

## Course Information Document: Undergraduate

### For Academic Year 2025/26

#### 1. Course Summary

|                                                                                |                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Names of programme and award title(s)</b>                                   | BSc (Hons) Sport and Exercise Psychology<br>BSc (Hons) Sport and Exercise Psychology with International Year (see Annex for details)<br>BSc (Hons) Sport and Exercise Psychology with Work Placement Year (see Annex for details)                                                                                              |
| <b>Award type</b>                                                              | Single Honours                                                                                                                                                                                                                                                                                                                 |
| <b>Mode of study</b>                                                           | Full-time                                                                                                                                                                                                                                                                                                                      |
| <b>Framework of Higher Education Qualification (FHEQ) level of final award</b> | Level 6                                                                                                                                                                                                                                                                                                                        |
| <b>Normal length of the programme</b>                                          | 3 years; 4 years with either the International Year or Placement Year between years 2 and 3                                                                                                                                                                                                                                    |
| <b>Maximum period of registration</b>                                          | The normal length as specified above plus 3 years                                                                                                                                                                                                                                                                              |
| <b>Location of study</b>                                                       | Keele Campus                                                                                                                                                                                                                                                                                                                   |
| <b>Accreditation (if applicable)</b>                                           | This programme is accredited by the British Psychological Society (BPS) providing the Graduate Basis for Chartered Membership [GBC]. This is the first step towards becoming a Chartered Psychologist. For further details see the section on Accreditation.                                                                   |
| <b>Regulator</b>                                                               | Office for Students (OfS)                                                                                                                                                                                                                                                                                                      |
| <b>Tuition Fees</b>                                                            | <p><b>UK students:</b></p> <p>Fee for 2025/26 is £9,535*</p> <p><b>International students:</b></p> <p>Fee for 2025/26 is £17,700**</p> <p>The fee for the international year abroad is calculated at 15% of the standard year fee</p> <p>The fee for the work placement year is calculated at 20% of the standard year fee</p> |

**Please note this document applies to Level 4 (Year 1) students only in 2025/26. Level 5 (Year 2) students should refer instead to the document labelled '2024/25'.**

**How this information might change:** Please read the important information at <http://www.keele.ac.uk/student-agreement/>. This explains how and why we may need to make changes to the information provided in this document and to help you understand how we will communicate with you if this happens.

\* These fees are regulated by Government. We reserve the right to increase fees in subsequent years of study in response to changes in government policy and/or changes to the law. If permitted by such change in policy or

law, we may increase your fees by an inflationary amount or such other measure as required by government policy or the law. Please refer to the accompanying Student Terms & Conditions. Further information on fees can be found

at <http://www.keele.ac.uk/studentfunding/tuitionfees/>

**\*\*** These fees are for new students. We reserve the right to increase fees in subsequent years of study by an inflationary amount. Please refer to the accompanying Student Terms & Conditions for full details. Further information on fees can be found at <http://www.keele.ac.uk/studentfunding/tuitionfees/>

## 2. What is a Single Honours programme?

The Single Honours programme described in this document allows students to focus more or less exclusively on this subject. In keeping with Keele's commitment to breadth in the curriculum, the programme also gives students the opportunity to take some modules in other disciplines via the Global Challenges Pathways and in modern foreign languages as part of a 360-credit Honours degree. Thus, it enables students to gain, and be able to demonstrate, a distinctive range of graduate attributes.

## 3. Overview of the Programme

Would you like to learn more about the ways the mind, people's emotions and behaviour influences sports and exercise performance? Are you interested in learning more about the role of sport and exercise on mental health and wellbeing? Our BSc in Sport and Exercise Psychology at Keele University offers a comprehensive exploration into this fascinating field. This programme delves into core psychological principles, including the biological bases of behaviour, cognition, individual differences, and social interactions across the lifespan. Specialising in the psychology of sport and exercise, students gain insights into how psychological methods and theories can support individuals, teams, and coaches in enhancing sporting performance, fostering team building, and improving leadership. Additionally, the programme addresses how psychology can encourage engagement, motivation, and adherence to physical activity while also exploring the role exercise and physical activity have on individuals' mental health and wellbeing and how it can be used a tool to promote mental health and wellbeing. So why study Sport and Exercise Psychology at Keele?

