered within the School of Science, Technology and Engineering. All staff are qualified in their subjects with their own specialist knowledge to contribute. Profiles of the academic staff who deliver the course are available [online](#).

Course Costs

Students undertaking BSc (Hons) Sport Psychology will be charged tuition fees as detailed below:

Student Group	Tuition Fees
Full-time UK/EU	£9,250 per year
Part-time UK/EU	£1,454 per 20 credit module
Full-time International	£13,330 per year
Part-time International	£2,220 per 20 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the [website](#).