The Master of Science in Applied 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 and Exercise 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. They will also have the ability to further the psychological development of athletes, coaches, teachers and other specialists from broad-based, sound theoretical and applied course.

Applied sports psychology focuses on teaching skills to enhance athletic performance such as goal setting and imagery. If you enjoy helping athletes and people achieve their full sporting and exercise potential, solving complex problems and working as part of a team, this field might be an ideal match for you. The MSc 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 MSc offers graduates of sports science, recreation, physical education and psychology a pathway towards enhancing their professional development within the sports environment.
MSc in Applied Sport and Exercise Psychology

Programme Structure

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<th>Semester 1 (Sep-Dec)</th>
<th>Semester 2 (Jan-May)</th>
<th>Semester 3 (Sep-Dec)</th>
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<td>Applied Sport Psychology</td>
<td>Sport Performance Psychology</td>
<td>Personal and Professional Portfolio</td>
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<tr>
<td>Contemporary Social Psychology in Sport</td>
<td>Exercise Psychology</td>
<td>Mental Skills Training (residential week)</td>
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<td>Team Building Strategies (residential week)</td>
<td>Executive Business Coaching (residential week)</td>
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A student who accumulates 60 credits in Semesters 1 and 2 and who does not wish to complete the MSc may, at the discretion of the programme board, be awarded a Postgraduate Diploma in Applied Sport and Exercise Psychology.

Delivery

The MSc in Applied Sport and Exercise Psychology is delivered through a blend of methods consisting of lectures, seminars, workshops, projects, eLearning and placement. It is a full-time programme and lectures will run every Monday from 9am to 5pm during Semester 1 and 2. Students must attend the residential weeks in each semester. Semester 3 also consists of 1 residential week and will be used to facilitate meetings with a personal portfolio supervisor.

Student Testimonials

“After completing the Masters in Sport and Exercise Psychology in WIT in 2008 I secured employment with the Irish Rugby Union Players Association as a Player Services Advisor. I deliver career and personal development programmes to current professional players, academy players and past professional players. What’s clever about this course is that there is a focus on both sports and exercise psychology allowing graduates pursue careers in a variety of pathways, not limiting them to sport. It also allows for the transfer of knowledge from the sporting world to everyday life and vice-versa, developing a holistic graduate/coach.” Maeve Smith, IRUPA Player Services Advisor.

“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.” Shane O’Sullivan, Waterford Hurler.

“I graduated from the MA in Sport Psychology from WIT in 2009. 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 Psychology services to the entire panel.” Seoirse Buffin, Sports and Recreation Manager, Limerick Institute of Technology.

Career Opportunities

The 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 sport, performance and exercise psychology.

Completion of the MSc 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. Graduates of this programme will be expected to gain employment as sport psychology consultants working within coaching structures at a variety of levels.

Entry Details

- A bachelor’s degree at honours level (Level 8) in the areas of sports science, recreation and sport or physical education OR
- A bachelor’s degree at honours level (Level 8) in psychology or a related discipline and a level of significant performance and/or coaching experience in sport accompanied by necessary qualifications OR
- Equivalent qualification, accreditation may be given to prior learning and previous sporting experience.

WIT wishes to carefully evaluate applications from non-standard applicants. 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/pgfees

Applications

Applications for the programme are made online by going to www.pac.ie

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