

Changes to previous information

During the global COVID-19 pandemic, we prioritised the health, wellbeing and safety of our students and staff.

As we start the new academic year, your health, wellbeing and safety remains our top priority. This means when we return to our campuses and buildings in September 2020 social distancing and other health and safety measures will be in place. This is to help keep you, and others around you, safe. We will respond to the requirements of vulnerable students regarding their personal safety on an individual basis.

We remain committed to delivering an outstanding education and student experience both on campus and online. Like most universities, we'll be providing a mix of on-site face-to-face and digital learning and teaching. The exact mix will vary between courses and course modules taking into account teaching requirements and other considerations such as meeting the safety of vulnerable staff.

It is important to emphasise that a face-to-face, on-site experience will be delivered within the Government and Public Health England guidance and providing there are no serious unforeseeable public health issues that result in the Government introducing further lockdown measures.

Our response to the pandemic means we may have made changes to your course. This is to take account of these important health and safety measures.

We ask you to read the information provided about course changes carefully. We detail what we include in our online prospectus and explain what has changed.

You should read our statement of changes alongside any information provided in videos, at open days or in other promotional materials. This is because the information may also have been affected by the changes we had to make. We are providing this information so you can make an informed choice about whether the course remains suitable for you.

When you register for your course, you will be asked to confirm you have read about our changes and you agree to them. It means that by choosing to continue with your application, and register with us, you accept these changes and are happy to study your course with us.

We really look forward to seeing you in the next academic year. In the meantime, if you want to find out more about University life from this September, and being part of our supportive and welcoming community, please visit our [September 2020 web pages](#).

	Current published course related information	Changes to previous information
Course title	Sport and Exercise Psychology	
Award level	BSc – Combined honours only	
How do you want to study?		
Start Date	September 2020 & September 2021	
Modes of study	Full-time	
Duration	3 years full-time	
UCAS code	See combinations	
Location	Canterbury	
Partner institution	N/A	
Available with a Foundation Year	Yes	
Overview		
	<p>Your chance to explore the science between sport, exercise and psychology starts here.</p> <p>This course offers you the chance to study psychology and how it applies to sport and exercise in combination with another subject of your choice.</p> <p>Guided by a dedicated team of research-active staff, you'll explore a range of themes and relate them to the unique environments of sport and exercise. You'll also be able to explore the application of these themes in real situations, in an attempt to explain, predict and modify human behaviour.</p>	
Why study Sport and Exercise Psychology?		
	<p>Sports psychology plays a key role in enhancing sports performance. It focuses on the mental qualities, such as concentration, confidence, emotional control and commitment, that are essential for successful performance.</p> <p>On our course, you'll study a wide range of psychological concepts, for example, the intricacies of thoughts and cognitions, and the power of emotion. You'll explore the importance of these concepts in understanding, explaining and, in some circumstances, predicting or modifying</p>	<p>Practical engagement may take the form of both physical and digital sessions. Access to equipment may depend upon restrictions associated with CV-19.</p>

