

# BSc Sports Psychology and Performance

● BSc Single Honours



**UCAS codes:** CC68 BSc/SPstP

**Campus:** London North, Holloway Road.

Single honours	Yes
Joint honours	No
Sandwich (placement) option	Yes
Starts September	Yes
Starts February	Yes
Full-time	Yes
Part-time day	Yes
Part-time evening	No
Part-time day and evening	No

## Aims of the course

The course aims to equip you with the skills and knowledge to find employment in the growing areas of the leisure and fitness industries and sport, health and science related employment. The course also aims to equip you with the skills required to undertake further study (e.g. BASES supervised experience) in the specialist field of sports psychology. In order to achieve these aims the course focuses on two areas. There is an emphasis on those parts of the subject that can be directly rooted in the natural sciences, this gives rise to substantial components of physiology, anatomy, metabolism and biomechanics. Secondly there is a focus on sport psychology, with an emphasis on performance enhancement and the effects of sport and exercise on psychological development and well-being.

## Duration and attendance

**Full-time:** 3 years (4 years with placement)

**Part-time:** 4 - 5 years, day only.

## Dates/timetable

Autumn semester: September–January

Spring semester: February–May

## Course structure

You choose from eight modules per year if you are studying full-time, and up to six per year if you are studying part-time. Modules are either *core* (compulsory) or optional — chosen from an extensive range. Your optional modules are either designated (related directly to your subject area), or *free* (chosen from other areas of the University and can, for example, include a language).

A typical full-time programme structure, starting in September, is shown opposite. Exact programme details may vary and must be agreed with your tutor.

Year 1	
<b>Autumn Semester</b>	
<i>Four core modules:</i>	<i>No optional module.</i>
<ul style="list-style-type: none"> <li>• Basic Sport Science</li> <li>• Science for Sport</li> <li>• Professional Studies</li> <li>• Applied Sport Science</li> </ul>	
<b>Spring Semester</b>	
<i>Two core modules:</i>	<i>Suggested optional modules:</i>
<ul style="list-style-type: none"> <li>• Human Physiology</li> <li>• Data Analysis</li> </ul>	<ul style="list-style-type: none"> <li>• Functional Anatomy</li> <li>• Introduction to Psychology and Coaching</li> </ul>
Year 2	
<b>Autumn Semester</b>	
<i>Two core modules:</i>	<i>Suggested optional modules:</i>
<ul style="list-style-type: none"> <li>• Exercise Physiology</li> <li>• Sports Psychology I</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Performance Assessment</li> <li>• Sports Coaching, Theory and Practice</li> </ul>
<b>Spring Semester</b>	
<i>Two core modules:</i>	<i>Suggested optional modules:</i>
<ul style="list-style-type: none"> <li>• Sport Psychology II</li> <li>• Project Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Biomedical Implications of Exercise</li> <li>• Physical Performance Assessment</li> </ul>
Year 3	
<b>Autumn Semester</b>	
<i>Two core modules:</i>	<i>Suggested optional modules:</i>
<ul style="list-style-type: none"> <li>• Project</li> <li>• Advanced Sport Psychology</li> </ul>	<ul style="list-style-type: none"> <li>• Motor Control</li> <li>• Exercise Physiology II</li> </ul>
<b>Spring Semester</b>	
<i>Two core modules:</i>	<i>Suggested optional modules:</i>
<ul style="list-style-type: none"> <li>• Project</li> <li>• Psychology of Performance and Injury</li> </ul>	<ul style="list-style-type: none"> <li>• Current Issues in Coaching</li> <li>• Applied and Environmental Physiology</li> </ul>

## Alternative optional modules (Year 2 or 3)

Alternative optional modules may be chosen with the agreement of academic staff and subject to availability.

Physical Performance Assessment  
Work Placement Module  
Industrial Studies by Work Placement

## Placement Year

Full-time students are encouraged to undertake a placement year. This provides a valuable opportunity to gain practical experience of the industry, spending a year with an employer, during which you will be paid. Tutors can help you to find a suitable placement. Placements are considered useful experience by potential employers, when you graduate. If you do not wish to spend a whole year in industry, there is the opportunity to include a work placement module as part of the full-time degree programme.

## Teaching and Learning

If you are a full-time student you will cover the equivalent of four modules in each semester. A module is between 60 to 90 hours of learning and teaching. This may be in the form of lectures, tutorials, seminars, self-managed group activities, laboratory work and private study.

## Assessment

Assessment for most modules is through coursework, and examinations held at the end of each semester. Coursework may involve short tests, group project work, verbal/visual presentations of case studies and problem-solving exercises. Much of the coursework reflects close links with industry and the emphasis is on providing you with skills which will be directly relevant to employers.

## Career opportunities

Graduates with this qualification are ideally suited to take advantage of employment opportunities offered in consultancy in sports, leisure and health contexts. Many opportunities currently exist for trainers and advisers capable of providing expert one-to-one advice on fitness, diet, nutrition and health. Many students also continue into a PGCE or Masters course in a related area.

## Accelerated study

If you have academic or work-based qualifications you may be exempt from part of the course. Such credits are dealt with on an individual basis. Contact Course Enquiries for more information.

## Fees

See our website, [www.londonmet.ac.uk/tuition-fees](http://www.londonmet.ac.uk/tuition-fees), or call Course Enquiries (see Further Information opposite).

## Accommodation

The University provides guaranteed hall accommodation if you live more than 25 miles away and accept a place by the August deadline for courses starting in September. The University Accommodation Service also provides help finding privately rented accommodation. See [www.londonmet.ac.uk/accommodation](http://www.londonmet.ac.uk/accommodation).

## How to apply

**For September entry:** through UCAS. If you are currently at school/college you should apply via your school/college, otherwise you can obtain details from:

Website: [www.ucas.ac.uk](http://www.ucas.ac.uk)

UCAS  
Rosehill  
New Barn Lane  
Cheltenham  
Gloucestershire  
GL52 3LZ  
Tel: 01242 223707

**For part-time and February entry:** you should apply directly to the University, through our website [www.londonmet.ac.uk](http://www.londonmet.ac.uk), or by contacting Course Enquiries (see below).

Further information  
Course Enquiries  
London Metropolitan University  
London North campus  
Harglenis Building  
London N7 8DB  
Tel: **020 7133 4200**  
Email: [admissions@londonmet.ac.uk](mailto:admissions@londonmet.ac.uk)  
Web: [www.londonmet.ac.uk](http://www.londonmet.ac.uk)

More detailed course information can be found at [www.londonmet.ac.uk/moduleline](http://www.londonmet.ac.uk/moduleline)

## Open Days/Evenings

You can also come to one of our open days and evenings, held throughout the year. See our website [www.londonmet.ac.uk](http://www.londonmet.ac.uk), or call Course Enquiries, for up to date details.

We do everything we can to ensure that information in this leaflet is correct, however details may change and we cannot accept responsibility for errors or omissions.