AECC University College
Transforming lives through Health Sciences

MSc Sport and Exercise Psychology

Course Specification

Version 1.0

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Record of Modifications

Description of Modification	Date approved	Cohort(s) to which modification applies
Confirmation of BPS accreditation for first cohort added.	**N/A added following confirmation of accreditation**	**2020-21 (first year of entry)**

Title of course: MSc Sport and Exercise Psychology

This specification provides a concise summary of the main features of the course and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Courses, major changes to courses and modifications to courses are approved following consideration through the University College's Course Approval and Review processes or Course and Unit Modification procedure, as appropriate. It is, however, expected that courses change over time, for example as a result of changes to professional accreditation requirements, in response to feedback from academic staff and students, and through annual review processes. Any such changes will be discussed with and communicated to students in an appropriate and timely manner.

Basic Course Information

Awarding Institution	AECC University College
Final award, title and credits	MSc Sport and Exercise Psychology (180 CATS)
Interim exit awards, titles and credits	PGDip Sport and Exercise Psychology (120 CATS) PGCert Sport and Exercise Psychology (60 CATS)
FHEQ level of final award	7
Mode of study	Full-time/Part –time
Accreditation details	British Psychological Society (BPS) accreditation for the 2020/21 cohort approved July 2020
Standard length of course	1 year (Full-time)
Minimum and maximum periods of study	1 year full-time 2 ½ years part-time
Language of delivery	English
Place of delivery	AECC University College
UCAS code (where applicable)	N/A
Course codes	MSSEPF (Full-time) MSSEPP (Part-time)
HESA HECoS (Higher Education Classification of Subjects) Code(s) per course/pathway	100493 Applied Psychology 199497 Psychology 100499 Sport and Exercise Psychology
Date Framework /Course initially validated	September 2019 (final approval November 2020)
Date of first intake	September 2020
Version number of this Framework/Course Specification	1.0
Date this version approved/intake to which this applies	N/A
Author	Stewart Cotterill

Course Overview

1. Admissions regulations and entry requirements

The regulations for this Course are the University College's Standard Admission Regulations which may be found from the Latest Policies webpage. These regulations include the general entry requirements and specific requirements regarding English language.
The detailed entry requirements for the course may be found from the relevant course page on the University College website.

Recognition of Prior Learning (RPL)
AECC University College has a Recognition of Prior Learning Policy which can be found from the Latest Policies webpage

2. Aims of the course

The aims of the course are to:

- Enable students to deepen their knowledge and understanding of relevant issues and debates relating to sport and exercise psychology.
- Enable students to understand career routes and options following the completion of the course, including the route to Health and Care Professions Council (HCPC) registration.
- Critically apply psychological knowledge and skills in sport and exercise scenarios in innovative ways.
- Develop a detailed understanding of ethical issues relating to both research and professional practice.
- Critically evaluate current research and advanced scholarship in sport and exercise.
- Evaluate methodologies, develop critiques of them and, where appropriate, propose new hypotheses.
- Develop competence in undertaking an extensive piece of independent research that informs practice.

3. Intended Learning Outcomes

All ILOs are in keeping with the development of graduate students in the context of sport and exercise psychology. As such, all ILOs are at level 7 reflecting the ability to use and apply knowledge and skills to solve problems in complex situations where there may be incomplete information and uncertainty. Students are expected to work at the forefront of disciplinary knowledge informed by a range of evidence, and acting autonomously in planning and implementing relevant tasks. There are no interim level ILOs as all ILOs regardless of stage of the programme are at level 7, and students will choose between two optional units to tailor the programme in line with their own career aspirations.

Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

A1 Approaches to critically evaluating the implications of contemporary issues in sport and exercise psychology.

3. Intended Learning Outcomes

A2 Professional expertise in relation to professional body and client expectations.

A3 The application of sport and exercise psychology theory to enhance performance and to increase engagement in physical activity and exercise.

A4 The rigorous evaluation of psychological knowledge to enable critical application to sports performance or exercise and physical activity contexts.

A5 The research process and conducting empirical research at a higher level.

Intellectual Skills

Having successfully completed this course students will be able to:

B1 Systematically and creatively explore complex issues in order to make well-structured, reasoned arguments, supported by relevant evidence.

