



Programme Specification

Sport and Exercise Psychology [Frenchay]

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Section 1: Key Programme Details

Part A: Programme Information

Programme title: Sport and Exercise Psychology [Frenchay]

Highest award: MSc Sport and Exercise Psychology

Interim award: PGCert Sport and Exercise Psychology

Interim award: PGDip Sport and Exercise Psychology

Awarding institution: UWE Bristol

Teaching institutions: UWE Bristol

Study abroad: No

Year abroad: No

Sandwich year: No

Credit recognition: No

School responsible for the programme: CHSS School of Social Sciences, College of Health, Science & Society

Professional, statutory or regulatory bodies:

British Psychological Society (BPS)

Modes of delivery: Full-time, Part-time

Entry requirements:

For implementation from: 01 September 2019

Programme code: C89013

Section 2: Programme Overview, Aims and Learning Outcomes

Part A: Programme Overview, Aims and Learning Outcomes

Overview: The MSc Sport and Exercise Psychology is a one year full time or two year part time postgraduate programme designed to provide students with an advanced understanding of the use of psychology in sport and exercise contexts. The programme is designed to enable students to develop a critical understanding of the relationship between theory and practice and to apply this knowledge to a variety of sport and exercise contexts. Lectures provide an introduction to the current knowledge, theory and evidence base in the topic area. These are supported by online activities, interactive seminars and applied opportunities that encourage the students to engage with the topic at a deeper level, by considering and developing a critical understanding of theory and how this can be put into practice and applied to real world situations.

The students work experience in sport and exercise settings is facilitated through our extra-curricular Sport Psychology Interest Group (Sport PIG), which presented students with opportunity to deliver psychoeducational workshops in sport and exercise settings. The MSc team members have links with sporting organisations and local professional sport teams and the University societies and annually present supervised opportunities to the students.

This advanced study into theory, applied skills and application of knowledge is stage 1 training in sport and exercise psychology and prepares students for stage 2 training in sport and exercise psychology which leads to chartership with the British Psychological Society (BPS) and eligibility to apply for registration with the Health and Care Professionals Council (HCPC).

Alternatively alongside a suitable undergraduate degree or conversion study, this MSc will enable students to undertake British Association of Sport and Exercise Sciences (BASES) supervised experience to become a accredited via BASES as either a psychologist or sport scientist. For those students who wish to follow a different route or are from allied health professions this MSc provides an in-depth of understanding of the application of psychology in sport and exercise contexts.

Features of the programme: The MSc Sport and Exercise Psychology is a postgraduate programme that provides students with an extensive programme of study into the theory of sport and exercise psychology, an opportunity to develop key psychological skills relevant to the discipline and the application of this knowledge and these skills to applied settings. The programme has a strong focus upon the application of knowledge, with students developing an understanding of how sport and exercise psychologists use theory and research to inform and guide practice. This is reflected in all modules delivered as part of the programme; with equal focus on exercise and sport.

The core teaching team on this programme are accredited sport and exercise psychologists, with considerable industry experiences. This experience permeates how the programme is taught, with nuanced understanding, personal experiences, and professional reflections present throughout the syllabus.

A unique feature of the programme is the blended learning delivery method, as the majority of the modules that make up the MSc will be delivered on-line via a virtual learning environment.

There are also blocks of workshops to support the applied nature of the course, i.e. workshops on counselling skills, client intakes and key psychological skills applied to sport and exercise contexts. The programme builds on existing relationships between UWE and local sports teams, as well as using the Centre for Sport (CfS) at UWE, to provide students with opportunities to work directly with athletes and exercisers, and to observe teams in action. This provides students with the opportunity to expand their subject knowledge and understanding within the specific industry contexts, as well as developing a range of subject-specific and generic employment skills which will enhance their long-term employment prospects. These applied experiences provide students with opportunities to reflect on how their learning can be applied to real world sport and exercise environments as well as enhancing transferable skills and the marketability of students post MSc, within the sport and exercise industries.

In addition, students develop the analytical and research based skills needed to produce a postgraduate dissertation in sport and exercise psychology through a

dissertation module. Students are required to submit this in journal format with the aim of creating high quality publishable research.

