

## COURSE SPECIFICATION

Course Aim and Title	BSc (Hons) Sport Psychology
Intermediate Awards Available	Certificate of Higher Education Diploma of Higher Education Ordinary Bachelor's Degree
Teaching Institution(s)	UCFB Wembley Campus
Alternative Teaching Institutions (for local arrangements see final section of this specification)	None
UEL Academic School	Childhood and Social Care
UCAS Code	SPSY
Professional Body Accreditation	British Psychological Society
Relevant QAA Benchmark Statements	QAA Subject Benchmark Statement for Psychology (2023)
Additional Versions of this Course	None
Date Specification Last Updated	June 2025

## Course Aims and Learning Outcomes

### **The main educational aims of the course are to:**

- Provide students with the appropriate scientific knowledge and skill set to be able to understand and investigate the brain, the body and the environment. This will form the foundation to further develop a comprehensive understanding of emotion, affect and behaviour, and the complex interactions between them, in individuals, groups and society, with an applied focus within the sports and exercise psychology field.
- Provide students with the foundation of knowledge and skills to start them on their career and aiding them to develop along their journey as a sports, exercise and performance psychologist.
- Develop students' understanding of, and experience in, the application of sports psychological skills and techniques.
- Enable students to develop the communication, analytical and problemsolving skills demanded for career advancement in the sports science sector.
- Give students the employability and life skills to enable them to pursue successful and useful careers in a wide range of areas of employment.

### **What students will learn:**

#### **Knowledge**

- On this course students will obtain an in depth understanding of the influences on and factors involved in human functioning in all the core areas of Psychology (Biological Psychology and Neuroscience; Cognitive Psychology; Social Psychology; Lifespan development; Intelligence and Psychopathology, Conceptual and Historical Issues in Psychology; Research Methods). Students will also gain an understanding of how these core elements underpin sport, exercise and performance psychology.
- Students will develop a knowledge of a wide range of research paradigms, methods and measurement techniques.
- Knowledge of real life applications of psychological theory to human behavior, performance, and experience.



### **Thinking skills**

- Analysis and interpretation of evidence.
- Scientific reasoning.
- Critical thinking.
- Appreciation of multiple perspectives and approaches.

**Subject-Based Practical skills**

- Ability to design research.
- Ability to conduct research.
- Ability to analyse quantitative and qualitative data.
- Evidence based reasoning with quantitative and qualitative data.
- Awareness of ethical issues and principles in research on humans and animals.
- Understanding of applied practice.

**Skills for life and work (general skills)**

□Written communication skills.

- Numeracy and statistical competence.
- Oral communication skills.
- Presentation skills.
- Computer literacy (word-processing, spreadsheets, statistical software, online communication, database searching, psychology experimental software).
- Interpersonal skills.
- Group and team working skills.
- Self-knowledge and reflexivity.
- Planning and time-management.

**Learning and Teaching**

This course will engage learners in two ways.

Firstly, students will be engaged through the medium of taught face to face lectures, seminars, workshops and practical sessions during the academic year. During these sessions students will have the opportunity to have contact with academics and practitioners immersed in the sports industry. Clear links will be made between activities and formative support of the students' assessed work (feed forward) and detailed feedback on work that has been completed will be provided. Further formative assessment opportunities will be provided during face to face sessions and via online discussion activities in which students will be encouraged to share thoughts with each other and with the tutor. In addition, students will have access to laboratory provision enabling scientific interrogation to take place within an appropriate setting.

Secondly students will receive materials via the online UCFB virtual learning environment, where students work through information provided in each session based on the core module content, to introduce key information and concepts.

Concepts and ideas are then tested via case studies, reflective practice and online forums.

**Knowledge is developed through:**

Directed reading.  
Interactive seminars.  
Problem based learning activities.  
Knowledge-based activities with feedback.  
Lectures and follow up exercises and discussion.  
Online discussions and exercises.  
Practical laboratories.

