MSc Sport and Exercise Psychology

Frequently Asked Questions

1. Is your programme ‘BPS accredited’?

Yes, our programme is accredited by the British Psychological Society (BPS). Its full label is postgraduate Accreditation Through Partnership.

2. What are the minimum entry requirements?

There are four minimum entry requirements: 1) a first class or an upper second class honours degree with an an overall degree of at least 65% (attained or predicted or equivalent) in sport and exercise science, psychology, or a related-field of studies, 2) high grades in relevant undergraduate and/or postgraduate modules (e.g., psychology, sociology, teaching/coaching) 3) a well-substantiated personal statement, and 4) two sound academic references. Note that these are the minimum requirements for consideration and entry onto the programme; evidence of them does not guarantee an offer or registration onto the programme. See question 3.

3. What are the realistic entry requirements and what can I do to enhance my chances of acceptance?

Entry onto this programme is extremely competitive. To enhance chances of acceptance, applicants should demonstrate evidence of some of the following:

- First class in a related undergraduate and/or postgraduate degree(s)
- First class grades in relevant modules
- Strong, supportive references
- Membership of one or more of the following professional bodies and involvement beyond their student activities
  - British Psychological Society (BPS) Division of Sport and Exercise Psychology
  - British Association for Sport and Exercise Sciences (BASES)
  - American Psychological Association (APA) Division 47 Exercise and Sport Psychology
  - Association for Applied Sport Psychology (AASP)
  - North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
  - International Society of Sport Psychology (ISSP)
  - European College of Sport Science (ECSS)
  - European Federation of Sport Psychology (FEPSAC)
- Attendance at one or more of the following sports science or psychology conferences or workshops
  - BPS Division of Sport and Exercise Psychology Conference
  - BASES Annual Conference
  - BASES Annual Student Conference
  - AAASP Annual Conference
  - NASPSPA Annual Conference
  - ISSP World Congress
• ECSS Annual Congress
• FEPSAC Congress
• A research project in psychology or sports science
• Presentation of research project findings at a psychology or sports science conference or workshop
• Publication of research project findings in an international peer-reviewed journal
• Professional qualifications in psychology or sport-related areas
• Experience in sports coaching, management, administration or officiating
• Experience as a high level sports performer
• Work experience in psychology or sports science
• A well-structured and written personal statement, which highlights some of the above

4. In terms of being accepted onto the programme, is it preferable to have a psychology or a sports science background?

There is no preference, although students who can demonstrate a background in both psychology and sport are viewed favourably. However, each application is evaluated on individual merit and a variety of factors are taken into consideration (see questions 2 and 3).

5. How do I find out about tuition fees and financial support for the programmes?

See the information on our website here: [http://www.lboro.ac.uk/students/finance/](http://www.lboro.ac.uk/students/finance/)

6. Can I study part-time for the programme?

Yes, lasting between two and eight years, however, most students complete in two years. It is important to note that the Postgraduate Loan is only available for two years of part-time study. This is a sample schedule for two year part-time study:

**Suggested option choices for part time MSc Sport & Exercise Psychology (180 credits)**

**1st year**

**Semester 1 (30 credits)**

- Performance Psychology and Management (15 credits)
- Introductory Qualitative and Quantitative Research (15 credits)

**Semester 2 (30 credits)**

- The Psychology of the Coach-Athlete Relationship (15 credits)
- Mental Health in Sport and Exercise (15 credits)
2nd year

Semester 1 (30 credits + Starting working on the Research Project)

Motivational and Individual Differences in Sport and Exercise (15 credits)
Psychology of Exercise and Clinical Populations (15 credits)
Research Project

Semester 2 (30 credits + Continuing working on the Research Project)

Professional Practice in Sport Psychology (15 credits)
Quantitative or Qualitative Research (15 credits)
Research Project

Summer

Research Project (60 credits)

As an approximate guide modules worth 15 credits, require students to study for around 150 hours, including contact time.

7. Is there a distance learning option for the programme?

No.

8. Does Loughborough University or the School of Sport, Exercise and Health Sciences have an open day?

Yes, a School Postgraduate Open Day is held annually at which you can meet the Programme Leader, teaching staff, current students, attend a campus tour, and ask further questions about the programmes. Details of further Postgraduate open events can be found here: http://www.lboro.ac.uk/study/postgraduate/visit-us/loughborough/

9. Is there anything international students should be aware of?

Yes, see the information for International Students.

10. Can I meet the Programme Leader?

Yes – see question 8.

11. Can I tour the campus?

Yes – see question 8.
12. How do I ask further questions I have about the programmes?

Attend the Postgraduate Open Day or email pg-ssehs@lboro.ac.uk.

13. How do I apply for a place on the programme?

You will find further information on how to apply on our website here: http://www.lboro.ac.uk/study/apply/postgraduate/. Applicants must ensure that they complete the application form in full and upload all supporting documents including: an academic transcript of their module marks and yearly average marks; a university certificate of any undergraduate and/or postgraduate qualifications; a personal statement, of no more than a page; and two academic references. This programme is popular and competitive and you are advised to apply as early as possible. Applications are accepted from October of the year prior to the programme’s start date.

14. I have applied for a place on the programme, when will I be notified of the decision?

We aim to respond to applications within four to six weeks. We may contact you for additional information before we make a decision.

15. I have been accepted onto the programme and would like to defer my place to the following academic year. Am I able to?

No, offers are only valid for academic year applied for. Those applicants who decide not to take up their place will have to reapply the following academic year.

