



PART 1 – PROGRAMME SPECIFICATION		
1	Awarding institution	St Mary's University, Twickenham
2	Partner institution and location of teaching (if applicable)	N/A
3	Type of collaborative arrangement (if applicable)	N/A
4	Award title	BSc (Hons) Sport Psychology
5	Final award	BSc (Hons)
6	Interim award(s) with award titles (if specific titles have been designated)	Certificate of Higher Education (CertHE) Diploma of Higher Education (DipHE) Ordinary degree
7	Faculty and Institute/ Department with responsibility for the programme	<u>Faculty of Sport, Health & Applied Science</u> Department of Sport and Exercise Science
8	Language of study	English
9	Joint Honours combinations	N/A
10	UCAS code	C813
11	JACS code	C813
12	Professional, Statutory or Regulatory Body (PSRB) accreditation / recognition	The British Psychological Society - Accreditation for Graduate Membership of the Society
13	QAA subject benchmark or	QAA Subject Benchmark statements for Psychology and Sport Leisure and Tourism



	other relevant external reference point	Conforms to the SEEC Credit Level Descriptors for Higher Education (2016)
14	Normal completion time and maximum duration of study	Normal completion time: Full-time study: 3 years, 6 Semesters Part-time study: 6 years, 12 Semesters Maximum duration of study: 5 years full time (10 semesters) and 8 years part time (16 semesters)
15	Mode of study	Full time and part time
16	Mode of delivery	Face to face
17	Date approved and name of authorised body	Validation Panel meeting August 2019
18	Applies to students commencing study in (month/year)	September 2019
PART 2 – CURRICULUM SPECIFIC DETAILS		
19	Summary of the programme	<p>A sport psychology degree provides you with the understanding to optimise athletic performance and well-being by studying the psychology behind sport. You will explore key factors affecting sports performance, such as cognitive, social, developmental, and biological psychology, anxiety, self-confidence, motivation, stress, coping, concentration and sport injury.</p> <p>Why study sport psychology? We will teach you the key concepts and theories of sport psychology, as well as giving you a comprehensive grounding in all core areas of psychology.</p> <p>This course will provide you with a strong scientific understanding of the mind, brain, behaviour and experience, and the complex interactions between these elements.</p> <p>Why St Mary's? Our BSc Sport Psychology programme would be accredited by the <u>British Psychological Society</u> (<i>subject to approval</i>). Graduation through the accredited route means that you will be eligible for the Graduate Basis for Chartered Membership with the British Psychological Society.</p>



		<p>Our programme contains research informed teaching delivered by lecturers who are able to draw on their own research and expertise. You will also learn key transferable skills, enabling you to apply knowledge and undertake your own supervised research, exploring the impact of sport psychology across different contexts.</p> <p>With a smaller size year group than other universities, we can create a community environment where students are provided with support from staff and fellow students.</p> <p>Key facts</p> <p>Accredited by the British Psychological Society (subject to approval)</p> <p>Excellent sports facilities and laboratories</p> <p>Research active lecturers</p>
20	<p>Aims of the programme</p>	<p>The programme aims to:</p> <ul style="list-style-type: none"> • Develop a scientific understanding of the mind, brain, behaviour and experience, and of the complex interactions between these. • Foster critical evaluation of psychological principles at both a theoretical and applied understanding. • Advance understanding of applying theoretical principals to real-world examples of cognition and behaviour in sport psychology. • Develop an understanding of the role of empirical evidence in the creation and constraint of theory, and how theory guides the collection and interpretation of empirical data. • Include the acquisition and knowledge of a range of research skills and methods for investigating experience and behaviour within a sport context, culminating in an ability to conduct research independently. • Develop knowledge, leading to an ability to appreciate and critically evaluate theory, research findings, and applications. • Develop students' capacity to become reflective and autonomous learners that can function both individually and in group situations. • Enable students that graduate with a 2ii or above to apply for Graduate Basis of Registration with the BPS. • Provide the means for students to be able to enrol onto a BPS Accredited Applied Sport Psychology MSc. <p>On successful completion of the programme and in the wider context of their combined programme of study, students will have achieved the following outcomes:</p> <ul style="list-style-type: none"> • Developed the ability to appreciate multiple perspectives and approaches to sport psychology, recognising that sport psychology involves a range of research methods, theories, evidence and applications.



