



Waterford Institute of Technology

INSTITIÚID TEICNEOLAÍOCHTA PHORT LÁIRGE

Postgraduate

MA in Sport and Exercise Psychology

Department of Health, Sport and Exercise Science

Level 9



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MA in Sport and Exercise Psychology

Course Outline

The Master of Arts degree in Sport and Exercise Psychology provides the student with an in depth and comprehensive course of study in applied sport and exercise psychology designed to help enhance the sports participation and performance of athletes and coaches. The overall aim of the course is to educate specialists in the field of Applied Sport Psychology. Graduates will have the necessary knowledge, skills and abilities to work in the area of enhancing sports performance, sports participation and best practice at a variety of age and performance levels. Graduates will have the ability to further the psychological development of athletes, coaches, teachers and other specialists from a broad-based, sound theoretical and applied course.

The MA in Sport and Exercise Psychology has been designed to bridge the gap in the culture of Irish sport at all levels of development from introducing children to sport to elite performance. Until now there has been an absence of opportunities for athletes, coaches, physical education teachers, sports science graduates, sports leaders, sports development officers, volunteers and exercise specialists to upgrade knowledge and develop applied skills in the area of Sport Psychology.

A taught MA offers graduates of sports science, recreation, physical education and psychology a pathway towards enhancing their professional development within the sports environment and conduct research through The Centre for Sport and Exercise Psychology, based in WIT.

Course Structure

Semester 1 (September – December)

- Research Methods
- Sport Psychology Applications I
- Confidence and Achievement Motivation (residential week)
- Social Psychology
- Exercise and Conditioning Psychology

Semester 2 (January – May)

- Thesis & Placement
- Sport Psychology Applications II
- Contemporary Issues for Key Populations
- Team Building (residential week)

Semester 3 (September – December)

- Thesis & Placement
- Professional Practice in Sport Psychology (residential week)
- Mental Training for Sport (residential week)

Course Delivery

The duration of the course is 1.5 days per week (Monday and Tuesday) over three semesters, including a number of residential weeks.

Career Opportunities

Career opportunities for graduates of this programme can be found working in consultation with athletes, teams, national governing bodies, exercise settings, coaches, performance enhancement and lifestyle management. Conduct sport and exercise psychology research for individuals, teams or sporting organisations.

Entry Details

An honours degree in Recreation and Sport, Business and Sports Management, Physical Education and Sports Science or equivalent is required (Level 8). Alternatively, an honours degree in Psychology and a level of significant performance and/or coaching experience in sport accompanied by necessary qualifications to be determined by interview. Accreditation may be given to prior learning and previous sporting experience.

WIT wishes to carefully evaluate applications from non-standard applicants. A bridging studies programme of 40 hours is required where applicants undergraduate qualification or required experience in the area of sport and/or psychology is deemed to require a bridging course. The number of places available on the course will be limited therefore an interview process may be required in the student selection procedure.

Fees

For information on fees please visit our website at www.wit.ie/pg

Applications

Please apply online at www.pac.ie

Contacts

Admission Queries Contact:

Graduate Admissions,
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