

I want to be a.....

Sport & Exercise Psychologist

Sports psychologists use psychological methods to help sporting participants achieve positive results. They may work with individuals or teams alongside coaches and managers at both amateur and elite levels. Their aim is predominantly to help athletes prepare psychologically for competition and to deal with the psychological demands of both competition and training, to improve motivation. Sports psychologists also offer support to clients dealing with the psychological and emotional consequences of injuries.

Some sports psychologists will be involved in conducting research into the psychological aspects of sport and exercise.

Sports psychologists are usually employed as consultants working with clients from a particular sport or the sports industry or within Higher Education as university lecturers. According to the BPS website, most sport psychologists combine consultancy work with teaching and research or consultancy in other areas of psychology. Some sport psychologists do hold full-time positions with professional sports teams or national governing bodies and opportunities to work as a full-time sport psychologist are increasing in number.

There are also exercise psychologist roles, which involve GP exercise referral and setting up and evaluating exercise programmes in employment, prison and psychiatric contexts.

Qualifications and training

To become a Sport and Exercise Psychologist you require:

- A degree (Usually a 2:1 or equivalent) in Psychology from a BPS approved course.
- A Society accredited Masters in Sport and Exercise Psychology or Stage 1 of the Society's Qualification in Sport and Exercise Psychology
- Stage 2 of the Society's Qualification in Sport and Exercise Psychology (two years supervised practice)

Work experience

Relevant experience includes:

- Fitness / exercise instructor / Coaching sports teams / PE teaching
- Contact **UoM Sport Volunteering Scheme** to find out how you can get involved
www.sport.manchester.ac.uk/volunteering/

The universities offering the Masters courses will decide upon the type and nature of experience required. Identify the courses you are interested in and then approach the course tutors directly to see if they can provide you with a profile of the type of experience a successful applicant is likely to have gained.

Sport Psychology: Useful websites

- **The Division of Sport and Exercise Psychology – The BPS**
An information source for those looking to find out more about sport and exercise psychology as an academic subject and as a professional career.
www.bps.org.uk/member-microsites/division-sport-exercise-psychology
- **The British Association of Sport and Exercise Sciences (BASES)**
The UK professional body for all those with an interest in the science of sport and exercise BASES seeks to promote excellence in sport and exercise sciences.
www.bases.org.uk
- **The University of Manchester's Sport Volunteering Scheme**
www.sport.manchester.ac.uk/volunteering/

Find Manchester graduates doing this role

LinkedIn

Use LinkedIn to see and connect with other psychology graduates from UoM who have gone into this and other roles. You can filter for "Psychology" graduates on the second page of the alumni tab, or just search for the job title you are looking for.

www.linkedin.com/school/university-of-manchester/

Join the **Psychology Graduate Network** just for Manchester students & graduates on LinkedIn and view members here too: www.bit.ly/psychologynetwork

NB) You can also use LinkedIn to click through to the organisations where people work in this role, connect with other people who work there and view any job vacancies.

The alumni office run **The Manchester Network** which is a similar platform for all Manchester alumni. You can also use this tool to send alumni any questions about their work. www.network.manchester.ac.uk

More information about the role

Read the Prospects job profile: www.prospects.ac.uk/job-profiles/sport-and-exercise-psychologist