		<ul style="list-style-type: none"> • Be able to integrate ideas and findings across the multiple perspectives in sport psychology and recognise distinctive approaches to relevant issues. • Developed the ability to identify and evaluate general patterns in behaviour, psychological functioning and experience from a sporting perspective. • Developed an understanding of, and the ability to investigate, the role of brain function in all human behaviour and experience. • Developed the ability to generate and explore hypotheses and research questions drawing on relevant theory and research. • Undertaken and presented empirical studies using a variety of data collection methods and data analysis techniques. • Be able to employ evidence-based reasoning and examine practical, theoretical and ethical issues associated with the use of different methodologies, paradigms and methods of analysis in sport and psychology. • Be able to apply psychology and sport related knowledge ethically and safely to real-world problems. • Undertaken an extensive piece of independent research that requires the individual to demonstrate a range of research skills including planning, considering and resolving ethical issues, analysis and dissemination of findings. • Developed the ability to communicate effectively, present to groups, demonstrate numerical reasoning skills, recognise what is required for effective teamwork and take responsibility for their own learning and skill development. 												
21	Criteria for admission	<p>Entry requirements for the BSc Sport Psychology programme will be typically based on 112 points which must include a B and a C grade from A-levels (including one science subject, PE or psychology), vocational A-levels, or equivalent, including the 14–19 Diploma. Students must have a minimum of grade C GCSE Maths (or equivalent). Our offers are not solely based on academic results, we also take skills, achievements and life experience into consideration.</p>												
22	Scheduled learning time	<table border="1"> <thead> <tr> <th data-bbox="464 1675 807 1787">Type of learning time</th> <th data-bbox="807 1675 1038 1787">Number of hours</th> <th data-bbox="1038 1675 1331 1787">Expressed as %</th> </tr> </thead> <tbody> <tr> <td data-bbox="464 1787 807 1823">Contact time</td> <td data-bbox="807 1787 1038 1823">652</td> <td data-bbox="1038 1787 1331 1823">18.1%</td> </tr> <tr> <td data-bbox="464 1823 807 1935">Placement/work-based learning hours</td> <td data-bbox="807 1823 1038 1935">0</td> <td data-bbox="1038 1823 1331 1935">0%</td> </tr> <tr> <td data-bbox="464 1935 807 2004">Guided learning hours</td> <td data-bbox="807 1935 1038 2004">892</td> <td data-bbox="1038 1935 1331 2004">24.77%</td> </tr> </tbody> </table>	Type of learning time	Number of hours	Expressed as %	Contact time	652	18.1%	Placement/work-based learning hours	0	0%	Guided learning hours	892	24.77%
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23	Programme learning outcomes	<p>On successful completion of this programme, students will be able to demonstrate the following:</p> <p>Knowledge and understanding</p> <ol style="list-style-type: none"> 1. Informed and critical understanding of the scientific underpinnings of and multiple perspectives in sport psychology; and their historical origins, developments and limitations. 2. Demonstrate a systematic knowledge of a range of research paradigms, research methods, and measurement techniques including statistical analysis. 3. Recognition of the inherent variability and diversity of psychological functioning in a sporting context. 4. Good knowledge and critical understanding of a range of influences on psychological functioning, and how they are conceptualised across the core areas in psychology and sport. 5. Detailed knowledge of several specialised areas and/or applications, some of which are at the cutting edge of research in the discipline. <p>Cognitive skills:</p> <ol style="list-style-type: none"> 6. Reason scientifically and demonstrate the relationship between theory and evidence to make critical judgements about arguments in sport psychology. 7. Adopt multiple perspectives within both psychology and sport. 8. Detect meaningful patterns in behaviour and experience, and critically appraise and evaluate the effects of interventions on a participant 9. Pose and operationalise research questions. 10. Demonstrate competence in research skills through practical activities. 11. Reason statistically and demonstrate competence in a range of statistical methods. 12. Initiate, design, conduct and report an empirically-based research project under appropriate supervision. 13. Be aware of ethical principles (in all cases) and approval procedures (where appropriate) and demonstrate these in relation to personal study, particularly with regard to the research project and be aware of the ethical context of sport psychology as a discipline. 						
24	Programme structure and module requirements	FHEQ Level 4 Modules						