This programme is recognised for stage 1 of the route to accreditation by the British Psychological Society (BPS) for students who have the Graduate Basis for Chartership with the BPS on enrolling.

This programme shares 75/180 credits with other psychology postgraduate programmes (Dissertation in Psychology, and Conducting and Evaluating Psychological research). This enables a more efficient delivery of the programme, and also facilitates students multidisciplinary working, while retaining a meaningful cohort identity.

Employability:

The increased awareness of, and utilisation of, sport psychologists bodes well for future employment. Similarly, the exercise psychology focus also continues to expand as health related exercise promotion is now no longer solely located in the Health Psychology arena. Exercise referral teams within the NHS are a clear employment prospect for our students and their advanced understanding of behaviour change makes them ideal for public health roles associated with increasing exercise and sport in the community. The full MSc provides students with an opportunity to go onto stage 2 training in sport and exercise psychology (N.B. contingent on students having GBC at entry on the programme) and also a number of sports performance and coaching roles, sport development and work within the private exercise and sport industries.

Educational Aims: The specific aims of the programme are to:

To develop the understanding and application of current knowledge in sport and exercise psychology to applied settings and to practice.

To acquire and apply a wide range of transferable professional and practical skills appropriate to a career in sport and exercise psychology and allied disciplines.

To develop research skills; specifically advanced analysis, collection and interpretation of data and production of publishable standards of work.

To appreciate the value of professional integrity and high standards in practice in sport and exercise psychology, and the importance of continuing professional development.

To develop understanding of sport and exercise industries, training routes, employment opportunities, and nuanced understanding of applied practice within differing professional contexts.

Provide a flexible approach to learning and teaching enabling students from a variety of backgrounds to undertake postgraduate training in sport and exercise psychology.

Programme Learning Outcomes:

On successful completion of this programme graduates will achieve the following learning outcomes.

Programme Learning Outcomes

- PO1. Conduct a critical appraisal of the existing knowledge, theoretical frameworks, and evidence base pertinent to sport and exercise psychology, incorporating perspectives from both psychological theories and other relevant disciplines, to establish a comprehensive foundation for professional practice.
- PO2. Recognise and cultivate the skills and competencies necessary for advancement in sport and exercise psychology practice, demonstrating preparedness for professional engagement and further specialisation.
- PO3. Employ a variety of techniques and research methodologies suitable for psychological investigation, ensuring thorough and ethical research within the domain of sport and exercise psychology.

- PO4. Implement relevant ethical, legal, and professional practice standards (e.g., BPS, BASES, HCPC), upholding professional boundaries and adhering to the highest ethical standards in all professional activities.
- PO5. Articulate ideas effectively (both verbally and written) with peers, research supervisors, and broader audiences, ensuring clear, coherent, and professional communication across all interactions.
- PO6. Engage in critical reflection and synthesis of knowledge and experiences to shape the development of a professional identity as a trainee sport and exercise psychologist, promoting ongoing personal and professional development.
- PO7. Effectively disseminate research and professional work through various written (e.g., professional reports, journal articles, conference posters) and oral (e.g., presentations, individual feedback) formats, ensuring the work is accessible and impactful to diverse audiences

Assessment strategy: Assessment of the knowledge base is through assessed coursework, seminar presentations, formal assessed oral presentations, research critiques, problem based learning, role-play, reflective practice, position statements, recorded presentations, case analysis and intervention design, conference presentations, and a dissertation.

Student support: This programme is one of a number of MSc programmes in Psychology within the School of Social Sciences. Day to day management of the award is undertaken by the programme leader with support from the MSc team and the support of the department of psychology in general. The programme leader has responsibility for the smooth running of the programme, supported at modular level by named module leaders.

Guidance to students on the programme, along with full details of the academic and pastoral support available, is provided in the programme handbook which is available to all students at the start of the programme. In addition, module specific information is provided via individual module handbooks and through the VLE. Matters relating to students are addressed through the programme management committee that includes student representatives, the programme leader and the teaching team. For all students, access to staff can be via email, appointment or

virtually (i.e. MS Teams).

