Faculty: Science
Department: School of Health Sciences
Campus Location: Hope Park
Entry Requirements: The standard offer level is between 260 - 300 UCAS points, including a minimum of two A/A2 Levels or equivalent. In addition, applicants must have GCSE Mathematics Grade C or above (or equivalent).
UCAS Code: C891
Duration: Three years
Year of Entry: 2016
Fees: The tuition fees for home and EU students for 2016/17 are £9,000 for full-time undergraduate courses.
Degree: BSc Single Honours
You may also be interested in...
- Psychology
- Sociology
- Sport and Exercise Science
- Sport and Physical Education
Contact Details:
Student Recruitment +44 (0) 151 291 3111
enquiry@hope.ac.uk
Sport Psychology employs 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. The course is firmly embedded in both the discipline of Psychology and Sports Science. This approach allows you to study seminal psychological theory and apply this to a variety of sport and exercise settings on a course accredited by the British Psychological Society. You will take an interdisciplinary approach to the study of Sport Psychology, preparing for work as a practitioner in elite sport, exercise, and broader community health settings. The curriculum contains high level, research-informed teaching delivered by skilled educators, drawing on their own research and applied expertise. The course 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. The curriculum is focused on the development and support of the students as individuals, and staff know our students by name, fostering an environment of mutual trust and respect. You will be supported in becoming an independent learner capable of questioning the world around you, with an emphasis on ethical issues relating to well-being, competition and research.

The teaching and learning on this programme is largely conducted in small groups, allowing the development of academic potential and fostering good relationships with members of staff. The clear route for personal development through this accredited learning opportunity underpins the distinctive mission and values of Liverpool Hope.
What you will study

In order to gain accreditation, core Psychology must be studied across all three levels. This includes topics such as perception, memory, language, decision making, cognition and emotion, taught from different perspectives of Psychology (such as social, cognitive, biological). Furthermore, you will learn the fundamentals of Sport and Physical Education through the study of human movement and skill acquisition, optimising sport and exercise performance, and exercise and health. You will progressively specialise in Sport and Exercise Psychology, studying professional and applied skills, underpinned by research based inquiry. This culminates in the completion of an individual dissertation, encompassing knowledge and research skills developed during the course and focusing on an area of particular interest in Sport and/or Exercise Psychology. For example, this has included ‘A comparison of the effects of image speed on the performance of six tests of physical fitness’ and ‘The effect of ageing on women’s body satisfaction, self-esteem and life satisfaction’.

Learning takes place via problem solving, group work projects and independent study, gaining particular experience of laboratory work.

Assessment will take a range of forms including laboratory reports, presentations, essays, examinations and the dissertation, enabling all students to learn and have the opportunity to experience success.

The course is accredited by the British Psychological Society (BPS). As such, successful completion of the course will give you a Graduate Basis for Chartered Membership of the BPS and access to postgraduate training courses for becoming a professional Sport and Exercise Psychologist.
Employability and Career Opportunities

The Sport Psychology degree programme represents the first step towards a professional career in Sport Psychology. As the course is accredited by the British Psychological Society, it allows graduates to apply for Graduate Basis for Chartered Membership (GBC). You will be supported during your course through tutor and self-directed learning, encouraging you to become self-aware, proactive and motivated in your academic and life goals.

You will have the opportunity to work with partners of the University, assisting in the development of your generic skills and the specific skills that will enhance your profile and ability to be successful in your chosen career path. Graduates of Sport Psychology go on to work as Sports Psychologists at professional sports teams, work on health-based exercise intervention programmes and wider community-based projects. Other career routes of graduates have included working as performance enhancement specialists and lifestyle consultants. Additionally, the course provides an excellent foundation for postgraduate study, especially for those who are interested in careers in teaching, research and academia. With their interest in working with people and their good research, problem-solving and communication skills, graduates of Sport Psychology are also well placed in many other areas such as health and social care, business, management and marketing.

For more information visit the BPS website http://careers.bps.org.uk/area/sportexercise

Postgraduate Opportunities

Many of our graduates are now considering furthering their studies at Liverpool Hope University by embarking on one of our MSc programmes:

- MSc Applied Exercise Physiology
- MSc Skills Acquisition and Human Movement
- MSc Sports Nutrition
- MSc Exercise and Ageing
- MSc Diabetes*

* Available from January 2016, subject to validation.
Why study this subject at Liverpool Hope?

The University has excellent research facilities including a dedicated Sport Psychology laboratory, a colour vision laboratory, an EEG laboratory, an eye movement laboratory and a laboratory for behavioural experiments in cognition and perception.

• The integrated nature of the curriculum complements the interdisciplinary nature of the subject and provides a rounded education, allowing ‘hands-on’ learning, with practical and laboratory sessions being underpinned by academic material

• Students are invited to attend the regular departmental research seminars with distinguished speakers from the UK and overseas

• Tutors develop strong relationships with students to enable them to actively develop and support students’ learning on an individual level. This, coupled with small class sizes, facilitates student participation and involvement

• You will work alongside staff who are internationally recognised for their research in areas such as imagery, visual search and flow

• The External Examiner report stated ‘The emphasis on preparing students for a career in Sport Psychology is highly innovative and praiseworthy, and clearly fills a gap in the market.’