B2 Evaluate and reflect upon their individual research or applied practice in order to plan effectively for continuing professional development.

B3 Demonstrate a critical awareness of current problems and new insights in sport and exercise psychology.

Practical Skills

Having successfully completed this course students will be able to:

C1 Apply theory and evidence about sport and exercise psychology in implementing specific psychological interventions and approaches to research.

C2 Design services and interventions that can be used in a range of sport, exercise and health settings.

C3 Apply reflective practice skills in evaluating their own professional and practical performance.

C4 Use a range of techniques and research methods applicable to sport and exercise psychology.

Transferable skills

Having successfully completed this course students will be able to:

D1 Efficiently search large and complex literature sources, paying particular attention to the quality of the evidence provided.

D2 Solve problems in creative and innovative ways.

D3 Communicate ideas effectively via different media, and to different audiences.

Course Structure

4. Outline of course content

The course is composed of 180 credits of compulsory postgraduate (level 7) units as follows:

- Sport and Exercise Dissertation (60)
- Research Methods (20)
- Contemporary Issues in Sport and Exercise Psychology (20)
- Performance Psychology (10)
- Exercise Psychology and Physical Activity (10)
- Counselling Skills (10)
- Mental Health (10)

4. Outline of course content

- Sports Vision (10)
- Psychology of Injury, Pain and Recovery (10)

There is also a choice between two optional units:

- Applied Practice Experience (20)
- Independent Study (20)

The course is designed to offer a contemporary and industry relevant curriculum, utilising innovative and relevant assessment and learning techniques. It is designed based upon the curriculum guidance of the British Psychological Society for MSc Courses in Sport and Exercise Psychology. As a result, this course is appropriate for students wishing to continue their training to become a chartered psychologist, and a registered sport and exercise psychologist. The course is also appropriate for those students wishing to follow the British Association for Sport and Exercise Sciences (BASES) route to registration. The course is also appropriate for those individuals who are in alternative professions and are wishing to further enhance their knowledge of sport, exercise and performance psychology (e.g., coaches, sport scientists, healthcare professionals).

This course will provide students with the opportunity to extend their contemporary understanding and application of sport and exercise psychology knowledge in a dynamic and supportive environment. This course draws on the research and applied practice strengths of the sport and exercise psychology team here at AECC University College, to provide students with a course that supports their career aspirations of working as a sport and exercise psychologist, or further developing their sport and exercise psychology knowledge and expertise. The course will enable students to become evidence-based practitioners who are active problem-solvers, providing the best psychological solutions to the challenges they encounter. As well as delivering a very contemporary curriculum the course offers the opportunity to gain applied experience and see sport and exercise psychology in action through our on-site services.

The course offers lots of opportunities to gain practical experience either through active role playing in the counselling unit to intervention development in the performance psychology and exercise psychology and physical activity units. The optional Applied Practice Experience unit also offers a great opportunity to apply the knowledge, skills and expertise that students will develop on the course. For students who are keen to further develop a deep understanding in a specific area there is the option to undertake a focused independent study unit to further deepen their knowledge and understanding in a specific topic area.

Please note that students who wish to continue their education to become a British Psychological Society Chartered Psychology and HCPC registered Sport and Exercise Psychologist will need to complete the full MSc Sport and Exercise Psychology.

5. Placements, work-based learning or other special features of the course

As part of the course students will have the opportunity to undertake an optional Applied Practice Experience unit. The focus of this unit is on applying psychological theory and knowledge in an applied setting, it is important to note that there is no expectation for students to act as a sport and exercise psychologist.

Applied practical experiences will be individually sourced through personal contact by the student(s) registered on the course. The appropriateness of the experience will be explored by the unit tutor and contact made with the experience provider to ensure that there is an appropriate awareness of the nature of the experience, the demands on the experience provider, and the roles and responsibilities for the Institution, the student and the experience provider.

5. Placements, work-based learning or other special features of the course

As part of the applied practice experience unit students will be required to undertake a minimum of 24 hours of psychology-focused engagement activities, and there will also be compulsory supervision / mentoring sessions with a designated member of the unit team.