**Thinking skills are developed through:**

Interactive seminars.  
Problem based learning exercises.  
Reflective activities with feedback.  
Group discussions.  
Online discussions and activities.

**Practical skills are developed through:**

IT activities with feedback.  
Study design activities.  
Data collection activities.  
Data analysis activities.  
Engagement with the BPS and UEL ethics process.  
Learning to engage in and keep records of reflective practice.

**Skills for life and work (general skills) are developed through:**

Project work.  
Group work assessments.  
Reflection, review and planning activities, for example, with your tutor. The completion of reflective portfolios for the mental wealth modules.

## Assessment

### **Knowledge is assessed by**

Coursework including essays, lab reports, posters, portfolios and on-line exercises.  
Examinations including short answer questions, open book essay based exams, multiple-choice questions

### **Thinking skills are assessed by** Coursework.

Examinations.

Research reports.

Presentations.

Portfolios.

Applied practical assessments.

### **Practical skills are assessed by** Research reports.

Literature review.

Statistical analysis and interpretation.

Project work.

Portfolios.

Applied practical assessments.

### **Skills for life and work (general skills) are assessed by**

Coursework.

Project work.

Group work.

Presentations.

Portfolios.

Applied practical assessments.

The assessment strategy is to use a range of assessments so that students can use the feedback from initial work to feedforward into that type of assessment in subsequent semesters. Research methods assessment is centred around learning to write research reports and culminates in the final year dissertation.

Students with disabilities and/or particular learning needs should discuss assessments with the UCFB academic support team to ensure they are able to fully engage with all assessment within the course.

## Work or Study Placements

Students on the BSc (Hons) Sport Psychology degree will be encouraged to gain relevant work experience as they progress through the degree. The UCFB Employment and Enrichment (EE) team work with UCFB students to locate work placements within the National League and various other industries. The English Schools FA invite students to engage in a number of research projects and AIMFOR consultancy headed up by the current Liverpool FC sport psychologist and former professional player and football coach Lee Richardson, and former professional footballer Nick Richardson, provides opportunities for paid and unpaid work experience within sport psychology.

This course includes a core, work-based learning module at Level 6 (Industry Engagement (Mental Wealth)). This module aims to introduce students to a workplace environment and in doing so they will be able to enhance their awareness of the professional landscape through this experience. This module is designed to be able to create a space for students to apply competencies developed in their modules at Levels 4 and 5 to a real-life setting, leading to experiential and reflective learning. Students are not assessed on their performance in the work place but on assessments that require them to reflect on the experience, make links to relevant research and theory and to their own personal and professional development.

In addition, the course includes a level 6 module (Professional Practice in Sport, Exercise and Performance Psychology) in which students have the opportunity to work with a client and receive appropriate supervision from a BPS Chartered Practitioner and Applied Psychologist. During this time, they will be able to make links to theory and research in sport psychology.

## Course Structure

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3      Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.
- 4      Equivalent in standard to the first year of a full-time undergraduate degree course.
- 5      Equivalent in standard to the second year of a full-time undergraduate degree course.

- 6      Equivalent in standard to the third year of a full-time undergraduate degree course.
- 7      Equivalent in standard to a Masters degree.

Courses are made up of modules that are each credit weighted.

The module structure of this course:

<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit Weighting</b>	<b>Core/Option</b>	<b>Available by Distance Learning? Y/N</b>
4	UD4016	Psychological Research Methods 1	20	Core	N
4	UD4017	Psychological Research Methods 2	20	Core	N
4	UD4020	Industry Understanding (Mental Wealth)	20	Core	N
4	UD4018	Introduction to the Applications of Sport, Exercise and Performance Psychology	20	Core	N
4	UO4025	Foundations of the Psychology of Sport,	20	Core	N
		Exercise and Performance			



