PROGRAMME SPECIFICATION (Taught Postgraduate)	

1 Awarding Institution	Newcastle University	
2 Teaching Institution	Newcastle University	
3 Final Award	MSc	
4 Programme Title	MSc Sport & Exercise Psychology	
5 Programme Code	5417F/P	
6 Programme Accreditation	British Psychological Society (pending)	
7 QAA Subject Benchmark(s)	Most Recent QAA Subject Benchmark Statement: there are currently no relevant subject benchmark statements.	
8 FHEQ Level	Level 7	
9 Last updated	May 2024	

10 Programme Aims

The overall aim of the programme is to provide students with an in depth knowledge and understanding of sport and exercise psychology informed by current scholarship and research, including a critical awareness of current issues and developments in sport and exercise psychology. The more specific aims of the programme are as follows:

1 To develop a critical understanding of the current knowledge, theory, evidence base, research and practice relevant to the field of sport and exercise psychology.

2 To integrate and translate current knowledge, theory, evidence base, and research relevant to the field of sport and exercise psychology into practice as reflective scientist-practitioners.

3 To facilitate appreciation of organisational, interpersonal, and contextual factors to enable students to work ethically within sport and exercise psychology.

4 To prepare students for higher research-related degrees (e.g., PhD) and further professional training towards eligibility to practise as a sport and exercise psychologist.

11 Learning Outcomes

The programme provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas.

Knowledge and Understanding

On completing the programme students should:

A1 Demonstrate advanced knowledge and critical understanding of the key theories, evidence base, and research methods relevant to the field of sport and exercise psychology;

A2 Understand how to access and synthesise information and formulate subsequent argument;

A3 Be able to apply and evaluate psychological theory, psychological skills, strategies, and techniques in order to facilitate performance enhancement and behaviour change within individuals and teams;

A4 Be able to demonstrate an understanding of ethical and professional issues in accordance with the BPS and Health and Care Professions Council (HCPC) Codes of Conduct and Ethics.

Teaching and Learning Methods

Students' learning will primarily be facilitated by lectures, seminars, small group work (A1, A2, A3, A4), problem-based learning (PBL) exercises (A1, A2, A3, A4), and student presentations (A1, A2, A3, A4). Students will be required to supplement taught material with independent and guided reading. Knowledge and understanding will be further supported by individual supervision of the dissertation in Semester 3.

Assessment Strategy

There will be a range of different assessments reflecting the range of expertise, knowledge and skills required of students, including essays, case studies, oral presentations and a research project. Feedback on form and content will be used to encourage reflection and improvement in students' communication skills.

Intellectual Skills

On completing the programme students should be able to:

B1 Integrate and synthesise diverse knowledge, evidence, concepts, theories and practice in sport and exercise psychology to promote understanding and good practice;
B2 Critically evaluate the psychological research evidence in sport and exercise;
B3 Demonstrate a critical awareness of contemporary issues in sport and exercise psychology.
B4 Become an effective reflective practitioner via critical reflection on practice.

Teaching and Learning Methods

Cognitive and critical skills (B1 - B4) will be nurtured through lectures, seminars, small group work, PBL exercises, oral presentations, essays, and the research project.

Assessment Strategy

Intellectual skills (B1 – B4) will be summative assessed through a combination of coursework assignments (e.g., case studies, essays, and oral presentations) and the research project. There will also be opportunities for formative assessment including tutor and peer feedback during discussions, seminars, and PBL exercises, such as case studies.

Practical Skills

On completing the programme students should be able to:

C1 Identify, locate and retrieve sport and exercise psychology source material;
C2 Utilise a range of qualitative and quantitative skills including the use of advanced statistical and analytical methods;
C3 Apply knowledge gained to solve problems related to sport and exercise psychology (e.g., performance enhancement and behaviour change);
C4 Assess and devise appropriate interventions for performance enhancement or exercise promotion and adoption;
C5 Employ appropriate psychological skills and counselling techniques.

Teaching and Learning Methods

Practical skills (C1-C5) are developed through PBL exercises, role plays, applied case studies, and oral presentations and through working with and receiving suppression with an individual supervisor throughout the research project.

Assessment Strategy

Summative assessment is conducted via written coursework and an oral presentation (C1-C5). There will also be opportunities for formative assessment including tutor and peer feedback during discussions, seminars, and PBL exercises, such as real-world case studies.

Transferable/Key Skills

On completing the programme students should be able to:

D1 Use information technology (IT) effectively (e.g., word processing, statistical packages, Internet search engines);
D2 Act autonomously in planning, managing and implementing tasks at a professional level;
D3 Formulate hypotheses and apply research skills in order to create new knowledge;
D4 Communicate effectively in oral and written formats;
D5 Work autonomously and also collaborate effectively with others in ways appropriate to professional and academic practice.