There will also be volunteering opportunities for students outside of the formal curriculum to gain experience applying sport and exercise psychology research and theory.

6. Course structure, levels, units credit and award

The level of study, units and credits required for the course and for final and exit awards are set out in is set out in the **course diagram** provided as Appendix 1.

The **learning outcomes mapping document** at Appendix 2 shows the relationship between ILOs for units and the overarching ILOs of the course.

Learning, Teaching and Assessment

7. Learning and teaching strategies and methods

The MSc Sport and Exercise Psychology seeks to adopt an integrated learning, teaching and assessment approach that is appropriate for the aims and intended learning outcomes of the course. Staff delivering the MSc Sport and Exercise Psychology course will aim to deliver an excellent student experience by providing learning opportunities designed to build independent, critical and aspirational learners.

The student learning experience is supported by informed, motivated, and well-qualified academic staff, adopting creative and imaginative approaches to learning, assessment and feedback. These staff will ensure an active engagement with research informed teaching, where tutors exchange knowledge with students to build an active community of learners. A key aim of this learning environment will be to empower MSc Sport and Exercise Psychology students as learners and to inspire them to both contribute and to achieve. The approach adopted by staff to learning, teaching and assessment on the MSc Sport and Exercise Psychology seeks to emphasise inclusion, diversity, student achievement, autonomy, dynamic learning experiences, independence and life-long learning. Formal teaching methods will vary depending on the relevant learning outcomes of specific units, but will include the following activity types (KIS categories in brackets):

- Lectures *(Scheduled)*
- Seminars *(Scheduled)*
- Tutorials *(Scheduled)*
- Project Supervision *(Scheduled)*
- Practical Classes and Workshops *(Scheduled)*
- Guided Independent Study *(Independent)*

In addition, a variety of other teaching and learning methods will also be employed. These may include:

- Guest Speakers
- Small Group Learning Activities and Projects
- Individual and Group Presentations
- Role-Play Activities
- Case-Study Analyses
- Work-based learning / volunteering opportunities
- Vlogging

7. Learning and teaching strategies and methods

- Case presentations

Students' employability skills are also developed throughout the course with individual and group-based exercises that require design, planning, analysis and evaluation within a theoretical and practical context.

8. Assessment strategies and methods

A variety of creative, formative and summative assessment methods will be employed across the units on the MSc Sport and Exercise Psychology course. The aim here will be to balance the formative (developmental) and summative (judgemental) aspects of assessment to promote deeper learning among the sport and exercise psychology students and to give students a greater opportunity to maximise their potential.

The following assessment types (KIS category in brackets) may be employed on the MSc Sport and Exercise Psychology course:

- Written Assignment, including Essay *(Coursework)*
- Dissertation *(Coursework)*
- Portfolio *(Coursework)*
- Oral Assessment and Presentation *(Practical)*
- Practical Skills Assessment *(Practical)*

Specific assessment tasks on the course are designed to allow students to demonstrate professionally-focused skills as well as a way for students to demonstrate learning and achievement. Specific assessment tasks within the course include:

- Role plays
- Debates
- Vlog video production
- Case presentations
- Case study reports
- Group and individual presentations
- Reflective reports

As well as more traditional assessment approaches such as:

- Research portfolios
- Research proposal
- Dissertation
- Systematic review

Even in these examples the assessment tasks or submission style are designed to reflect the professional domain of sport and exercise psychology. For example, the dissertation is designed to be submitted in the style of an 8,000-word journal article manuscript.

The needs of students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic standards as expressed through the learning outcomes.

With regards to feedback, MSc Sport and Exercise Psychology students will receive both explanatory and diagnostic feedback, as well as grades. All assessments will also be anchored in clearly articulated learning outcomes and assessment criteria; with specific assessment criteria for each summative mode of assessment published on the Virtual Learning Environment (VLE) at the outset of each unit. The MSc Sport and Exercise Psychology course team are committed to providing timely and appropriate feedback to students on their academic progress and achievement, thereby enabling students to reflect on their progress and plan their academic and

8. Assessment strategies and methods

skills development effectively.

