The MSc in Applied Sport and Exercise Psychology - FAQ

How and where is the course delivered?
The course is delivered every Monday during WIT term time from 10.15 to 5.15. The programme is delivered through a blend of methods consisting of lectures, seminars, workshops, projects, e-learning and placement. The MSc is now delivered in our new WIT sports arena which has first class teaching and sports facilities (see witarena.ie/). Every semester there is one residential week which covers one module.

What are the Entry Requirements?
An undergraduate honours degree (Level 8 National Qualifications Authority of Ireland or other internationally recognised equivalent) honours degree in a relevant or appropriate subject (e.g., sport science, psychology). RPL (Recognise Prior Learning) entry will be available for those without a related degree.

What are the career opportunities?
This MSc 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 applied sport, performance and exercise psychology. There is a demand for training in this field for those whose ambition is to work in high performance sport settings. In Ireland and the UK, many of those trained in applied sport and exercise psychology have undertaken roles as performance directors, sport coaches and sport management. Thus employability
is likely to be strong not just for those who wish to train as practitioners, but for those for whom a postgraduate qualification in this domain augments their other qualifications and professional experience. Completion of the MSc in Applied Sport & Exercise Psychology can provide the basis for further professional qualifications by both the Irish Institute of Sport and the British Association of Sport Sciences. Both these organisations require a MSc in the field of sport and exercise psychology for professional recognition.

We’ve over ten years of graduates working in the area, what do they say about the course?

Emmett Hughes
‘Coming from an undergraduate Psychology background before beginning the MSc in Applied Sport and Exercise Psychology in WIT, I really enjoyed the programme. I was intrigued by both the content and the insights from the lecturers on the programme. The staff are engaging and very generous with their time. They are also highly experienced in the area. I really enjoyed this holistic teaching to the whole programme and benefitted greatly from this personal approach.’

Shane O’Sullivan Waterford Hurler
‘I have set up a sport psychology consultancy business (Inspiring Excellence) since completing my masters in Sport Psychology. I find the experience and education gained through my time on the course has given me the confidence and ability to work with elite athletes across a wide spectrum of sports’

Seoirse Bulfin
I graduated from the MA in Applied Sport and Exercise Psychology from WIT, since then I have been involved in the coaching and sports psych input to the Waterford Senior Hurlers in 2011. In 2012 I was asked to get involved with the Clare Senior Hurlers, providing a similar range of services and again throughout their All Ireland winning campaign of 2013 I coached and provided Sport Psych services to the entire panel. In my role as Sport and Recreation Manager in Limerick Institute of Technology I have taught some of the Sports Psychology modules on the Sports Courses in LIT. I am currently teaching the Sport Psychology module for the inaugural Arsenal FC Gap programme to be run outside of London and is based in LIT.

Academic queries contact:
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