**Sport and Exercise Psychology**

Job Summary

Sport Psychologists work with individuals on a one-to-one basis or with groups and teams. Their aim is to ensure that an athlete is psychologically prepared for the demands of competition and training, and for the emotional consequences of an injury. They work with a variety of people at different levels ranging from amateur to professional athletes. Some of their key roles include:

* A consultancy role - helping referees deal with stress, advising coaches and helping athletes
* Assessment
* Developing strategies to help clients overcome difficulties
* Working in a multidisciplinary team with other health professions
* Teaching and research

Exercise Psychologists use the application of psychological theory to promote exercise participation and motivation levels in the general population rather than athletes. They can work with individuals to plan exercise regimes. A few aspects of the job involve:

* A consultancy role – advising individuals of healthy behaviours
* Working in a multidisciplinary team with other health professions such as nutritionists and GPs
* Evaluating exercise plans in different contexts
* Teaching and research

Qualifications – How do I become a Sport or Exercise Psychologist?

1. You will need a 3-year degree in Psychology that meets the standards of accreditation by the British Psychological Society. Qualification of a 2i or more provides eligibility to apply for **GBC** (**G**raduate **B**asis for **C**hartered Membership of BPS).
2. You will need relevant work experience
3. You will need to complete a BPS accredited Masters for Sport and Exercise Psychology OR Stage 1 of BPS Qualification in Sport and Exercise Psychology
4. You will need to complete Stage 2 of BPS Qualification in Sport and Exercise Psychology (two years supervised practice) to be eligible for registration with the **HPC** (**H**ealth **P**rofessions **C**ouncil)

What relevant work experience would I need?

It would be best to identify what particular courses you are interested in and then ask your course tutors how to go about completing work experience related to this area.

Here is an idea of the relevant work experience available in Southampton:

* Southampton City Council is working with Southampton Universities and voluntary services to increase the level of sports volunteering in the area. The type of voluntary work available can range from coaching a sports team to assisting at a sporting event. Find out more on the website: <http://www.southampton.gov.uk/s-leisure/sportleisurecentres/sportsdevelopment/coaching.aspx>
* Volleyball England are looking for volunteers to help train as a coach or to support a club - <http://www.susu.org/community-volunteering/opportunities-detail.html?opportunity=Volley+Squads>
* Example volunteering opportunities - <http://www.southampton.gov.uk/Images/EXAMPLE%20VOLUNTEERING%20OPPORTUNITIES_tcm46-222407.pdf>
* 1st team Physiotherapist (working within the Injury Prevention, Identification and Rehabilitation unit) <http://www.susu.org/community-volunteering/opportunities-detail.html?opportunity=1st+Team+Physiotherapist>
* The Rugby Football Union is looking for volunteer coaches and referees http://www.susu.org/community-volunteering/opportunities-detail.html?opportunity=Volunteer+Coaches%2C+Referees+and+Officials+needed+!!!!!!!!!!
* Sports coach courses - <http://www.sportscoachuk.org/>
* PE Teacher
* Fitness Instructor

**If you are working with children or sensitive information you will need a CRB check.**

To find out more about life as a Sport Psychologist, take a look at the BPS video:

http://www.youtube.com/user/bpsmediacentre#p/u/8/3DU1g7ywbuw