9. Learning hours

AECC University College courses are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. This MSc course is composed of mainly 20 and 10 credit units with a 60-credit dissertation unit. 20 credits is the equivalent of 200 student study hours, including lectures, seminars, assessment and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

10. Staff delivering the course

Students will be taught by AECC University College academic staff and qualified professional practitioners with relevant expertise. This will include both BPS Chartered Psychologists and HCPC registered practitioner sport and exercise psychologists.

11. Progression and assessment regulations

The regulations for this course are the University College's Standard Assessment Regulations which may be found from the Latest Policies webpage.

12. Additional costs

Additional costs are mandatory or optional costs which students will need to meet in order to fully participate in and complete their course. Students will need to budget for these costs separately as they are not included in the overall Tuition Fee they are charged. Information about additional costs applying to students on this course can be found in the document **Important information to take into account when choosing your course** available from the Latest Policies webpage

There will be an expectation that students will purchase copies of core textbooks. The cost of books will be in region of £75-200 per year. Students will also be required to pay for printing or photocopying where required. The cost of which will be £10-£25. All course work will be submitted electronically which will mean students will not be required to print and submit hard (paper) copies of their work. Some students may be required to be DBS checked if they opt for certain volunteer or practical experience opportunities. Costs related to this need to be funded by the student.

13. Methods for evaluating the quality of learning and teaching

Students have the opportunity to engage in the quality assurance and enhancement of their courses in a number of ways, which may include:

- Completing student surveys annually to give feedback on individual units and on the course as a whole
- Taking part in focus groups as arranged
- Seeking nomination as a Student Union representative OR engaging with these elected student representatives
- Serving as a student representative on Evaluation panels for course approval/review
- Taking part in course approval or professional body meetings by joining a group of students to meet with the panel
- Taking part in meetings with the external examiner(s) for the course (such meetings may take place virtually where courses are part-time)

The ways in which the quality of the University College's courses are monitored and assured checked, both inside and outside the institution, are:

- Annual monitoring of units and courses
- Periodic Course review, at least every six years
- External examiners, who produce an annual report

13. Methods for evaluating the quality of learning and teaching

- Oversight by Academic Development and Quality Committee (which includes student representation), reporting to Academic Board
- Professional body accreditation and annual reports to these bodies *[delete if not applicable*
- External Quality Assurance Reviews and annual monitoring

14. Inclusivity statement

AECC University College is committed to being an institution where students and staff from all backgrounds can flourish. AECC University College recognises the importance of equality of opportunity and promoting diversity, in accordance with our Dignity Diversity and Equality Policy. We are committed to a working and learning environment that is free from physical, verbal and non-verbal harassment and bullying of individuals on any grounds, and where everyone is treated with dignity and respect, within a positive and satisfying learning and working environment.

AECC University College seeks to ensure that all students admitted to our courses have the opportunity to fulfil their educational potential. The interests of students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic or professional standards as expressed through the learning outcomes.