	<p>human behaviour in a variety of situations, particularly those related to sport, exercise and physical activity.</p> <p>As you immerse yourself in the course, you'll develop practical, analytical and research skills, so that you can understand how psychology is applied in sport and exercise. For example, you'll study a module about the psychology of sport, exercise and skill acquisition and you'll examine how these factors are applied to real sporting or exercise situations.</p> <p>We offer excellent resources in our dedicated labs, so you can carry out research and apply yourself using specialist equipment including: eye tracker technology; brain imaging equipment (EEG); reaction timers; gas analysis systems; cardiac screening equipment; 3D imaging; isokinetic and balance dynamometry; sprint timing systems and other sport/exercise related equipment (treadmills and weights, for example).</p> <p>During the course, you'll have a 'consultancy' and 'research' informed experience whereby you'll participate activities linked to our consultancy unit, the 'SportsLab', which provides scientific services for sports people. You'll also have opportunities for paid employment working for SportsLab.</p> <p>You'll be taught by a passionate, research active team of academics and supported by specialist technical staff.</p> <p>Throughout the course, you'll develop transferable skills that will prepare you for employment. From team working and effective communication to research and organisational skills, you'll be building in confidence and ability all the time, so that by the time you graduate you're fully prepared to follow your career aspirations.</p> <p>We have been offering sport and exercise science courses for over 35 years, making us one of the longest standing sport and</p>	
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	exercise science providers in the UK. In addition, we are the number one Research Institution for the Sport and Exercise Sciences in Kent (REF 2014).	
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Entry requirements	A typical offer would be 88-112 UCAS Tariff points	
About the course		
	<p>You'll learn about a number of psychological themes and how they relate to the unique environments of sport and exercise. The themes and typical questions you'll explore include:</p> <p>The Psychology of the Individual: Is there a 'psychological profile' that predicts athletic success?</p> <p>Social Psychology: How does our social environment influence the way we think, feel and act?</p> <p>Motor Skill Acquisition and Coaching: How could a coach enhance a goalkeeper's perceptual anticipation of a penalty?</p> <p>Health and Physical Activity: If regular exercise makes people happier and healthier, why do so few people actually do it?</p> <p>You'll explore these themes using research and study skills where you'll analyse methods and procedures used to explore issues of a psychological nature in the physical domain. As a combined honours student, you'll have the flexibility to study more or less of these themes, depending on what and how you chose to study in your other subject.</p> <p>By examining the theoretical, applied and practical literature underpinning each of these themes, you'll be able to develop your descriptive, investigative and critical thinking skills.</p>	
<p>Module information</p> <p>Please note that the list of optional modules and their availability may be subject to change. We continually review and where appropriate, revise the range of modules on offer to reflect changes in the subject and ensure the best student experience. Modules will vary when studied in combination with another subject.</p>		
Core year 1		
	<p>Psychology of Sport, Exercise and Skill Acquisition Core module - (20 Credits)</p> <p>The aim of this module is to provide you</p>	

	<p>with an introduction to the fundamental psychology that underpins our understanding of human behaviour and learning in sport and exercise settings. You will examine central concepts, such as personality, attributions, aggression, motivation, arousal, anxiety and stress, with reference to behaviour in the sport, exercise and the physical activity setting. You will also explore the nature and development of groups, and the influence of group dynamics on individual behaviour, along with cognitive processes involved in skill acquisition and performance, and the relationships between exercise participation and health and well-being.</p>	
	<p>Key Studies in Sport and Exercise Psychology Core module - (20 Credits)</p> <p>In this module, you'll learn about research methods in sport and exercise psychology. Through a combination of lectures, seminars and practical experiences, you will explore the strengths and limitations of different methodological approaches to examining psychological and behavioural processes in sport and exercise. Learning to analyse and interpret both qualitative and quantitative data will also strengthen your appreciation of the research process from inception to dissemination.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
<p>Optional year 1</p>		
	<p>Contemporary Themes in Sport and Exercise Psychology Optional module - (20 Credits)</p> <p>In this module, you'll explore and examine contemporary issues in sport and exercise psychology, and critically apply them to a wide range of scenarios. Within seminars, our students are currently presenting and explaining an observed behaviour that may relate to psychologically relevant topics such as confidence, motivation and aggression. The module focuses on contentious aspects of psychological theories and encourages you to reflect on your own perspective in relation to such issues.</p>	
	<p>Orientation to Higher Education and</p>	

	<p>Research in the Sport and Exercise Sciences Optional module - (20 Credits)</p> <p>The aim of this module is to facilitate a smooth transition into higher education by building on your pre-existing skills, enabling you to become more independent and self-managed in your approach to study, learning and time management.</p> <p>You'll develop skills and techniques used in the study of sport and exercise, and you'll explore research in the sport and exercise sciences to help you develop a scientific approach to your studies.</p>	
Core year 2		
	<p>Sport Psychology Core module - (20 Credits)</p> <p>In this module, you'll examine a range of factors that influence the competitive sport performance of both individual athletes and teams. This could include psychological phenomena, such as individual motivation, and confidence and anxiety; it could also include social psychological processes, such as group motivation and cohesion, the nature of the group environment and the components of effective leadership.</p>	
	<p>Psychology of Exercise and Health Core module - (20 Credits)</p> <p>In this module, you'll investigate a number of the psychological factors that are associated with the adoption of and adherence to active lifestyles. You'll look specifically at the cognitive and affective consequences of participation in exercise programmes, and the impact of these on health and wellbeing. An additional topic that is currently being explored is the motivational effects of music in exercise settings.</p>	
Optional year 2		
	<p>Skill Acquisition Optional module - (20 Credits)</p> <p>There are many roles within the sport sector which require well-qualified people to teach, develop and enable others to</p>	