Code	Title	No. of credits	Module status (core, option)	Sem of delivery
PSY4011	Research Methods and Statistics I	20	Core	1
PSY4013	Introduction to Social and Developmental Psychology	20	Core	1
SPS4023	Introduction to Sport Psychology and Skill Acquisition	20	Core	1
PSY4012	Research Methods and Statistics II	20	Core	2
PSY4014	Introduction to Cognitive and Biological Psychology	20	Core	2
PSY4015	Everyday Psychology	20	Optional	2
SPS4011	Physiology of Exercise	20	Optional	2
SPS4041	Basic Biomechanics	20	Optional	2
SPS4052	Sport Performance	20	Optional	2
FHEQ Level 5 Modules				
Code	Title	No. of credits	Module status (core, option)	Sem of delivery
PSY5010	Qualitative Research Methods	20	Core	1
PSY5012	The Social Brain	20	Core	1
SPS5011	Physiology of Training	20	Optional	1
SPS5041	Sport Biomechanics	20	Optional	1



	SCS5023	Skill Acquisition I	20	Optional	1
	WPL5056	Contributing in the Community	20	Optional	1
	WPL5053 A	Experience and Employment in Sport	20	Optional	1
	WPL5031 A	Experience and Employment in Education	20	Optional	1
	PSY5011	Quantitative Research Methods and Statistics	20	Core	2
	PSY5013	The Developing Mind	20	Core	2
	SPS5021	Social Psychology of Sport	20	Core	2
FHEQ Level 6 Modules					
	Code	Title	No. of credits	Module status (core, option)	Sem of delivery
	PSY6030	Independent Project	40	Core	1 and 2
	PSY6031	Extended Literature Review	40	Core*	1 and 2
	SPS6083	Applied Sport Psychology	20	Core	1
	PSY6040	Psychology of Attention	20	Optional**	1
	PSY6035	Health Psychology	20	Optional	1
	PSY6039	Psychology of Intimate Relationships	20	Optional	1



		SPS6043	Experimental Biomechanics	20	Optional	1
		WPL6020	The Enterprising Workplace	20	Optional	1
		PSY6032	Applied Child Psychology	20	Optional **	2
		PSY6033	Psychology of Education	20	Optional	2
		PSY6038	Psychology of Ageing	20	Optional	2
		SCS6022	Skill Acquisition II	20	Optional	2
		SPS6012	Environmental Physiology	20	Optional	2
		WLP6010	Managing the Workplace	20	Optional	2
		<p>* Core for students who switch to Psychological Studies with Sport Science ** Students are required to pick either PSY6040 OR PSY6032 It should be noted that not all optional Level 6 options may be offered in any one year, as this will be dependent on student numbers.</p>				
25	Work placements or study abroad	<p>The programme has been designed to enhance student work-based learning throughout their studies. Students are given the opportunity to choose one of three work placement modules in level 5 to enable maximum opportunity for student uptake (contributing in the community; experience and employment in education; and experience and employment in sport). Additionally, there are two level 6 work placement options (the enterprising workplace; and managing the workplace). Again, there is one work placement module running in each semester to enable greater opportunity for students to choose this as an option.</p> <p>The rationale for these modules is to prepare students for the workplace by encouraging them to reflect on their own skills, abilities and qualifications in order to match these to suitable employment. It provides opportunity for increased career awareness through the exploration of values, lifestyle, preferences, skills, personalities and interest, and an exploration of the career opportunities available to them. Personal assessment combined with career exploration will assist the student in focusing his or her choice of job search. This will provide an opportunity</p>				