15. Reference points including QAA Benchmark statements

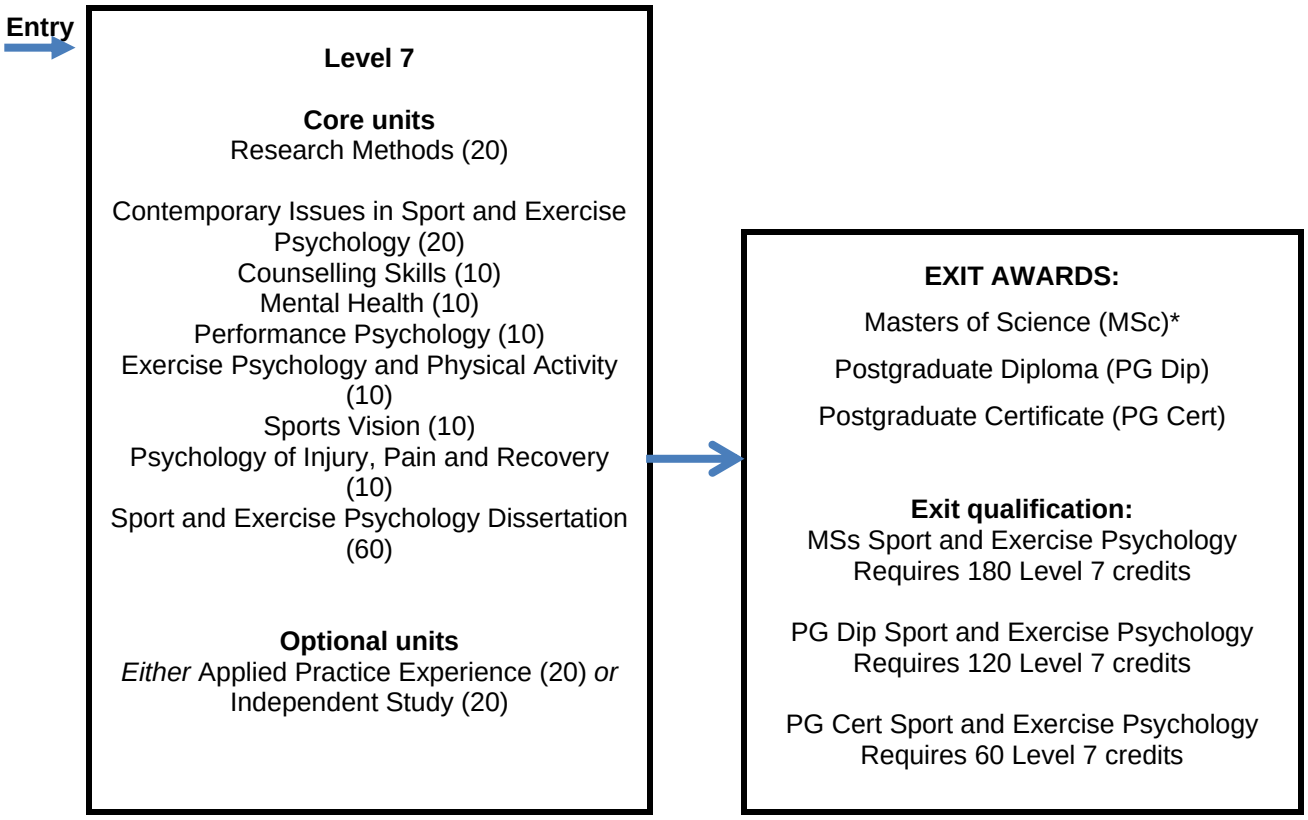
- UK Quality Code for Higher Education: The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (October 2014)
- QAA Characteristics Statement: Master's Degree (September 2015).
- British Psychological Society Standards for the accreditation of Masters and Doctoral programmes in sport and exercise psychology (January 2019).
- British Psychological Society Accreditation of new UK programmes: A guide to our application process (October 2017).
- Health and Care Professions (HCPC) Standards of Proficiency for Practitioner Psychologists.

16. Regulatory & policy framework

The course conforms fully with the University College's Academic Regulations and Policies for Taught Courses.

Appendix 1: MSc Sport and Exercise Psychology

* Please note that you need to complete the full MSc Sport and Exercise Psychology to meet the British Psychological Society requirements for stage 1 of their Qualification in Sport and Exercise Psychology (QSEP).



Students may enrol for individual units offered as part of this course, with the exception of the dissertation

Appendix 2: Learning outcomes mapping document template

This table shows where a learning outcome referenced in the course specification may be demonstrated by successful completion of a unit.

		Subject Knowledge and Understanding					Intellectual Skills			Practical Skills				Transferable skills		
Unit Code	**Unit title**	**A1**	**A2**	**A3**	**A4**	**A5**	**B1**	**B2**	**B3**	**C1**	**C2**	**C3**	**C4**	**D1**	**D2**	**D3**
PSY700	Dissertation					X			X	X		X	X	X	X	X
PSY701	Research Methods					X			X	X		X	X	X	X	X
PSY702	Applied Practice Experience (Option)		X	X	X			X		X	X	X			X	X
PSY703	Independent Study (Option)	X					X			X			X	X		X
PSY704	Contemporary Issues in Sport and Exercise Psychology	X		X	X		X			X			X	X	X	X
PSY705	Performance Psychology	X	X	X	X		X	X		X	X			X	X	X
PSY706	Exercise Psychology and Physical Activity	X	X		X		X	X		X	X			X	X	X
PSY707	Counselling Skills		X					X		X		X			X	X
PSY708	Mental Health		X					X		X		X			X	X
PSY709	Psychology of Injury, Pain and Recovery			X	X			X		X	X	X			X	X
PSY710	Sport Vision			X				X		X	X	X	X		X	X