Teaching and Learning Methods

The use of IT (D1) will be developed in written coursework, PBL exercises, and research project work (D3). Communication skills (D4) will be developed in seminars, and in-class activities, such as small group work and presentations. Autonomous working, time management and team work (D2 and D5) will be developed by engagement in the research proposal, the research project and in-class activities, such as small group work and presentations.

Assessment Strategy

Skills D1 – D5 will be assessed by essays, case studies, oral presentations and research project work. There will also be opportunities for formative assessment including tutor and peer feedback during discussions, seminars, and PBL exercises, such as case studies.

12 Programme Curriculum, Structure and Features

Basic structure of the programme

This is a one-year full time and two-year part-time programme. It consists of a body of taught modules, and a supervised research project. To be awarded an MSc, students must successfully complete 180 credits; taught modules account for 120 credits, while the research project accounts for 60 credits. The taught modules are situated in semesters one and two, and the research dissertation in semester three. The taught material in semesters one and two build on existing knowledge and skills and feed forward into the research dissertation. Students' start preparing for their research dissertation in semester two.

To be awarded a Postgraduate Diploma exit award, students must successfully complete 120 credits of the taught programme of study.

To be awarded a Postgraduate Certificate exit award, students must successfully complete 60 credits of the taught programme of study.

Key features of the programme (including what makes the programme distinctive)

A distinctive feature of the programme is that it is located within the Medical Sciences Faculty of Newcastle University and is therefore able to draw upon a wide range of expertise, including the application of clinically related psychological techniques and strategies to enhance sporting performance and wellbeing in both athletes and non-athletes. Furthermore, the School of Psychology, has a strong background in applied psychology training and houses an MSc Forensic Psychology, an MSc Foundations in Clinical Psychology, and a Doctorate in Clinical Psychology. The academic content of the programme is coherent with the central themes relating to sport and exercise psychology and is provided by members of staff with specialist teaching, research and applied interests in these areas. The research component of the degree will also be rooted in sport and exercise psychological methodology. Graduates will be able to use this programme to establish a successful career in whichever area of sport and exercise psychology practice suits their individual needs and

professional interests. We operate an integrative reflective scientist–practitioner approach whereby the study of ethics, practice and professional skills is embedded throughout the programme.

Programme regulations (link to on-line version)

R5417F_5417P_2425_vFinal.pdf

13 Support for Student Learning

Generic information regarding University provision is available at the following link.

qsh_progspec_generic_info.docx

14 Methods for evaluating and improving the quality and standards of teaching and learning

Generic information regarding University provision is available at the following link.

qsh_progspec_generic_info.docx

15 Regulation of assessment

Generic information regarding University provision is available at the following link.

qsh_progspec_generic_info.docx

In addition, information relating to the programme is provided in:

The University Prospectus: https://www.ncl.ac.uk/postgraduate/degrees/

Degree Programme and University Regulations: http://www.ncl.ac.uk/regulations/docs/

Please note. This specification provides a concise summary of the main features of the programme and of the learning outcomes that a typical student might reasonably be expected to achieve if she/he takes full advantage of the learning opportunities provided.

Annex

Mapping of Intended Learning Outcomes onto Curriculum/Modules

		Intended Learning Outcomes			
Module	**Type**	**A**	**B**	**C**	**D**
PSY8061 (Advanced Research Methods for Applied Psych A)	Compulsory	1	1	1, 2	1, 2, 3, 4
PSY8062 (Advanced Research Methods for Applied Psych B)	Compulsory	1	1	1, 2	1, 2, 3, 4
PSY8073 (Professional Development for Psychologists)	Compulsory	1, 2, 3, 4	1, 2, 3, 4	1	1, 2, 5
PSY8074 (Clinical Sport & Exercise Psych)	Compulsory	1, 2, 3, 4	1, 2, 3, 4	1, 3, 4, 5	1, 2, 4, 5
PSY8075 (Social and Interpersonal Processes in Sport & Exercise)	Compulsory	1, 2, 3, 4	1, 2, 3, 4	1	1, 2, 4, 5
PSY8076 (Applied Sport and Performance Psych)	Compulsory	1, 2, 3, 4	1, 2, 3, 4	1	1, 2, 4, 5
PSY8077 (Psychological Techniques for Sport & Exercise Psych Practice)	Compulsory	1, 2, 3, 4	1, 2, 3, 4	1, 3, 4, 5	1, 2, 4, 5
PSY8078 (Sport & Exercise Psych Project)	Compulsory	1, 2, 4	1, 2	1	1, 2, 3, 4, 5