

Sport Psychology BSc (Hons)

UCAS Code: C891 | Duration: 3 years | Full-time | Hope Park | 2025/2026

Accredited | Placement year opportunities available



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.

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 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. You are supported by your lecturers to become an independent learner capable of questioning the world around you, with an emphasis on ethical issues relating to wellbeing, competition and research.

Entry Requirements

This course follows the standard University entry requirements. Please see the website for further information.

Fees and Additional Costs

The tuition fees for 2025/2026 are £9,535 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

Many students find it useful to have a laptop during their studies. Any laptop will be fine; however, we do not recommend a Chromebook as this does not support some of the psychology-specific software that you will need in your degree.

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.



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the british
psychological society
accredited

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Curriculum

Year One

Introduction to Sports Psychology

In the first year you will explore What is Psychology to develop an understanding of the historical and conceptual issues related to psychology as a scientific discipline. Here you will learn how to ask questions and consider whether humans are more than a set of psychological processes. Following this, we move to Individual and Group Perspectives that develops an awareness of social psychology, personality, and individual differences. You will study topics such as conflict, attitudes, altruism and prosocial behaviour, and discrimination. You will also study Research Design and Analysis, engaging in research and developing key skills around ethical issues, research design, and methods of analysis.

You will gain a broad knowledge of the key themes that underpin sport psychology, studying the psychology of sport, sport sociology, coaching and teaching, motor behaviour, and sport management.

Year Two

Explorations in Sports Psychology

The second year focuses on cognitive and developmental psychology, and continues the training provided in research design and analysis. In Vision and Cognition, you will study topics such as visual perception, memory, attention, and language, and in Developmental Psychology you will cover topics such as maturational changes, biological factors in development, and emotional influences through the lifespan. Research Design and Analysis 2 introduces more complex research designs in quantitative psychology and also covers qualitative methods (e.g., observation, thematic analysis) and mixed methods approaches to research. Integral to this is the increased critical awareness of the role of ethics in research.

You will broaden your knowledge of sport psychology by covering themes centred on health and wellbeing and their impact on sport performance, participation, and psychological wellbeing. These include theories of exercise behaviour, body image, and motivation/barriers to exercise.

Year Three

Advanced Studies in Sport Psychology

The final year examines psychological functioning at a biological and cellular level in Biological Psychology and relates this back to societal and individual issues covered in years one and two. The topics covered include brain plasticity, reward circuits, and neuroscientific methods. In Motivation and Emotion, you learn about the principles and processes associated with motivational goals, such as growth mindsets, social-emotional intelligence, and aggression. You also have the opportunity to explore Future Challenges for Psychology, critically reflecting on the future of the discipline and the challenges (and opportunities) associated with identity and wellbeing, an aging population, increased globalisation, and a warming world.

In the final year all students on the BSc Sports Psychology programme complete an independent empirical research project, the Dissertation. Here you will explore in-depth an area that you are passionate about and you will be supervised by a lecturer in Sports Psychology. A series of lectures and workshops support the dissertation, helping to further develop the skills needed to conduct an independent research project.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, seminars of smaller groups of around 15-20 students, and tutorials which typically have no more than 10 students.

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

You will complete a number of formative and summative assessments both individually and working in groups. This includes written exams, essays, reports, portfolios, presentations, and assessed laboratory work. In the final year all students complete an individual empirical research project (dissertation).

Written feedback is provided for all coursework, along with the opportunity to discuss this in more detail with your tutor.



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