

Programme Specification for Postgraduate Programme Leading to: MSc Sport and Exercise Psychology

Applicable for all postgraduate students starting on or after 1st September 2022

Version No.	Date	Notes – QA USE ONLY	QA
1	July-22	2022/23 version of programme spec created with no changes	RJC

Postgraduate Taught Programme	
1. Awarding institution	Brunel University London
2. Teaching institution(s)	Brunel University London
3. Home college/department/division	College of Health, Medicine and Life Sciences / Department of Life Sciences / Sport, Health and Exercise Sciences
4. Contributing college/department/division/associated institution	N/A
5. Programme accredited by	British Psychological Society
6. Final award(s) and FHEQ Level of Award	MSc Sport and Exercise Psychology [FHEQ level 7]
7. Programme title	MSc Sport and Exercise Psychology
8. Programme type (single honours/joint)	N/A
9. Normal length of programme (in months) for each mode of study	FT: 1 year (12 months); PT: 2 years (24 months)
10. Maximum period of registration for each mode of study	Normal or standard duration plus 2 years
11. Variation(s) to September start	N/A
12. Modes of study	FT, PT
13. Modes of delivery	Standard
14. Intermediate awards and titles and FHEQ Level of Award	PGDip in Sport and Exercise Psychology [FHEQ level 7] PGCert in Sport and Exercise Psychology [FHEQ level 7]
15. UCAS Code	N/A
16. JACS Code	C600
17. Route Code	C600PSPRTEXP
18. Relevant subject benchmark statements and other external and internal reference points used to inform programme design	<p>QAA UK Quality Code for Higher Education which includes the English Framework for Higher Education Qualifications within Part A on Setting and Maintaining Academic Standards</p> <p>Most Recent QAA Subject Benchmark Statement: there are currently no relevant subject benchmark statements.</p> <p>British Psychological Society Accreditation Through Partnership Handbook 2015</p> <p>Brunel 2030</p>
19. Admission Requirements	<p>Details of entry requirements are provided on the University's and College website:</p> <p>http://www.brunel.ac.uk/courses/postgraduate/sport-and-exercise-</p>

	psychology-msc
20. Other relevant information (e.g. study abroad, additional information on placements)	Attendance will be monitored to ensure that students attend more than 80% of sessions, as per the requirements of the British Psychological Society. To commence Stage 2 training, graduates must have the Graduate Basis for Chartered Membership of the British Psychological Society (GBC). If not obtained by virtue of their first degree they must successfully complete a BPS-accredited conversion course.
21. Programme regulations not specified in Senate Regulation 3. Any departure from regulations specified in Senate Regulation 3 must be stated here and approved by Senate.	NA
22. Further information about the programme is available from the College website.	http://www.brunel.ac.uk/courses/postgraduate/sport-and-exercise-psychology-msc

23. EDUCATIONAL AIMS OF THE PROGRAMME

The programme aims to:

1. Provide students with a coherent programme of study, consistent with the accreditation criteria specified by DSEPTC, which prepares them for Stage 2 of training for becoming a BPS Chartered Sport and Exercise Psychologist.
2. Extend students' knowledge and understanding in the field of Sport and Exercise Psychology.
3. Provide students with a range of learning experiences designed to enhance critical analysis and independence of thought.
4. Provide students with grounding in research methods and data analysis that prepares them for higher research-related degrees (e.g., PhD).

24. PROGRAMME AND INTERMEDIATE LEARNING OUTCOMES

The programme provides opportunities for students to develop and demonstrate knowledge and understanding (K) cognitive (thinking) skills (C) and other skills and attributes (S) in the following areas:

FHEQ Level	Category (K = knowledge and understanding, C = cognitive (thinking) skills, S = other skills and attributes)	Learning Outcome	Masters Award Only	Associated Assessment Blocks Code(s)	Associated Study Blocks Code(s)	Associated Modular Blocks Code(s)
7	K	Demonstrate conceptual understanding that enables them to critically evaluate current research and advanced scholarship in the field of Sport and Exercise Psychology.				SP5503 SP5508 SP5xxx SP5521 SP5522 SP5524 SP5530 SP5535
	K	Demonstrate a systematic understanding of knowledge that enables them to critically discuss the implications of research and theory for				SP5503 SP5508 SP5xxx SP5521 SP5522

