

Programme Specification



1. Programme title	MSc Sport and Exercise Psychology
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	
5. Final qualification	MSc Sport and Exercise Psychology
	PG Dip or PG Cert Sport and Exercise Psychology (exit awards)
6. Year of validation	2019
Year of amendment	2022/23
7. Language of study	English
8. Mode of study	FT/PT

9. Criteria for admission to the programme

The normal minimum age of entry is 20.

Candidates must be able to satisfy the general admissions requirements of Middlesex University in one of the following ways:

Applications from candidates with an upper second class (2:1) honours degree in sport and exercise science or a related field.

Applications from candidates from overseas with an appropriate qualification must also hold a qualification demonstrating competence in English (e.g. TOEFL 550, IELTS 6.0) if English is not their first language.

10. Aims of the programme

The overall aim is:

to provide students with the competency to work in sport and exercise psychology professions through the development of knowledge, independent critical inquiry and applied techniques.

Other aims of the programmes are:

A. to provide an in depth understanding of sport and exercise psychology.

B. to provide a balance of scientific and technical skills on which to base professional competence in relation to sport and exercise psychology.

C. to enable students to identify, implement and evaluate appropriate strategies to promote effective applied practices.

D. to integrate leadership skills in professional practice and establish the basis for subsequent career or research success (lifelong learning).

E. to enable students to positively and flexibly change sport and exercise environment and facilitate the development of problem- solving skills.

F. to enable students to evaluate and appraise new information, review evidence and critically analyse conflicting theories and assimilate best professional practice.

11. Programme outcomes*

A. Knowledge and understanding

On completion of this programme the successful student will:

A1. demonstrate the ability to appraise and evaluate evidence relating to cognitive processes in sport and / or exercise psychology

A2. critically evaluate a range of psychological skills and strategies of relevance to sport and / or exercise psychology

A3. demonstrate a critical understanding of evidence relating to developmental processes in sport and / or exercise psychology

A4. demonstrate a critical understanding of evidence relating to social processes in sport and / or exercise psychology

A5. demonstrate a critical understanding of evidence relating to participation in sport and / or exercise and wellbeing

A6. demonstrate a critical understanding of evidence relating to individual differences in sport and/or exercise psychology

Teaching/learning methods

Students gain knowledge and understanding through attendance in lectures, seminars, tutorials, workshops, problem solving sessions, laboratory teaching, demonstration classes, placement and field work. In these sessions students will get a variety of directed and self-directed learning activities e.g. Group projects, case study analysis, laboratory based learning, and portfolio development and work based activity. Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement.

Assessment methods

(a) Formative assessment

Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and

<p>A7. demonstrate the ability to conduct qualitative and quantitative research of relevance to sport and exercise psychology</p> <p>A8. Demonstrate knowledge and/or application professional competencies relevant to working in a range of sport and exercise settings</p>	<p>promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, practical's, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.</p> <p>(b) Summative assessment Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include examinations, coursework, practical viva, presentations and professional portfolios.</p>
<p>B. Skills</p> <p>On completion of this programme the successful student will be able to:</p> <p>B1. Critically evaluate the current knowledge, theory and evidence base relevant to the discipline, and use this to underpin all work and activities</p> <p>B2. Identify and develop skills and capabilities relevant to progression of sport and exercise psychology practice</p> <p>B3. Use a range of techniques and research methods applicable to psychological enquiry</p> <p>B4. Apply relevant ethical, legal and professional practice frameworks, and maintain appropriate professional boundaries.</p> <p>B5. Communicate effectively (verbally and non-verbally) with colleagues, research supervisors, and a wider audience.</p> <p>B6. Critically reflect on and synthesise knowledge and experience to inform their developing professional identity as a trainee sport and exercise psychologist.</p> <p>B7. Disseminate their work appropriately in a range of appropriate written and oral formats.</p>	<p>Teaching/learning methods</p> <p>Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.</p> <p>Assessment methods</p> <p>Students' cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations, presentations and case studies.</p>

12. Programme structure (levels, modules, credits and progression requirements)

12. 1 Overall structure of the programme

FT Programme of Study

Semester 1	Research Methods SES4030 (30 Credits)	Understanding People and Interaction SES 4018 (20 Credits)	Understanding and Enhancing Performance SES 4017 (20 Credits)	
Semester 2		Wellbeing in Sport & Exercise SES 4016 (20 Credits)		Professional Placement SES 4013 (30 Credits)
Semester 3	Dissertation (Research) SES 4096 (60 Credits)			

PT Programme of Study

- Year 1

Semester 1	Research Methods SES4030 (30 Credits)	Understanding People and Interaction SES 4018 (20 Credits)	Understanding and Enhancing Performance SES 4017 (20 Credits)
Semester 2		Wellbeing in Sport & Exercise SES 4016 (20 Credits)	

- Year 2

Semester 1	Dissertation (Research) SES 4096 (60 Credits)	Professional Placement SES 4013 (30 Credits)
Semester 2		
Semester 3		

12.2 Levels and modules

Level 7

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: SES4016 SES4017 SES4018 SES4013 SES4030 SES4096		SES4030 must be passed successfully before progressing onto SES4096 Professional placement must be taken in Y2 for PT students.