We work within BPS guidance on student-staff ratios, ensuring the module teams have dedicated time to the running of the programme and engaging with students. As such there are high levels of staff-student contact, and student to student contact, via face to face seminars and also via the VLE, providing ample opportunities for formative assessment and feedback. Students are able to access the academic and support facilities offered by UWE, including library access, access to extensive online material, the intranet and student union.

Information is provided at induction that includes information on the school, the University, its regulations and procedures and is supplemented by specific module information. Student autonomy and self-direction is also developed through interaction with peers and private study. Students also have an enhanced on-line resource as part of the VLE used for this course.

Part B: Programme Structure

Year 1

Full time students must take 180 credits from the modules in Year 1.

Part time students must take 90 credits from the modules in Year 1.

Year 1 Compulsory Modules (Full Time)

Full time students must take 180 credits from the modules in Compulsory Modules (Full Time).

Module Code	Module Title	Credit
USPKJA-15-M	Exercise Psychology 2025-26	15
USPK7Y-30-M	Conducting and Evaluating Psychological Research 2025-26	30
USPJTG-30-M	Contemporary Issues in Sport Psychology 2025-26	30

USPJW9-45-M	Dissertation in Psychology 2025-26	45
USPJTH-30-M	Professional Practice in Sports Psychology 2025-26	30
USPJTJ-30-M	Psychological Skills 2025-26	30

Year 1 Compulsory Modules (Part Time)

Part time students must take 90 credits from the modules in Compulsory Modules (Part Time).

Module Code	Module Title	Credit
USPK7Y-30-M	Conducting and Evaluating Psychological Research 2025-26	30
USPJTG-30-M	Contemporary Issues in Sport Psychology 2025-26	30
USPJTJ-30-M	Psychological Skills 2025-26	30

Year 2

Part time students must take 90 credits from the modules in Year 2.

Year 2 Compulsory Modules (Part Time)

Part time students must take 90 credits from the modules in Compulsory Modules (Part Time).

Module Code	Module Title	Credit
USPJW9-45-M	Dissertation in Psychology 2026-27	45
USPKJA-15-M	Exercise Psychology 2026-27	15
USPJTH-30-M	Professional Practice in Sports Psychology 2026-27	30

Part C: Higher Education Achievement Record (HEAR) Synopsis

Graduates of the programme will have an in-depth understanding of theory, research and practice in sport and exercise psychology, with the requisite professional skills to

support the transition to the British Psychological Society's Stage 2 training for the Qualification in Sport and Exercise Psychology (QSEP). In addition, graduates will be able to make significant, independent and original contributions to knowledge in sport and exercise psychology using effective data collection, advanced analytical techniques and accurate interpretation of data. In summary, students will be equipped with the transferable professional and practical skills appropriate to a career in sport and exercise psychology and allied discipline

Part D: External Reference Points and Benchmarks

QAA UK Quality Code for HE

QAA Framework for Higher Education Qualifications:

The QAA Framework provides the points of reference for setting standards across various levels of education. UWE has incorporated these into its assessment and grading profiles, and this programme will adopt the Health and Life Sciences standard marking and assessment criteria for level M. Some of the framework aspects are more closely tied to some modules than others, these are detailed below.

Master's degrees August 2016 criteria (QAA framework).

A systematic understanding of knowledge, and a critical awareness of current problems and/or new insights, much of which is at, or informed by, the forefront of their academic discipline, field of study or area of professional practice.

All modules.

A comprehensive understanding of techniques applicable to their own research or advanced scholarship.

Originality in the application of knowledge, together with a practical understanding of how established techniques of research and enquiry are used to create and interpret knowledge in the discipline.

Conceptual understanding that enables the student to evaluate critically current research and advanced scholarship in the discipline, to evaluate methodologies and develop critiques of them and, where appropriate, to propose new hypotheses.

Typically, holders of the qualification will be able to:

Deal with complex issues both systematically and creatively, make sound judgments in the absence of complete data, and communicate their conclusions clearly to specialist and nonspecialist audiences.

All modules.