	<p>successfully execute skilled movements. This module offers you insight into some of the factors that influence the acquisition and performance of perceptual and motor skills in sport. You will develop an understanding of selected cognitive and ecological methodologies to skilled performance. These theoretical approaches to skill acquisition will be used to critique the design and organisation of current coaching practice.</p>	
	<p>Research Methods and Career Skills Development Optional module - (20 Credits)</p> <p>You will explore alternative approaches to research within the sport and exercise sciences, and the philosophies and practices associated with each. You'll analyse the research process from conceptualisation through to presentation and you will develop an understanding of how to design research, collect, analyse and interpret data, and present research in an appropriate manner. You'll develop your ability to critically evaluate and conduct research in sport and exercise science, which will help to prepare you for your final year of study.</p>	
Core year 3		
	<p>Applied Sport Psychology Core module - (20 Credits)</p> <p>In this module, you'll undertake an in-depth study of a particular topic in the sport and exercise sciences. You will use the knowledge and skills developed earlier in the course to design, carry out, analyse and write up an individual research project. Throughout the module, you will benefit from supervision from a member of the academic staff with teaching responsibilities and/or research interests in the your area of study.</p>	
	<p>Sport and Exercise Psychology in Critical Perspective Core module - (20 Credits)</p> <p>In this module, you'll explore a range of topics and issues central to psychology, from a critical standpoint. This will help you</p>	

	to understand the sceptical and scientific approach to the nature of psychology applied to sport, exercise and the physical domain.	
Optional year 3		
	<p>Applied Exercise and Health Psychology Optional module - (20 Credits)</p> <p>In this module, you'll investigate the processes involved in developing, delivering and evaluating a sport psychology intervention. You'll develop your understanding of the practical techniques and processes commonly used by sport psychologists, and you'll learn about the perils and promise of applied sport psychology.</p>	
	<p>Psychology of Sport Coaching Optional module - (20 Credits)</p> <p>You'll examine the processes and principles of coaching both adults and children in sport. You will gain significant theoretical and practical experience of different approaches to coaching practice and the application of coaching ideologies in a variety of sports. The module probes coaching research and current issues in coach behaviour, currently including such topics as the coach--athlete relationship, coaching styles, modes of communication, and motivational climates.</p>	<p>Practical engagement may take the form of both physical and digital sessions.</p>
	<p>EITHER Individual Research Project OR Applied Research Study</p> <p>You'll have the opportunity to undertake an in-depth study of a particular topic or issue related to themes in sport and exercise psychology. You will be able to build on the knowledge, understanding and skills you've developed throughout the course and further explore the use of quantitative and/or qualitative research methodologies.</p>	

How you'll learn

<p>Teaching</p>	<p>You will be taught through a combination of real and virtual lectures, seminars, practical sessions, labs, workshops and tutorials.</p> <p>Seminars and tutorials in smaller groups will enable you to discuss and develop your understanding of topics covered in lectures and other sessions. In addition, you will meet with your personal academic tutor on a regular basis.</p> <p>All courses are informed by the University's Learning and Teaching Strategy 2015-2022.</p>	<p><i>All programmes will be designed to accommodate blended learning approaches ensuring the learning design purposefully, thoughtfully and effectively integrates on-site face-to-face and digital learning opportunities, informed and driven by student needs.</i></p> <p><i>All lectures will be delivered digitally, (small) interactive lectures may be accommodated on campus (subject to availability).</i></p> <p><i>Contact hours are defined as hours in which a student interacts through thoughtfully structured activity to include:</i></p> <ul style="list-style-type: none"> <i>· On-site face-to-face teaching</i> <i>· Synchronous live digital teaching</i> <i>· Asynchronous digital activities as part of structured learning (for example, running a discussion activity regarding an aspect of the current topic through Blackboard Collaborate, Padlet or Blackboard Discussion Boards). A pre-recorded lecture presentation can also be included in this definition provided it is part of a broader structured activity.</i> <p>Meetings can take place with academic tutors both face to face and or virtually depending upon student preference.</p>
<p>Independent study</p>	<p>When not attending lectures, seminars, workshops or other timetabled sessions you will continue learning through self-study.</p>	