Masters

		applied practice.				SP5524 SP5530 SP5535
	K	Demonstrate the ability to design, conduct, and analyse a research dissertation that has a clear theoretical rationale.				SP5530
	K	Demonstrate a comprehensive understanding that enables them to compare and contrast different theoretical frameworks underpinning applied practice.				SP5503 SP5508 SP5xxx SP5521 SP5524 SP5530 SP5535
	K	Demonstrate a comprehensive understanding of basic techniques for enhancing psychological skills in sport and exercise settings.				SP5521 SP5524 SP5535
	K	Demonstrate a comprehensive understanding of research methods applicable to their own area of research or advanced scholarship.				SP5508 SP5530
	C	Make an informed decision as to which type of methodology to employ to answer a particular research question.				SP5508 SP5530
	C	Deal with complex issues both systematically and creatively in order to make well-structured, reasoned arguments, supported by relevant evidence.				SP5503 SP5508 SP5xxx SP5521 SP5522 SP5524 SP5530 SP5535
	C	Demonstrate self-direction in planning and undertaking an autonomous piece of work.				SP5508 SP5521 SP5522 SP5530 SP5535
	S	Demonstrate analytical and methodological skills.				SP5508 SP5521 SP5522 SP5524 SP5530 SP5535
	S	Communicate ideas effectively via different media.				SP5503 SP5508 SP5xxx SP5521 SP5522 SP5524 SP5530 SP5535
	S	Demonstrate independence and organisational skills when working on a research project.				SP5508 SP5522 SP5530 SP5535
	S	Demonstrate practitioner				SP5xxx

		awareness within a needs analysis context.				SP5521 SP5522 SP5524
Learning/teaching strategies and methods to enable learning outcomes to be achieved, including formative assessments						
Knowledge and Understanding						
Knowledge and understanding are developed through lectures and seminars, supported by directed independent study (e.g., selected journal articles and book chapters), group discussions, debate, individual tutorials and coursework assignments.						
Cognitive (thinking) Skills						
Cognitive (thinking) skills are developed through seminars (e.g., research seminars), workshops (e.g., on research methods and data analysis), and practical problem solving activities (e.g., lab-based tasks)						
Other Skills and Attributes						
Practical, professional and transferable skills are developed through role-play, workshops, oral presentations, and through working with an individual tutor throughout the dissertation.						
Summative assessment strategies and methods to enable learning outcomes to be demonstrated.						
Knowledge and Understanding						
Methods of formative assessment include optional self-tests (e.g., available through u-Link), tutor feedback during in-class activities (e.g., discussions), and tutor feedback and discussion during individual tutorials.						
Methods of summative assessment include seen and unseen written examinations and coursework assignments (e.g., essay, poster presentation, oral presentation).						
Cognitive (thinking) Skills						
Methods of formative assessment include tutor feedback during discussions, workshops and problem solving activities.						
Methods of summative assessment include seen and unseen written examinations and coursework assignments (e.g., essay, poster presentation, oral presentation).						
Other Skills and Attributes						
Methods of formative assessment include tutor feedback during role-play, workshop activities, and individual tutorials.						
Methods of summative assessment include written coursework assessments (e.g., essay and case study report), seen and unseen written examinations, oral presentation, and poster presentation.						

25. Programme Structure, progression and award requirements

Programme structures and features: levels, assessment blocks, credit and progression and award requirements

- **Compulsory block:** one which all students registered for the award are required to take as part of their programme of study. These will be listed in the left hand column;
- **Optional block:** one which students choose from an 'option range'. These will be listed in the right hand column;
- A **core assessment** is an assessment identified within an assessment block or modular block (either

compulsory or optional) which must be passed (at grade C- or better) in order to be eligible to progress and to be eligible for the final award. All core assessments must be specified on the programme specification next to the appropriate assessment or modular block:

Where students are expected to pass the block at C- or better, but not necessarily all elements, then the block itself is core.

e.g. AB5500 Project (40)
Core: Block

Where only some elements of assessments are required to be passed at C- or better, these will be identified by listing each element that is core

e.g. ABXXX1 Title (XX credits)
Core: 1 & 4

Where students are expected to pass all assessments in a block then this will be identified. By setting the assessment this way, students are also required to pass the block by default. This will be identified thus:

e.g. ABXXXX Title (XX credits)
Core: All, Block

- A **non-core assessment** does not have to be passed at grade C- or better, but must D- or better in order to be eligible for the final award.

FHEQ Level 7	
Compulsory assessment block codes, titles and credit	Optional assessment block codes, titles and credits
Compulsory study block codes, titles and credit volume	Optional Study block codes, titles and credit volume
Compulsory modular block codes, titles and credits SP5508 Research Methods and Data Analysis 45 credits SP5530 MSc Dissertation (Core) 60 credits SP5521 Individual Differences in Sport and Exercise 15 credits SP5522 Research and Application in the Psychology of Sports Performance 15 credits SP5524 Psychological Skills for Practitioners 15 credits SP5535 Social Processes in Exercise and Sport 15 credits	Optional modular block codes, titles and credits SP5503 Professional Development 15 credits OR SP5602 Mental Health and Wellbeing in Elite Sport Performance Lifestyle 15 credits

FHEQ Level 7 Progression and Award Requirements

As per [Senate Regulation 3](#)

PGDip may not be awarded by substitution of the dissertation (SP5530) for modular/assessment blocks in the taught part of the programme.

Please note: this specification provides a concise summary of the main features of the programme and the learning outcomes that a student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods can be found in the modular block, assessment and study block outlines and other programme and block information. The accuracy of the information contained in this document is reviewed by the University from time to time and whenever a modification occurs.