		for students to be able to gain a good understanding of the workplace and assist them in finding work/work experience.
26	Links to industry and employability	<p>Sport Psychology as a programme is keen to prepare its students for postgraduate studies, careers in psychology (or related fields) or careers elsewhere in the employment sector, in line with the University's view of employability. With regard to employability, St. Mary's University states that employability is "a set of attributes, skills and knowledge that graduates should possess to ensure they have the capability of being effective in the workplace – to the benefit of themselves, their employer, their community and the wider economy," and wider global society. The programme is committed to equipping students with the knowledge, skills and attributes to secure graduate level employment on completion of the programme. The wide range of transferable skills gained by doing a sport psychology degree allow for this. The programme's task is to prepare and make students aware of this by helping to develop and enhance their abilities and achievements, by expanding their interest and awareness of the employment sector and by helping them to understand the importance of vital key personal skills (e.g., communication) and attributes (e.g., punctuality). Students need to be aware of the contributions psychology makes across the sector and to the daily lives of people.</p> <p>We work closely with the Careers Services and with the Centre for Workplace Learning (CWL). Our students can enrol in several of the CWL modules which tap into a range of employment sectors. Student engagement with the CWL is not only about finding a work placement but also about developing the skills and qualities needed for employment, building confidence and understanding the range of employment opportunities open to sport psychology graduates. This is considered to strengthen the student experience as it will provide better understanding of industry. The new programme will include an option for students to take a work-based learning module from a range of possibilities (i.e., WPL5056, WPL5053A, WPL5031A, WPL6010, and WPL6020). This aims to develop students' experience around what it is like in the workplace as well as developing their understanding of how to enhance their skills within the workplace. In addition to subject skills and knowledge, graduates have numerous opportunities to develop skills in communication, numeracy, teamwork, critical thinking, computing, independent learning and many others, all of which are highly valued by employers.</p> <p>In addition to the work placement modules, guest speakers are invited to talk to the students regarding their professional work within industry. Guest speakers are invited from a range of psychology backgrounds, including sport psychology. This also includes St. Mary's alumni. This helps students to get first-hand information and advice about opportunities to become chartered practicing psychologists. Completion of the core modules throughout this three year degree would enable students to specialise in</p>