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)

Module level	Module code
Level 7	All modules

13. Curriculum map

See attached.

14. Information about assessment regulations

Regulations follow those set out in the Middlesex University Regulations document <http://www.mdx.ac.uk/about-us/policies/university-regulations>

All core and compulsory modules must be passed to gain the award.

15. Placement opportunities, requirements and support

Students will receive help with identifying a suitable placement, with any application if required. On placement, each student will be allocated a supervisor, who will be an employee at the placement. The supervisor will provide the student with learning opportunities, enabling students to achieve the learning outcome of the module. Each placement will be allocated a placement tutor, who will strive to ensure students gain the most educationally from the placement.

Placement opportunities exist in the following areas: Sports Clubs, University Sports Clubs, local sports development projects.

16. Future careers (if applicable)

Graduation from the programme could lead to students obtaining employment as in sport psychology roles, academia or other sport professions such as: performance lifestyle advising, athlete welfare manager, or performance coaching. This programme has been designed in line with BASES guidelines for MSc study. To become an accredited Sport Psychologist/Sport and Exercise Psychologist students will need to progress onto the BASES supervised experience scheme.

17. Particular support for learning (if applicable)

NA

18. JACS code (or other relevant coding system)

19. Relevant QAA subject benchmark group(s)

20. Reference points

Internal documentation:

- i. Middlesex University (2018) Guide and Regulations. London. MU.
- ii. Middlesex University (2013) Equality and diversity Policy. London. MU
- iii. Middlesex University (2018). Curriculum Design.

External Documentation:

- i. Standard for the Accreditation of Masters & Doctoral Programmes in Sport and Exercise Psychology (2017), The British Psychological Society
- ii. Quality Assurance Agency (2014) The Framework for Higher Qualifications of UK Degree-Awarding bodies (Qualifications Framework), London, QAA
- iii. Quality Assurance Agency (2008) QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism.
- iv. HEA (2010). Analysis of Academy Resources supporting the JISC Transforming Curriculum Design and Delivery Programmes Phase 1 &2.

21. Other information

NA

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Curriculum map for MSc Sport and Exercise Psychology

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge and understanding	
A1	Demonstrate the ability to appraise and evaluate evidence relating to cognitive processes in sport and / or exercise psychology.
A2	Critically evaluate a range of psychological skills and strategies of relevance to sport and / or exercise psychology.
A3	Demonstrate a critical understanding of evidence relating to developmental processes in sport and / or exercise psychology.
A4	Demonstrate a critical understanding of evidence relating to social processes in sport and / or exercise psychology.
A5	Demonstrate a critical understanding of evidence relating to participation in sport and / or exercise and wellbeing.
A6	Demonstrate a critical understanding of evidence relating to individual differences in sport and/or exercise psychology.
A7	Demonstrate the ability to conduct qualitative and quantitative research of relevance to sport and exercise psychology.
A8	Demonstrate knowledge and/or application professional competencies relevant to working in a range of sport and exercise settings.
Skills	
B1	Critically evaluate the current knowledge, theory and evidence base relevant to the discipline, and use this to underpin all work and activities.
B2	Identify and develop skills and capabilities relevant to progression of sport and exercise psychology practice.
B3	Use a range of techniques and research methods applicable to psychological enquiry.
B4	Apply relevant ethical, legal and professional practice frameworks, and maintain appropriate professional boundaries.
B5	Communicate effectively (verbally and non-verbally) with colleagues, research supervisors, and a wider audience.
B6	Critically reflect on and synthesise knowledge and experience to inform their developing professional identity as a trainee sport and exercise psychologist.
B7	Disseminate their work appropriately in a range of appropriate written and oral formats.

Programme outcomes														
A1	A2	A3	A4	A5	A6	A7	A8	B1	B2	B3	B4	B5	B6	B7
Highest level achieved by all graduates														
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7

Module Title	Module Code by Level															
		A1	A2	A3	A4	A5	A6	A7	A8	B1	B2	B3	B4	B5	B6	B7
Understanding People and Interaction	SES4018	X		X	X	X	X			X				X		
Wellbeing in Sport & Exercise	SES4016		X	X		X				X	X			X		
Understanding and Enhancing Performance	SES4017	X	X						X	X	X		X	X	X	
Research Methods	SES4030							X		X		X		X		X
Professional Placement	SES4013								X		X	X	X	X	X	
Dissertation (Research)	SES4096	X						X				X		X		X