



Waterford Institute of Technology
Institiúid Teicneolaíochta Phort Láirge

Postgraduate

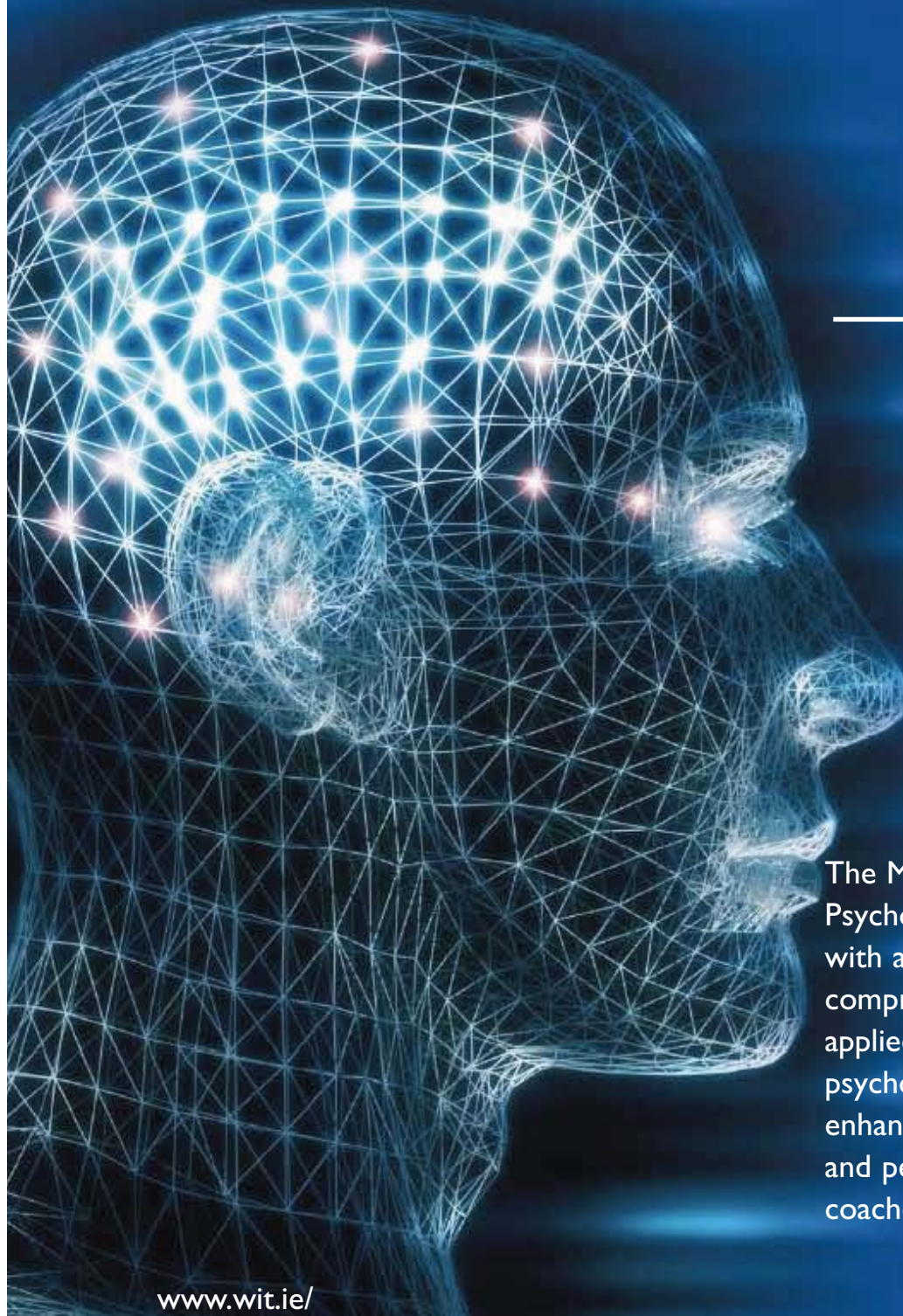
Level

9

MA in Sport Psychology

Programme code: WD_HSPSY_R

Department of Health, Sport and Exercise Science



Mind
— over —
Matter

The Masters degree in Sport 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.

MA in Sport Psychology

Programme Aims:

To provide the graduates with the ability to:

- Consult with athletes and teams with a view to providing psychological skills training appropriate to the individual and commensurate with their level of participation.
- Consult with organizations, individuals and exercise professionals with regards to exercise psychology skills training and consultation
- Organise and operate workshops for coaches, teachers and exercise specialist in aspects of sport and exercise psychology.
- Guide and advise clubs, schools, coaches, parents and athletes in the application of sport psychology theories and practices and assist NGBs in the area of planning and implementing policy relating to participation, performance and periodisation of the training from a psychological perspective.
- Provide an arena for sports people to engage in reflective assessment of their involvement in sports, exercise and future developments.
- Plan and conduct research in sport and exercise psychology.

| Semester 1 Sept-Jan | Semester 2 Jan- May | Semester 3 Sept – Jan |
|---|---|--------------------------|
| Research methods | Contemporary issues for key populations | Sports counselling * |
| Sport psychology applications 1 | Sport psychology applications 2 | Mental training * |
| Social psychology | Team building * | |
| Exercise and conditioning psychology | Placement 1 | Placement 2 |
| Confidence and achievement motivation * | Thesis 1 | Thesis 2 |

* Denotes residential week

Teaching and learning

The programme is delivered through a blend of methods consisting of lectures, seminars, workshops, practicals, projects, e-learning and placement.

Students are required to attend lectures on Monday and Tuesday (half day) in semesters 1 and 2 along with a residential week each semester. Semester 3 consists of 2 residential weeks*. Placement and Thesis run through semesters 2 and 3.

Career Opportunities

In recent years developments in the coach education area have made it necessary for the development of psychological skills in young athletes and mental training to become a part of the delivery of coach education courses at all levels.

Graduates of this programme will be expected to gain employment as sport psychologists working within coaching structures at a variety of levels.

This MA is designed to provide opportunities for athletes, coaches, physical education teachers, sports science graduates, sports leaders, sports development officers, volunteers and exercise specialists to upgrade their knowledge and develop applied skills in the area of sport psychology.



Entry Requirements

An honours degree in the areas of sports science, recreation and sport or physical education.

OR

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.

A bridging studies programme of 40 hours is required where applicant's undergraduate qualification or required experience in the area of sport and/or psychology is deemed to require a bridging course. Satisfactory completion of bridging studies is required for entry by the course board to the MA.

Admissions Queries Contact:

Graduate Admissions,
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Academic Queries Contact:

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