		<p>other psychology areas other than sport if they decide to take on further postgraduate study.</p> <p>During our induction week at the University, all undergraduate students will be informed about the BPS and the benefits of completing an accredited programme. That is, Graduate Basis for Chartered Membership (GBC) is an entry requirement for all accredited postgraduate training courses and is also required to work towards becoming a Chartered Psychologist. Students will also be informed about eligibility, in line with entry requirements for our MSc Applied Sport Psychology Degree (i.e., compulsory modules and minimum upper 2nd class honours), which is articulated on the university website. Finally, the students would be alerted to the benefits of BPS membership which include:</p> <ul style="list-style-type: none"> • Use of the designated graduate member title MBPsS • Help and support schools, colleges or higher education institutions by joining the Directory of Voluntary Careers Speakers, Create contacts and other networking opportunities by joining professional and membership groups 										
27	<p>Programme awards</p>	<p>This programme conforms to the University Academic Regulations.</p> <p>In order to qualify for the award of BSc (Hons) students must have successfully achieved 360 credits.</p> <p>The following programme specific regulations apply:</p> <p>This programme would be accredited by the British Psychological Society (BPS) (awaiting approval).</p> <p>FHEQ level 4 – Certificate of Higher Education in Sport Psychology. Students must acquire 120 credits at FHEQ level 4 in total. Students must achieve a minimum of 100 credits from the list of core modules listed below (must include Introduction to Sport Psychology and Skill Acquisition) and a minimum of 20 credits from the optional modules. Students successfully completing 120 credits at FHEQ level 4 from the modules listed below are eligible to be awarded a Certificate of Higher Education in Sport Psychology as an exit qualification.</p> <table border="1" data-bbox="464 1787 1458 1964"> <thead> <tr> <th data-bbox="464 1787 639 1964">Code</th> <th data-bbox="639 1787 1002 1964">Title</th> <th data-bbox="1002 1787 1155 1964">No. of credits</th> <th data-bbox="1155 1787 1305 1964">Module status (core, option)</th> <th data-bbox="1305 1787 1458 1964">Sem of delivery</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>	Code	Title	No. of credits	Module status (core, option)	Sem of delivery					
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		SPS4011	Physiology of Exercise	20	Optional	2
		SPS4041	Basic Biomechanics	20	Optional	2
		SPS4052	Sport Performance	20	Optional	2
<p>FHEQ level 5 – Diploma of Higher Education in Sport Psychology. Students must acquire 120 credits at FHEQ level 5. Students must achieve a minimum of 100 credits from the core modules listed below (must include Social Psychology of Sport) and a minimum of 20 credits from the optional modules. Students successfully completing 120 credits at FHEQ level 5 from the modules listed below are eligible to be awarded a Diploma of Higher Education in Sport Psychology as an exit qualification.</p>						
		Code	Title	No. of credits	Module status (core, option)	Sem of delivery
		PSY5010	Qualitative Research Methods	20	Core	1
		PSY5012	The Social Brain	20	Core	1
		SPS5011	Physiology of Training	20	Optional	1

SPS5041	Sport Biomechanics	20	Optional	1
SCS5023	Skill Acquisition I	20	Optional	1
WPL5056	Contributing in the Community	20	Optional	1
WPL5053 A	Experience and Employment in Sport	20	Optional	1
WPL5031 A	Experience and Employment in Education	20	Optional	1
PSY5011	Quantitative Research Methods and Statistics	20	Core	2
PSY5013	The Developing Mind	20	Core	2
SPS5021	Social Psychology of Sport	20	Core	2

FHEQ level 6 – BSc in Sport Psychology

Students must acquire 120 credits at FHEQ level 6. These credits must include a minimum of 100 credits from the modules listed below. These must include:

- The core 40 credit module Independent Project (PSY6030)
- The core 20 credit module Applied Sport Psychology (SPS6083)
- A minimum of 60 credits from the optional modules. Within these 60 credits students must take either Applied Child Psychology (PSY6032), OR Psychology of Attention (PSY6040).

Students successfully completing 120 credits at FHEQ level 6 in accordance with the module requirements for this programme are eligible to be awarded a BSc in Sport Psychology.

For students that do not wish to take the accredited route, there is also a non-accredited route. To do this students must take the module PSY6031 (Extended Literature Review) as a core module in place of PSY6030 (Independent Project). On successful completion of 120 credits at FHEQ level 6, with the appropriate credits, students are eligible to be awarded a BSc in Psychological Studies with Sport Science.