Demonstrate self-direction and originality in tackling and solving problems, and act autonomously in planning and implementing tasks at a professional or equivalent level.

Continue to advance their knowledge and understanding, and to develop new skills to a high level.

And holders will have:

The qualities and transferable skills necessary for employment requiring:

The exercise of initiative and personal responsibility

Decision-making in complex and unpredictable situations

The independent learning ability required for continuing professional development.

Benchmarking previously carried out for the MSc sport and exercise psychology, which has been subject to internal and external review. There are no QAA subject specific benchmarks for psychology at M level. However, the programme has been developed to be consistent with the August 2016 QAA document, "Masters Degree

Characteristics”.

The following characteristics are benchmarked in this QAA document and this MSc program meets these criteria. Specifically:

They are usually predominantly composed of structured learning opportunities (are 'taught'). Frequently, at least a third of the programme is devoted to a research project, leading to a dissertation. They include research methods training, which may be provided in a range of different ways (throughout all modules on this programme). Related awards, such as postgraduate certificate and postgraduate diploma, will often be offered as stages in the progression to a specialised/advanced study master's degree to facilitate continuing professional development at different stages of a professional career.

In developing this programme the revised QAA Code of Practice August 2016 has been consulted. Most issues highlighted in the Code of Practice are covered by general faculty or University systems, but specific attention has been paid to Career Education Information and Guidance.

Career education, information and guidance is embedded within the curriculum and in particular in social and developmental sport psychology in action module. A particular focus of the programme is on ensuring that students not only develop skills to enhance their employability, but are able to articulate and utilise them appropriately. The QAA code of practice states that where career education is embedded in the curriculum, awarding institutions ensure that intended learning outcomes contribute to the aims and objectives of the programme, clearly identify knowledge, understanding and skills, and are assessed appropriately. This is clearly the case through the professional skills assessment and teaching, in particular through the work supporting students to develop their ongoing professional development log within the aforementioned module.

For students with the appropriate academic background (Psychology degree recognized as conferring eligibility for Graduate Basis for Chartership with the British Psychological Society, the Professional Statutory Regulatory Body (PSRB) for M

level psychology), the taught modules on this programme have been designed to meet their criteria for postgraduate training in sport and exercise psychology.

University teaching and learning policies:

In line with the universities teaching and learning policies, this programme takes a studentcentred approach to learning by allowing students to take control of aspects of their learning and providing a learning environment that stimulates active engagement and participation. The programme seeks to create an environment that will stimulate students to take responsibility for aspects of their learning, while the module team facilitate this learning. Module learning outcomes have been designed to ensure that students meet the overall programme learning outcomes on completion of the programme.

A variety of assessment methods are incorporated within the programme to cater for diverse approaches to learning. The programme team recognizes the importance of both summative and formative assessments and feedback as an integral part of the learning teaching process. All assessments comply with university assessment regulations, with the MSc being awarded to students who can demonstrate the following:

A systematic understanding of knowledge, and a critical awareness of current problems and/or new insights, much of which is at, or informed by, the forefront of their academic discipline, field of study or area of professional practice

A comprehensive understanding of techniques applicable to their own research or advanced scholarship

Originality in the application of knowledge, together with a practical understanding of how established techniques of research and enquiry are used to create and interpret knowledge in the discipline

Conceptual understanding that enables the student:

To evaluate critically current research and advanced scholarship in the discipline

To evaluate methodologies and develop critiques of them and, where appropriate, to propose new hypotheses.

University strategies and policies:

A second aspect to the strategic partnership themes is around "Making Knowledge Exchange and Public Engagement thrive throughout UWE" by ensuring external facing provision is accessible, visible, and engages with interested users. As an applied discipline, sport and exercise psychology modules are very attractive to potential students in the sport and exercise workplace wishing to study them as CPD. This programme gives a route to not only attract such students, but retain them with the potential of a full MSc award.

The team comprises senior health and sport and exercise psychologists who have held and do hold positions of national recognition within professional and scientific bodies, including the British Psychological Society and Health and Care Professions Council.

Part E: Regulations

Approved to University Regulations and Procedures.