• Students have the opportunity to study abroad for one or two semesters.
Amy Stewart

“Studying Sport Psychology at Hope has been an amazing learning experience. As a result of the course I feel that I am prepared to go into the world of work equipped with the skills and knowledge required to progress within this field. The lecturers are approachable, helpful and friendly, and the course is well developed to enable success.”

Luke Madden

“My time at Liverpool Hope University studying Sport Psychology was a very positive experience incorporating both practical and theory lessons. It identified key concepts within the field of Sport Psychology and it has prepared me for further study. At present I have completed a PhD proposal and I am looking to commence in September. I personally do not feel it would have been possible without the professionalism and experience of Liverpool Hope’s Sport Psychology staff members. I found that each and every staff member within the Department was dedicated to their field and endeavoured to gain the best out of their students.”
Dr Caroline Wakefield
Senior Lecturer in Sport and Exercise Psychology

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Dr Wakefield received her first degree from the University of Liverpool in 2003. Following this, she studied for a Postgraduate Certificate in Education at (what was then known as) University College Chester, focusing specifically on Physical Education. Continuing in academia, Dr Wakefield was then awarded a PhD from the University of Liverpool in 2007, entitled ‘The effect of PETTLEP-based imagery interventions on motor performance’. The work stemming from this PhD has been published in internationally peer-reviewed journals.

Since joining Liverpool Hope, she has also successfully completed a Postgraduate Certificate in Learning and Teaching in Higher Education. Dr Wakefield’s major research interest focuses on the use of imagery in improving the performance of sport skills, specifically that relating to the PETTLEP model of motor imagery. Dr Wakefield also has an ongoing interest in research areas such as body image, the psychology of weight loss, and exercise dependence. She has presented her work at a number of major sport psychology conferences, including those held by the International Society of Sport Psychology, European College of Sport Sciences, Association for Applied Sport Psychology, and the British Psychological Society. Dr Wakefield also serves as a reviewer on behalf of several sport psychology journals, including: The Sport Psychologist and International Journal of Sport and Exercise Psychology. Following her PhD, she has held positions teaching sport and exercise psychology at the University of Chester and the University of Lincoln. She has also worked as a Visiting Lecturer at the University of Bolton and Manchester Metropolitan University. Dr Wakefield joined Liverpool Hope University in September 2009.

Recent Publications:


Dr Stefan Koehn  
Lecturer in Sport and Exercise Psychology  
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Dr Koehn received his PhD from Victoria University, Melbourne, Australia, entitled ‘Propensity and Attainment of Flow State’ (2007). The dissertation consisted of three interconnected studies that focused on (a) main antecedents of flow in competition, (b) interactions between antecedents and self-paced and externally-paced performance situations and flow, and (c) an intervention programme to increase flow and performance in tennis competition. All studies have been published in major sport psychology journals, such as the Journal of Applied Sport Psychology, Psychology of Sport and Exercise, or The Sport Psychologist. Dr Koehn continued work in Australia as a Post Doctoral Research Fellow at Central Queensland University (2007-2010), before starting a post as Research Officer with Bath University (2010-2011), and Teaching Fellow at Abertay University (2011-2013). During his time working in the UK, Dr Koehn completed a Postgraduate Certificate in Higher Education Training, and was awarded Fellow of the Higher Education Academy (FHEA). Since 2013, he is an accredited sport and exercise scientist with BASES and a Chartered Scientist. In recent years he has been approached to

Recent Publications:

Simon Kawycz
Lecturer in Sport and Exercise Psychology

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Simon currently contributes to all undergraduate levels of teaching on the Sport and PE, Sport Psychology and Sport and Exercise Sciences degree programmes. Simon has past experience of teaching on related courses at Masters Level in international locations such as the UAE and on Postgraduate Certificate courses at other universities as a guest lecturer. Simon’s research interests are in attributions, social identity, social support and performance development. He has also worked in a consultancy role with a number of different athletes, coaches and teams within sport and outside of sport; delivering a range of sport and exercise psychological interventions and principles on a one to one basis and in workshops to teams/groups. Those who Simon has worked with include: England RFU: U15 - U18, Brooklands/Poynton Ladies Hockey Club, Saracens RFC, Chester Swimming Club athletes, Liverpool Harriers Triple Jumpers, Bank of America/Nuffield Proactive Health, Chester Hockey Club, Connect Physical Health: London. Other Sports include: Football, Golf, and Thai Boxing.

Recent Publications/Conference Presentations:


Dr Wood joined Liverpool Hope University as a Lecturer in Sport and Exercise Psychology in 2013. Prior to this he completed a PhD and Post Doctoral position at the University of Exeter. Dr Wood’s PhD research was focused on the visuomotor control of football penalty takers, how this might be disrupted by anxiety and distractions and how quiet eye training regimes might improve both visuomotor and psychological control. Broadly speaking his research examines the attentional processes underlying the learning and skilled performance of visually guided movement tasks with an emphasis on how these may break down under pressure. His current research projects include exploring the visuomotor control of children and adults with Dyspraxia/Developmental Co-ordination Disorder (DCD), exploring the influence of illusions on the planning and control of motor actions, embodied perception in sport, working memory capacity as executive attention and understanding the attentional mechanisms behind ‘choking’ under pressure.

Recent Publications:


