

**BSc SPORT
AND EXERCISE PSYCHOLOGY**

**Registering For Level 5
Modules**

PLEASE READ CAREFULLY

March 2011

BSc Sport and Exercise Psychology Award

Choosing Level 5 (Year 2) Modules

About This Booklet

This booklet is designed to give you information about:

- Level 5 modules and award structure
- What you have to do to register for Level 5 modules

This Booklet contains:

- The structure of the BSc Sport and Exercise Psychology Award including information about Graduate Basis for Chartership (GBC) which is the pattern of essential modules required by the British Psychological Society (BPS) for postgraduate study in Psychology
- Details of how to register on modules
- Information about the Psychology modules available, you will already have been given your Sports and Exercise module information.
- Information about pre-requisites for Level 6 (year 3) modules, so you can ensure you register for any necessary modules at level 5*.

CONTENTS	Page
Graduate Membership of the BPS and GBC	3
BSc Sport and Exercise Psychology Award Details	3
BSc Sport and Exercise Psychology Award Structure	4
Psychology Module Details	7
Advice on Module Selection	7
University General Options	8
Arrangements for module registration	9
Information on how degree classifications are calculated	10
Appendices	
Appendix 1 Sample Module Registration Form	A1
Appendix 2 Blank Timetable	A2
Appendix 3 Changing Modules	A3

* NB: Please note there may be unavoidable changes.

Graduate Membership of the BPS and GBC

All Psychology awards (singles and joints), where you study a minimum of 50% (60 credits) Psychology at levels 5 and 6 are accredited with the British Psychological Society (BPS) and allow you to apply for **Graduate Membership** of the Society.

If you follow a prescribed pattern of modules at levels 5 and 6 (a set 60 credits at each level) and you achieve at least a grade point 7 overall on your award at level 6 (2:2 classification) you can claim a second level of recognition with the BPS, **Graduate Basis for Chartership (GBC)**. This means you have been recognised as doing an award that confers eligibility to begin to pursue a career in psychology, including applying for BPS recognised postgraduate courses in psychology.

The GBC route is explained on the following page and illustrated in your award structure diagram. You also have the option to follow a non-GBC route, also detailed on the next page.

Students must recognise that training in Sport and Exercise Psychology is acquired through postgraduate education and supervised practice, not through an undergraduate degree. On completion of this programme students are not qualified to practise as a Sport and Exercise Psychologist without further training in Sport and Exercise Psychology.

BSc Sport and Exercise Psychology Award

Much of Level 5 is core. At Level 6, you will have more choice about the areas you study, and there are more applied options.

If you are seeking GBC accreditation, you must choose Biological Bases of Behaviour and Research Methods 3 in addition to the existing core modules.

Summary of Level 5 modules you must study (all 15 credits unless stated)

1. Non-GBC route

Level 5: Psychology Core modules

Social Psychology: Theory & Method
Cognitive Psychology

Sport and Exercise Core module

Fundamentals of Sport & Exercise Psychology,

+ **60 credits of Specific Options** (at least 15 must be Psychology options and 30 must be Sport and Exercise options).

+ **15 credits General Options** (Psychology, Sport and Exercise or University General Option).

Your specific or general options may be taken in either teaching block.

2. GBC route:

Level 5: Core modules plus named Specific Options:

Social Psychology: Theory & Method
Research Methods 3
Fundamentals of Sport & Exercise Psychology
Cognitive Psychology
Biological Bases of Behaviour

+ **30 credits Sport and Exercise options**

+ **15 credits General Option**

(*For GBC you MUST take RM3 and BBB*)

BSc (HONS) SPORT & EXERCISE PSYCHOLOGY

Level 5 Structure – All modules are 15 credits –
You must study 120 credits at each level

Core Modules (45 credits)	Specific Options (60 credits)	General Option (15 credits)
<p><u>Teaching Block 1</u> Social Psychology; Theory and Method</p>	<p><u>Teaching Block 1</u> Manage Your Career Psychopathology and Health Volunteering: Action and Experience 2 Research Methods 3[^] Children in Context The Psychology of Social Perception and Communication</p> <p><i>Sport and Exercise Specific Options</i> Biomechanics of Human Movement II Physical Activity and Public Health Physiological Monitoring in Sport & Exercise</p>	<p><u>Teaching Block 1</u> Psychology Specific Option, Sport and Exercise Specific Option Or University General Option</p>
<p><u>Teaching Block 2</u> Cognitive Psychology Fundamentals of Sport and Exercise Psychology</p>	<p><u>Teaching Block 2</u> Psychology of Criminal Conduct Volunteering: Action and Experience 2 Understanding Relationships Biological Bases of Behaviour [^] Developmental Psychopathology</p> <p><i>Sport and Exercise Specific Options</i> Applied Nutrition in Sport, Health and Exercise Theory and Practice of Coaching & Teaching in Sport</p>	<p><u>Teaching Block 2</u> Psychology Specific Option, Sport and Exercise Specific Option Or University General Option</p> <p>You must take at least 15 credits of Psychology specific options <u>and</u> at least 30 credits of Sport and Exercise specific options</p> <p>[^] <i>Students seeking GBR Accreditation MUST choose Research Methods 3 and Biological Bases of Behaviour</i></p>

**Level 6 Structure – All modules are 15 credits (except where indicated) –
You must study 120 credits at each level**

Core Modules (60 credits)	Specific Options (45 credits)	General Option (15 credits)
<p><u>Teaching Block 1</u> Developmental Psychology Professional Practice Skills in Sport and Exercise Psychology (30)</p> <p><u>Teaching Block 2</u> Dealing with Difference Professional Practice Skills in Sport and Exercise Psychology (cont)</p>	<p><u>Teaching Block 1</u> Psychology Project (30)^ Advanced Research Methods Autistic Spectrum Conditions Psychological Interventions</p> <p><i>Sport and Exercise Specific Options</i> Contemporary Issues in Sport Psychology and Motor Learning Applied Sport and Exercise Physiology Physical Activity and Exercise for Special Populations Sports Nutrition Contemporary Issues in Sports Coaching</p> <p><u>Teaching Block 2</u> Health Psychology Psychology Project (contd) Families in Context</p> <p><i>Sport and Exercise Specific Options</i> Drugs in Sport Principles of training and exercise prescription Applied Physiology and Nutrition for Health and Fitness</p>	<p><u>Teaching Block 1</u> Psychology Specific Option, Sport and Exercise Specific Option Or University General Option</p> <p><u>Teaching Block 2</u> Psychology Specific Option, Sport and Exercise Specific Option Or University General Option</p> <p>You must take at least 15 credits of Psychology specific options and at least 15 credits of Sport and Exercise specific options</p> <p><i>^Students seeking GBR Accreditation MUST choose Project</i></p>

We endeavour to provide a full range of option choices wherever possible. However, occasional changes to options may be necessary.

PSYCHOLOGY MODULES

A summary of each module, including indicative content, learning strategies and assessment details, can be found on the module registration webpage at <http://www.staffs.ac.uk/schools/sciences/psychology/coursematerials/options/level2/index.php>.

To access module descriptors for all available modules go to <http://www.staffs.ac.uk/current/student/modules/>

There are **several important prerequisites** for studying modules in level 6. These are summarised below in the table below:

Level 6 module	Level 5 modules which must be passed in advance
Psychology Project	Social Psychology: Theory & Method AND Research Methods 3

ADVICE ON MODULE SELECTION

Remember you must take **120 credits overall** at Level 5.

You can ask your Personal Tutors as well as the Level 5 tutor (Emily Buckley: Room S221) for advice on your choices.

NB

There will be a chance to amend your choices later if you find a timetable clash. Occasionally there are changes to the precise form of assessment. You should always check the specific details when you start the module.

Check the Level 4 Notice Board for announcements related to Module Registration for changes that may occur.

UNIVERSITY GENERAL OPTIONS

At all levels, you may study for 15 credits in disciplines other than Psychology through taking University General Options. Descriptions of the modules available will be available on the **University Website** prior to Module Registration week.

The University General Option lists are still being finalised, and you will find modules on a range of subjects such as I.T., business and languages. You will need to check that you meet any conditions, such as pre-requisites, for studying any modules outside of Psychology. You will also have to check that modules don't clash with any Psychology core lectures. It is a good idea to find out more from a tutor involved in the module.

If you would prefer to take an additional module from the award specific option group(s) attached to your award, rather than a University General Option, you are free to do so in any year, but they will be labelled as your general credits.

Arrangements for Psychology Module Registration 2011

The first part of enrolment onto Level 5 (Year 2) Psychology Modules will take place in **S207**, Psychology, 2nd Floor Mellor Building on **Wednesday 30th March 2011**, between **1.30pm and 3.30pm**. You will be able to sign up for your Psychology lectures and seminars for next year at that time

Preparing for Module Registration

Before coming along for Module Registration please take a look at the module enrolment form in the Appendix.

- We have listed all your CORES and OPTIONS. You must enrol onto all core modules specified, and choose a further two options.
- Then, check the day and time of Lectures and Seminars for each module on your list.
- Ensure that there are **no clashes** between your modules for both Lectures and Seminars. You **cannot** do an Option that clashes with any of your Core Lectures.¹
- Choose at least 2 possible seminar times for each module – as you may not always get your first choice.
- Fill in the **Timetable** at the back of this Booklet (preferably in pencil) to ensure that you have no clashes
- Take your Module Registration Form and Timetable to S207 on March 30th 2011
- Once you have signed up for a module, note on your timetable which slots you have confirmed, and keep your timetable in a safe place – it is not an easy task to find out your seminar times at a later date.

Sport and Exercise Module Registration

Registration onto Sports and Exercise Modules will take place in the Brindley Reception on Tuesday 29th March and Friday 1st April between 10am–12pm and 2-4pm.

KEEP CHECKING THE PSYCHOLOGY NOTICE BOARD FOR MORE SPECIFIC INFORMATION & NEW INFORMATION

If you plan to study a **University General Option** in another subject area, you will have to find out from the relevant faculty/field offering it how you enrol and when the lectures and seminars are. This information is usually available online via the University's homepage.

¹ Sometimes you may not know of clashes but you should be able to sort these out later

How your degree classification is calculated

Your grades at Level 5 contribute to your final degree classification, and so we thought it would be useful to include information here on how degree classifications are calculated.

Having checked that you have passed all the modules and satisfied all the requirements of your award the **Award Board will consider your overall score in Level 5 and 6 modules.**

This overall score will be determined by taking into account **all your Level 5 module results** and giving them a **30% weighting**, and **all your Level 6 module results** and giving them a **70% weighting**. **You must ensure that you have completed at least the minimum number of specific credits required for your award.** Any Additional modules you have taken must be recorded as "Additional" rather than Core, Specific Option or General Option modules. This must be done at the point of module enrolment - it cannot be done once you have completed the module. You should note that additional modules will not be taken into account when determining your degree classification. You should read the sections on Module Enrolment and Student Workload very carefully for more details on this issue.

In order to ensure equity for students who have studied different numbers of credits at each of Levels 5 and 6, the **Award Board will calculate the average grade point achieved per 15 credits at each of Levels 5 and 6.** This figure will then be used in calculating honours classification.

Where compensation is awarded by a Level 6 Award Board (to either Level 5 or Level 6 modules) the original Grade Point achieved will contribute to the overall score.

In summary then:

**Overall Score = 30% of average grade points per 15 credits at Level 5
+ 70% of average grade points per 15 credits at Level 6.**

Appendix 1: Sample Module Registration Form

STAFFORDSHIRE UNIVERSITY
 Faculty of Sciences
 Psychology and Mental Health



MODULE REGISTRATION FORM 2011-12
 AWARD: BSc Honours Sport & Exercise Psychology 08C89000
 LEVEL: FIVE (INTERMEDIATE)

Please complete the following details (in black or blue biro)

FAMILY NAME	
FORENAMES	
REGISTRATION NUMBER	
YEAR OF ENTRY	MOBILE T'PHONE NO:

Core modules for which you will automatically be registered
 Teaching Block 1

Teaching Block 1		Teaching Block 2	
SCS85220-5	SOCIAL PSYCHOLOGY: THEORY AND METHOD	SHS85200-5	COGNITIVE PSYCHOLOGY
	√	HES92104-5	FUNDAMENTALS OF SPORT AND EXERCISE PSYCHOLOGY
			√

Please choose **FOUR** specific options (60 credits) - You must choose at least 1 Psychology AND at least 2 Sport & Exercise
 Options - ▲ STUDENTS SEEKING GBR ACCREDITATION MUST CHOOSE RESEARCH METHODS 3 AND BIOLOGICAL BASES OF BEHAVIOUR
 Teaching Block 1

PSYCHOLOGY SPECIFIC OPTIONS			
AI00089-5	MANAGE YOUR CAREER	AM25412-5	VOLUNTEERING: ACTION & EXPERIENCE 2
AM25412-5	VOLUNTEERING: ACTION & EXPERIENCE 2	SHS85202-5	BIOLOGICAL BASES OF BEHAVIOUR ▲
SHS85203-5	RESEARCH METHODS 3 ▲	SHS85205-5	UNDERSTANDING RELATIONSHIPS
SHS85204-5	PSYCHOPATHOLOGY & HEALTH	SHS85208-5	PSYCHOLOGY OF CRIMINAL CONDUCT
SHS85210-5	CHILDREN IN CONTEXT	SCS85212-5	DEVELOPMENTAL PSYCHOPATHOLOGY
SCS85213-5	THE PSYCHOLOGY OF SOCIAL PERCEPTION & COMMUNICATION		
SPORT AND EXERCISE SPECIFIC OPTIONS			
HES92101-5	BIOMECHANICS OF HUMAN MOVEMENT II	HES92102-5	APPLIED NUTRITION IN SPORT, HEALTH AND EXERCISE
HES92103-5	PHYSIOLOGICAL MONITORING IN SPORT AND EXERCISE	HES92111-5	THEORY & PRACTICE OF COACHING & TEACHING IN SPORT
HES92110-5	PHYSICAL ACTIVITY & PUBLIC HEALTH		

Please choose **ONE** general option (15 credits) (either a University General Option, or another Psychology or Sport & Exercise Specific Option from the list above) and write your choice in the box below.
 Teaching Block 1

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I understand that I shall be entered for assessment in these modules only, unless I amend my programme of studies with the consent of my Award Tutor

Signature..... Date.....

Signature of Tutor.....

N.B. If you change modules subsequent to module registration you must complete a module amendment form, which you can collect from the Sciences Reception on the ground floor of the Mellor Building. You must ensure that any module changes form the correct module combination for your award.

Please retain a copy of this form for your records and return the top copy to the Sciences Reception, Mellor Building by no later than Friday 1st April 2011.

Appendix 2: Blank Timetable

NAME: AWARD:

SEMESTER ONE

Day	9	10	11	12	1	2	3	4	5	6
MON										
TUE										
WED										
THU										
FRI										

SEMESTER TWO

Day	9	10	11	12	1	2	3	4	5	6
MON										
TUE										
WED										
THU										
FRI										

Appendix 3: Changing Modules

CHANGING MODULES

1. You are expected to keep a record of the modules you have chosen in each Semester, including seminar slots. A Timetable is attached for this purpose.
2. You cannot change modules without getting a tutor to sign your Module amendment sheet.
3. Once your tutor has signed the module amendment sheet you **must** hand it in to the **Psychology Admin Staff** (via Reception, Mellor Ground Floor). All changes must be recorded by the Psychology Admin Staff otherwise you will not be registered for that module on the University system and this will affect assessments for that module.
4. Often changing a module means you have to choose a seminar slot for that module, this must be done through the Psychology Admin Staff. You can also contact the office by emailing psychadmin@staffs.ac.uk or by calling extension 4475 (01782 294475 from outside the university).

CHANGING SEMINAR TIMES

Whenever possible we will try and accommodate people with a genuine need, but in general, you are advised not to change Seminar times unless absolutely necessary. Please choose your modules and seminar slots carefully to avoid unnecessary problems later on.

You must keep a record of the Lecture and Seminar times for your chosen modules as you will need these in September at the start of Level 5.

If you do need to change your seminar times you must:

1. Discuss your needs with the **Level Tutors or Psychology Admin Staff** and provide evidence why you need to change seminar times
2. Do this **within the first 2 weeks of the semester**.
3. Notify your Module Tutor that you will be changing seminar slots and let them know which slot you have changed from and to.
4. Make sure your name is on the Seminar List for the slot you have changed to – you will need to see the Psychology Admin Staff to do this.

NB – It may not always be possible to change your Seminar times because:

- Most Seminars have an upper limit of the number of people in the group (normally 20-25) but this varies across modules.
- Some seminars (e.g. Research Methods, Social Psychology: Theory & Method) can only accommodate a set number of people.