Key:

A1 Approaches to critically evaluating the implications of contemporary issues in sport and exercise psychology.
A2 Professional expertise in relation to professional body and client expectations.
A3 The application of sport and exercise psychology theory to enhance performance and increase engagement in active behaviours.
A4 The rigorous evaluation of psychological knowledge to enable critical application to sports performance or exercise contexts.
A5 The research process and conducting empirical research at a higher level.
B1 Deal with complex issues both systematically and creatively in order to make well-structured, reasoned arguments, supported by relevant evidence.
B2 Evaluate and reflect upon individual practice in order to plan effectively for continuing professional development.
B3 Demonstrate a critical awareness of current problems and new insights in sport and exercise psychology.
C1 Apply theory and evidence about sport and exercise psychology.
C2 Design services and offerings that can be used in a range of sport and exercise settings.
C3 Reflect on own and others' competence.
C4 Use a range of techniques and research methods applicable to sport and exercise psychology.
D1 Efficiently search large and complex literature sources, paying particular attention to the quality of the evidence provided.
D2 Solve problems in creative and innovative ways.
D3 Communicate ideas effectively via different media, and to different audiences.

Course summary

Course title: MSc Sport and Exercise Psychology

Unit details			Core/ Option	Pre/ co requisite units	No of credits	Assessment Element Weightings (%)*						Estimated learning hours		
Number	Title	Version no.				Exam 1	Exam 2	Cwk 1	Cwk 2	Prac 1	Prac 2	scheduled contact	Directed non-contact	self-directed
PSY700	Sport and Exercise Psychology Dissertation	1	C		60			P/F	100%			15	45	540
PSY701	Research Methods	1	C		20			100%				32	64	104
PSY702	Applied Practice Experience	1	O		20			25%		75%		8	32	160
PSY703	Independent Study	1	O		20			100%				8	32	160
PSY704	Contemporary Issues in Sport and Exercise Psychology	1	C		20			40%		60%		32	64	104
PSY705	Performance Psychology	1	C		10			25%	75%			16	32	52
PSY706	Exercise Psychology and Physical Activity	1	C		10			25%		75%		16	32	52
PSY707	Counselling Skills	1	C		10			50%		50%		16	32	52
PSY708	Mental Health	1	C		10			75%		25%		16	32	52
PSY709	Psychology of Injury, Pain and Recovery	1	C		10			50%		50%		16	32	52
PSY710	Sports Vision	1	C		10			100%				16	32	52

Exit qualification:

MSc Sport and Exercise Psychology (requires 180 credits at Level 7)

PGDip Sport and Exercise Psychology (requires 120 credits at Level 7)

PGCert Sport and Exercise Psychology (requires 60 credits at Level 7)

MSc Sport and Exercise Psychology Delivery Diagram

Full time

Semester 1 (Sept – Dec)	Semester 2 (Jan- April)	Summer (May-August)
Contemporary Issues in Sport and Exercise Psychology (20)	Applied Practice Placement (20)	Sport and Exercise Psychology Dissertation (60)
	or	
Research Methods (20)	Independent Study (20)	
Performance Psychology (10)	Exercise Psychology and Physical Activity (10)	
Counselling Skills (10)	Psychology of Injury, Pain and Recovery (10)	
	Mental Health (10)	
	Sports Vision (10)	

Part time

Semester 1 (Sept – Dec)	Semester 2 (Jan- April)	Summer (May-August)
Year 1		
Contemporary Issues in Sport and Exercise Psychology (20)	Exercise Psychology and Physical Activity (10)	
Performance Psychology (10)	Mental Health (10)	
	Psychology of Injury, Pain and Recovery (10)	
Year 2		
Research Methods (20)	Applied Practice Placement (20)	Sport and Exercise Psychology Dissertation (60)
	or	
Counselling Skills (10)	Independent Study (20)	
	Sports Vision (10)	
Year 3		
Sport and Exercise Psychology Dissertation		