Code	Title	No. of credits	Module status (core, option)	Sem of delivery
PSY6030	Independent Project	40	Core	1 and 2
PSY6031	Extended Literature Review	40	Core*	1 and 2
SPS6083	Applied Sport Psychology	20	Core	1
PSY6040	Psychology of Attention	20	Optional **	1
PSY6035	Health Psychology	20	Optional	1
PSY6039	Psychology of Intimate Relationships	20	Optional	1
SPS6043	Experimental Biomechanics	20	Optional	1
WPL6020	The Enterprising Workplace	20	Optional	1
PSY6032	Applied Child Psychology	20	Optional **	2
PSY6033	Psychology of Education	20	Optional	2
PSY6038	Psychology of Ageing	20	Optional	2
SCS6022	Skill Acquisition II	20	Optional	2
SPS6012	Environmental Physiology	20	Optional	2
WLP6010	Managing the Workplace	20	Optional	2

* Core for students who switch to Psychological Studies with Sport Science

** Students are required to pick either PSY6040 OR PSY6032

It should be noted that not all optional Level 6 options may be offered in any one year, as this will be dependent on student numbers.



PART 3 – TEACHING, LEARNING & ASSESSMENT		
28	Programme teaching and learning strategies	<p>Teaching and learning strategies and methods</p> <ul style="list-style-type: none"> • Practical skills are promoted through individual, group and class activities. At Level 4 students are given detailed guidance to ensure that they have a firm grounding in the relevant skills, including an appreciation of ethical issues. At Levels 5 and 6 students are increasingly responsible for experimental and research design. <p>Personal and Enabling Skills:</p> <ul style="list-style-type: none"> • Communicate ideas and research findings, both effectively and fluently, by written, oral and visual means. • Comprehend and use numerical, statistical and other forms of data, particularly in the context of presenting and analysing complex data sets. • Be computer literate and confident in using word processing, database and statistical software. • Solve problems by clarifying questions, considering alternative solutions and evaluating outcomes. • Be aware of contextual and interpersonal factors in groups and teams. • Undertake self-directed study and project management, in order to meet desired objectives. • Recognise the need to assess their own skills and harness them for future learning. <p>Personal and enabling skills are promoted via the compulsory modules at Level 4 and developed through all the modules by encouraging skills in study, communication, data handling, and IT. Time management is developed across all assessments to ensure timely completion to meet deadlines. In addition, self-reflection is endorsed via engagement with assessment and tutor feedback and promotes student autonomy and independence in the learning experience.</p>
29	Programme assessment strategy	<p>Modules will be assessed through varied means. It is considered important to ensure that assessment is carried out in several ways to ensure students are being challenged across multiple formats. Typically, assessments will be in the form of a written assignment, i.e., essay, case study, written examinations, as well as via oral assessment, e.g., viva and poster presentations. Throughout the degree students will engage in assessed group work, i.e. group presentation, which is considered an essential skill within the workplace and industry. At Level 6, students are assessed in practical and research skills through their ability to independently design, implement and evaluate a research project.</p>



PART 4 – UNIVERSITY SUPPORT

30	Student support and guidance	<p>We have a dedicated Student Centre in the heart of the University. Our aim is to assist, guide and support students throughout their period of study. The Student Wellbeing Service provides personal 1-1 Counselling in addition to group workshops such as mindfulness. The Disability Service includes both physical disabilities and learning support such as Dyslexia. Mental Health Advisors and Mentors together with an on-site Health Centre. Our Student Life and Guidance Team includes; the Accommodation Services, Student Funding, Pastoral Care, Advice, and Guidance. Each student is allocated a Personal Tutor who can assist with any academic advice and support with any personal issues.</p> <p>The Careers Service provides in curriculum delivery and one to one support for all students and alumni of the university. They also offer CareerConnect, an online platform that allows you to be able to manage your own employability if you are off campus. They run employer engagement events throughout the academic year and an online jobs board for St Mary's students and alumni.</p> <p>The department of Learning and Teaching also offers academic guidance to students through its Learning Development Lecturers.</p>
31	Quality management arrangements	<p>This programme aligns with the quality assurance requirements of St Mary's University through the following processes:</p> <ul style="list-style-type: none">• Five yearly cycle of revalidation• Ongoing monitoring through the Programme Review process• Programme Boards• Consideration of marks and graduate profiles at Exam Boards• Engagement with programme student representatives• Engagement with approved external examiners