

Sport Psychology BSc (Hons)

UCAS Code: C891 | Duration: 3 years | Full-time | Hope Park | 2018/19

Accredited | International students can apply



Course Overview

Sport Psychology uses the rigour of science to investigate how people perceive the world, structure their thinking, solve problems and interact with others, set against the context of sport and exercise. Our Sport Psychology degree is firmly embedded in both the disciplines of Psychology and Sport & Exercise Science. This approach allows you to study important psychological theory and apply this to a variety of sport and exercise settings.

The curriculum contains high-level, research-informed teaching delivered by skilled lecturers, drawing on their own research and expertise. The degree is designed to deliver a tailored skills-based experience which is underpinned by a foundation in subject knowledge and research skills and experience. You will also learn key transferable skills, enabling you to apply knowledge and undertake your own research, exploring the impact of Sport Psychology across specialist populations and in different contexts.

You will be taught in our excellent research facilities, including labs for experiments in cognition and perception, an Eye tracker lab, an EEG lab, an fNIRS lab, observational and transcription labs.

Entry Requirements

The standard offer level is between BBB-BBC from A levels or DDM-DMM from BTEC, or 120-112 UCAS tariff points. In addition, you should have GCSE grade C/4 or above (or equivalent) in Mathematics.

Fees and Additional Costs

The tuition fees for 2018/19 are £9,250 for full-time undergraduate courses.

On top of your tuition fees, you need approximately £200 to cover the cost of any fieldtrips and to buy key textbooks. There is a small cost for student BPS membership, and once you graduate, there is a registration fee and annual fee thereafter for Graduate Membership – full details of costs can be found on the BPS website.

You will also need to consider the cost of your accommodation each year whilst you study at university. Visit our accommodation webpages for further details about our Halls of Residence: www.hope.ac.uk/halls

Accreditation

Our Single Honours degree is accredited by the British Psychological Society (BPS) and upon completion of your studies you will become eligible for Graduate Basis of Chartered Membership (GBC). This will give you access to the postgraduate training courses of the BPS and will be your first major step in becoming a professional psychologist.



LIVERPOOL
HOPE
UNIVERSITY

1844



The British
Psychological Society
Accredited

CONTACT

T: +44 (0)151 291 3000

E: enquiry@hope.ac.uk

www.hope.ac.uk

Sport Psychology BSc (Hons) Curriculum

Year One

Foundations of Sport Psychology

In your first year, you will gain a broad knowledge of the key themes that underpin sport psychology. You will study the psychology of sport and individual differences, and will look at the principles and practice in physical education. You explore the codification and history of sport, as well as the development of sport in the community.

Other topics studied include motor control and the development of skill learning, the self and society, interpersonal relationships, and perception and attention. You will study the history of psychology, the individual difference and impact on sporting performance, and the impact of sport on local and national identity.

Finally, you will gain an understanding on the brain and the central nervous system, and you will learn key research methods and analysis that will be useful in your following years of study.

Year Two

Explorations in Sport Psychology

Your second year deepens your knowledge of sporting education and values. You look at the implementation

of policy and practice, and the constructs and applications of sport psychology. You will learn about working in the sporting sector, as well as participation in sport health and wellbeing. You will also learn key theories of sport management and governance.

Other topics studied include learning and memory, brain-mind interactions, and language and communication. Finally, you will discuss social cognition and learn about group processes and dynamics.

Year Three

Advanced Studies in Sport Psychology

In your final year, you will study psychological skills training and psychophysiology. You will also look at preparation and applied sport performance, as well as mental health and wellbeing, and contemporary issues in sport psychology.

Other topics studied include moral development, intelligence, decision making and deductive reasoning, and problem solving. You will also complete a dissertation on a topic of your choice relating to sport psychology.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, seminars and tutorials. You also have the opportunity to have a one-to-one meeting with your tutor each week.

During your first year of study, there are approximately 12 teaching hours each week, which reduces to approximately 10 teaching hours in your second and third years. On top of teaching hours, you are also expected to spend a number of hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

ASSESSMENT AND FEEDBACK

Throughout your three years of study you will have a number of assessments, including written exams and essays. Reports, individual presentations and portfolios are also extensively used, together with assessments geared to laboratory work. In the final year, you complete a dissertation, carefully prepared for in the previous years.

You will be given written feedback on your assessments, and you will have the opportunity to discuss this with your tutor in more detail.



LIVERPOOL
HOPE
UNIVERSITY

1844



CONTACT

T: +44 (0)151 291 3000

E: enquiry@hope.ac.uk

www.hope.ac.uk