4	UD4019	Introduction to Biological and Cognitive Psychology	20	Core	N
5	UD5022	Psychological Quantitative Research Methods	20	Core	N
5	UD5018	Psychological Qualitative Research Methods	20	Core	N
5	UD5010	Industry Readiness (Mental Wealth)	20	Core	N
5	UD5019	Social Psychology	20	Core	N
5	UD5020	Applied Sport, Exercise and Performance Psychology	20	Core	N
5	UD5021	Cognitive Neuroscience	20		N

6	UD6015	Psychology Dissertation	40	Core	N
6	UD6016	Personality, Intelligence and Psychopathology	20	Core	N
6	UD6017	Developmental Psychology	20	Core	N
6	UD6012	Industry Engagement (Mental Wealth)	20	Core	N
6	UD6018	Theory and Understanding of Practice within Sport, Exercise and Performance Psychology	20	Core	N

The overall credit-rating of this course is 360 credits. If for some reason you are unable to achieve this credit you may be entitled to an intermediate award, the level of the award will depend on the amount of credit you have accumulated. You can read the University Student Policies and Regulations on the UEL and UCFB websites.

### Course Specific Regulations

Since 2024, BSc Sport Psychology has been accredited by the British Psychological Society as conferring the Graduate Basis for Chartered Membership.

Upon accreditation, the PSRB course-specific regulation is that in order to be eligible for Graduate Basis for Chartered Membership, students must achieve the minimum standard of a Lower Second Class Honours and successfully complete the Dissertation module.

If a student achieves below a Lower Second Class Honours, they will not be eligible for Graduate Basis for Chartered Membership from the British Psychological Society. Further information on this can be found on the [BPS website](#).

## Typical Duration

The expected duration of this course is 3 years full-time.

A student cannot normally continue study on a programme after 4 years of study in full-time mode unless exceptional circumstances apply and extenuation has been granted.

## Further Information

More information about this course is available from:

- The UCFB web site ([www.ucfb.com](http://www.ucfb.com))
- The course handbook
- UEL Manual of General Regulations (available on the UEL website)
- UEL Quality Manual (available on the UEL website)
- British Psychological Society web site ([www.bps.org.uk](http://www.bps.org.uk))

All UCFB/UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our

courses by listening to student and employer views and the views of external examiners and advisors.

**Additional Costs**

Some of our degrees involve extra costs which are not covered by your tuition fees. To ensure you budget accurately for Higher Education life, read this and see which extra costs apply.

Below is a list on generic items that you may incur as a student. The list is not exhaustive, and some or all of these costs may be relevant to you. However, it is helpful to be aware of the types of things you may have to pay for.

**Digital Devices:**

There is an expectation that all students at UCFB will have a laptop or computer.

**Disclosure and Barring Service (DBS) :**

Some students may be required to obtain a Disclosure and Barring Service (DBS) check (formerly Criminal Service Bureau (CRB) check). This may be needed for work-based learning opportunities. It is currently priced at £49.50.

The Government website has [information on DBS checks](#).

**Living Costs:**

As a university student, you will need to budget for general living expenses, including accommodation, food and toiletries, travel, and socialising. Prices for accommodation vary depending on which option you choose, but please consider whether your preferred option suits your budget.

**Books:**

A wealth of learning resources are available through our [library](#).

A lot of the books and journals on your reading lists are made available online through the library. However, you may be required to, or prefer to, buy your own copy of key textbooks.

If you return a library book late, you must pay an overdue charge.

**Stationery**

You are expected to supply your own stationery and study/writing materials (i.e. such as calculators).

**Printing:**

Printing credits are required to print documents on UCFB sites. Copies are 5p for black and white and 15p for colour.

**Work-based Learning Opportunities:**

If you are taking part in a work-based learning opportunities, any travel or accommodation costs are your responsibility.

**Transport:**

If you commute, you will need to pay for travel, such as purchasing a bus pass or paying for parking if you drive.

**Graduation:**

There are associated costs with your graduation ceremony at UCFB. While your ticket is free, you are expected to cover the cost of gown hire and photography.

### Alternative Locations of Delivery

This course is taught by UCFB in London (Wembley) and is awarded by the University of East London.