17. I am a current student on the programme. What can I do to enhance my career prospects?

To enhance your career prospects, students on the programme should strive to demonstrate evidence of one or more of the following:

- A distinction in the MSc degree – attain distinction grades in the modules
- Distinction grades in the modules – contact the Module Leader and library for advice
- Networking in the sport and exercise psychology community – actively participate in sport and exercise psychology-related activities in the School, Sport Clubs and Sport Development Centre within Loughborough University, as well as join professional bodies (e.g., English Institute of Sport, UK Coaching), and attend conferences and workshops (see list below)
- Consider your career pathway: research and/or practice – your decision may determine how you enhance your career prospects. Discuss with personal tutor, programme director and/or module leaders, project supervisor the options available and identify your interests, strengths and ways forward.
- Membership of one or more of the following professional bodies and involvement in their student activities – consult relevant websites
  - British Psychological Society (BPS) Division of Sport and Exercise Psychology
  - British Association for Sport and Exercise Sciences (BASES)
• American Psychological Association (APA) Division 47 Exercise and Sport Psychology
• Association for Applied Sport Psychology (AASP)
• North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
• International Society of Sport Psychology (ISSP)
• European College of Sport Science (ECSS)
• European Federation of Sport Psychology (FEPSAC)

• Attendance at one or more of the following sports science or psychology conferences or workshops – consult relevant websites (usually conferences are held in the summer):
  o BPS Division of Sport and Exercise Psychology Conference (usually in December)
  o BASES Annual Conference
  o BASES Annual Student Conference (usually in September)
  o AAASP Annual Conference
  o NASPSPA Annual Conference
  o ISSP World Congress
  o ECSS Annual Congress
  o FEPSAC Congress

• Presentation of research project findings at a psychology or sports science conference or workshop – consult your Project Supervisor

• Publication of research project findings in an international peer-reviewed journal – consult your Project Supervisor

• Professional qualifications in psychology or sport-related areas (e.g., coaching-related certification) – consult the Sports Development Centre and professional bodies such as BPS or UK Coaching or National Governing Bodies (e.g., England Hockey, Lawn Tennis Association, England Athletics)

• Experience in sports coaching, management, administration or officiating – consult the Sports Development Centre and local sports clubs

• Experience as a high level sports performer – consult the Sports Development Centre and local sports clubs

• Work experience in psychology or sports science – consult the Programme Leader, Module Leaders, School Practitioners and professional bodies

• A well-structured and written curriculum vitae, which highlights one or more of the above, depending on the career pathway you wish to follow – consult the library

18. What are the career prospects on completion of the programmes?

Sport and exercise psychology is a highly competitive career and an MSc postgraduate degree is rarely enough to get a job; it is merely a prerequisite. Literature on career opportunities is provided on the BPS’s website and BASES’s website.

The Loughborough University MSc programme is designed and delivered primarily with a view to best preparing students for two specific career pathways:
1. Sport and Exercise Psychologist/Sport and Exercise Scientist (specialising in psychology)

A. **Becoming a Sport and Exercise Psychologist.** Students should contact the BPS about registering for the **Stage 2 Qualification in Sport and Exercise Psychology (QSEP)**, which typically involves two years full-time (up to four years part-time) training as a 'Trainee Sport and Exercise Psychologist'. Note that the BPS requires that trainees intending to register on the **Stage 2 QSEP** have Graduate Membership of the Society with a **Graduate Basis for Chartered Membership (GBC)** and Society-accredited MSc in Sport and Exercise Psychology. On successful completion of the BPS Stage 2 Qualification, individuals can apply to the Health and Care Professions Council (HCPC) for registration as a 'Sport and Exercise Psychologist'. Students are encouraged to contact potential supervisors to enquire about opportunities and supervisory fees.

B. **Becoming a Sport and Exercise Scientist** (specialising in psychology). Students should contact BASES about registering on their **Supervised Experience (SE)** pathway, which typically involves two years full-time (up to six years part-time) training as a 'Probationary Sport and Exercise Scientist'. Note that BASES requires that trainees intending to register on their SE pathway have an undergraduate degree or postgraduate qualification in sport and exercise science. On successful completion of the BASES SE pathway, individuals can apply to BASES for **accreditation** as a 'Sport and Exercise Scientist'. Students are encouraged to contact potential supervisors to enquire about opportunities and supervisory fees.

C. **Becoming an Academic from Lecturer to Professor of sport and exercise psychology/sport and exercise science/coaching (specialising in psychology).** Students should apply for a doctoral degree ('PhD' or Doctor of Philosophy) in topic areas they are interested in. A programme of PhD studies typically involves three years full-time study (up to five years part-time study) as a 'Research Student in Sport and Exercise Psychology or related-area'. In the United Kingdom, funded doctoral degrees are regularly advertised on www.jobs.ac.uk, the **BASES website** and university web pages. It is also possible to **self-fund a doctoral degree** also useful information about financing a doctoral degree can be found here. Students are encouraged to identify research areas they are interested in and contact potential supervisors to enquire about opportunities within Loughborough University or further afield (including overseas).
The advice is that you don’t combine the career paths or tasks outlined above. The rigorous standards expected to attain in each may place too much strain on one’s capabilities to effectively and successfully accomplish the desired outcome. Students who wish to keep their options open should make enquiries to the BPS and/or BASES and universities about training/studying part-time (over a period of four to five years).

19. Does Loughborough University offer Graduate Status for Chartership (GBC) or an undergraduate degree or postgraduate qualifications in sport and exercise science?

Yes, Loughborough University offers a BSc in Sport and Exercise Psychology and other psychology-related honours degrees that offer Graduate Membership of the British Psychological Society. For information about BPS accredited honours degrees and accredited conversion courses that include Graduate Membership can be found in the society’s website. Loughborough University also offers an undergraduate degree in sport and exercise sciences and postgraduate qualifications in sport and exercise sciences.