	<p>Typically, this involves reading journal articles and books, undertaking research in the library, working on projects, and preparing for workshops, seminars, coursework and examinations.</p> <p>Each module tutor will direct you towards specific readings and/or activities to complete before and/or after class to support your learning and development. Your allocated personal academic tutor will help you review your performance, and support your independent learning.</p>	
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Specialist facilities	You'll have access to our dedicated laboratories and equipment including treadmills, weights, light gates and body composition apparatus used to measure and assess sport and exercise performance.	Laboratory access may have additional restrictions based on health and safety issues during CV-19.
Industry links	<p>When developing our courses, research and consultancy work, we continually consider the needs of and advances in the sport and wider health and fitness industries.</p> <p>Selected staff are accredited by or registered with the British Association of Sport and Exercise Sciences (BASES), the British Psychological Society (BPS), the Health and Care Professions Council (HCPC), and/or the Higher Education Academy (HEA). Many members of the teaching staff hold coaching qualifications awarded by a range of national governing bodies.</p>	
Overall workload	<p>Your overall workload typically consists of 10-14 contact hours per week. You will also undertake 15-20 hours of independent learning and assessment related activity each week.</p> <p>During each semester you will normally study three modules, so each module will have a 10-12 hour commitment per week.</p>	
Academic input	<p>The teaching team consists of highly qualified academics, supported by specialist professional services and skilled technical teams. They have a range of expertise and experience across the breadth of disciplines in psychology, and sport and exercise psychology.</p> <p>The majority of staff hold the highest academic qualification (doctorate), with a small number of staff working towards achieving this standard. Staff are research-active and many of the teaching team are at the forefront of their research fields in the UK and beyond. They have substantial experience in delivering research led and research informed teaching.</p> <p>You can find out more about the current teaching teams on our Sport and Exercise Sciences Staff and Psychology Staff web pages. You should note that members of the teaching team might change.</p>	

	<p>Postgraduate students sometimes assist in teaching and assessing some modules. However, experienced academics teach the vast majority of lectures and seminars.</p>	
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How you'll be assessed

	<p>Students will be assessed through a range of methods, including individual and group presentations, case studies, essays, scientific reports and examinations. These are planned to take account of two interdependent aspects:</p> <ul style="list-style-type: none"> • The acquisition of relevant theory and principles. • The development of both academic and practical skills. <p>Accordingly, assessment procedures will take account of not only your newly acquired knowledge, but also the process of developing skills and the ability to apply such knowledge and skills in the world of work.</p> <p>You will require 55% in the Year 2 Research Methods & Career Skills Development module to select the Applied Research Study module in Year 3.</p>	
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Your future career

	<p>A degree in Sport and Exercise Psychology sets you up for many employment options. Careers in the health and fitness professions are common, and sport coaching roles are underpinned by the skills developed within the course, as are a variety of teaching positions (via postgraduate teacher training).</p> <p>Many graduates work towards becoming full-time accredited sport or exercise psychologists (via continued postgraduate training) or 'scientific support' personnel. Other graduates continue their academic journey with further postgraduate study up to and including PhD level.</p> <p>Many of the personal, academic, professional and social skills and competencies that are much sought after in a wide variety of positions are embedded within and systematically developed throughout the course, thus preparing you for a broad range of potential careers and post graduate study opportunities. These skills include information seeking, research, data handling, problem solving,</p>	
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	interpersonal communication and critical evaluation.	
Fees		
UK/EU	Full-time £9,250	
	Part-time £4,625	
Overseas	Full-time £13,000	
	Part-time N/A	
Course specific costs		
Clothing / Kit	It is recommended that all Sport and Exercise Sciences students including those taking Sport Coaching Science purchase a selection of required sport clothing items at the beginning of the first year. The cost is a minimum of £120.	
Other important information		
	N/A	
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