- **Comprehensive Curriculum:** Dive deep into core psychological topics such as the biological bases of behaviour, cognition, individual differences, social interaction, and lifespan development. Our programme also delves into specialised areas, including the psychology of sport and exercise, mental health and wellbeing, team dynamics, leadership, and motivation.
- **Expert Instruction and Support:** Learn from experienced faculty members who are leaders in the fields of sport and exercise psychology, psychology and sport and exercise science. Our team of qualified sport and exercise psychologists brings a wealth of real-world experience and cutting-edge research to the classroom, ensuring you receive an education that is both current and practical.
- **Research and Practical Skills:** Develop strong research skills, both quantitative and qualitative, preparing you for careers as a scientist-practitioner. Our programme equips you with the ability to conduct investigations that contribute to the understanding of human behaviour in sports and exercise contexts.
- **Hands-On Learning:** Apply psychological principles in real-world settings through our optional Placement Year or broaden your horizons with our optional International Year. Experience a different culture, both academically and socially, and gain a global perspective on sport and exercise psychology. Please note that students can choose either the International Year or the Work Placement Year, but not both
- **Career Ready:** Graduates from our BSc Sport and Exercise Psychology programme are well-prepared for careers in coaching, health promotion, research, and fitness training, among others. Students can also progress onto postgraduate study, which may include embarking on stage 1 training towards becoming a qualified sport and exercise psychologist.

## 4. Aims of the programme

The broad aims of the programme are to enable you to:

- Develop systematic and scientific understanding of the core areas of psychology as well as specialised knowledge in sport and exercise psychology and to afford competence in subject-specific and graduate level intellectual skills that will enable you to achieve membership via Graduate Basis for Chartership of the British Psychological Society within the context of a single honours degree;
- Facilitate the progressive development of your critical thinking and independent learning and to systematically apply these skills to your specialist subject area of sport and exercise psychology developing both your attributes as a potential future practitioner and in devising and answering empirical research questions;
- Develop a range of graduate attributes that transfer across different disciplines, including sport and exercise psychology, and provide a solid foundation for both further study after graduation and a range of careers.

## 5. What you will learn

The intended learning outcomes of the programme (what students should know, understand and be able to do at the end of the programme), can be described under the following headings:

- Subject knowledge and understanding
- Subject specific skills
- Key or transferable skills (including employability skills)

## **Subject knowledge and understanding**

Successful students will be able to demonstrate knowledge and understanding of:

- the scientific basis for the discipline of psychology
- the core areas of biological psychology, cognitive psychology, personality and individual differences, developmental psychology, social psychology and research methods
- sport and exercise psychology knowledge, such as its role in performance, team-building, leadership, and engagement in exercise and healthy activity
- a critical understanding of contemporary issues in sports and exercise and the extent to which sport and exercise contributes to social, political, and cultural developments
- the inherent variability and diversity of psychological functioning
- a range of influences on psychological functioning and a critical understanding of these influences along with their significance
- a range of research paradigms, methods and analyses
- the ethical responsibilities of psychologists
- specialised areas of sport and exercise psychology in detail
- application of psychological concepts to selected authentic problems, especially within a sport and exercise context.

## **Subject specific skills**

Successful students will be able to:

- reason scientifically and critically about psychological theories, findings and research hypotheses
- critically evaluate research literature in psychology and relate research issues to authentic problems
- detect meaningful patterns in behaviour and experience through the use of suitable research methods
- pose, operationalise and critique psychological research questions, including those in business or work contexts.
- reason statistically and demonstrate competence using a range of statistical techniques
- reflect on dimensions of qualitative research design and demonstrate an ability to use a range of qualitative data collection techniques and analytical approaches
- apply knowledge of ethical requirements to investigations
- demonstrate an ability to use established techniques of analysis and enquiry accurately within psychology
- communicate information to a specialist audience
- produce a final year dissertation that follows the conventions of scientific report writing used by psychologists
- recognise and critically evaluate contextual issues for sport and exercise and the contribution psychology can make given ethical constraints
- operate within the scientist practitioner model to understand authentic sport and exercise issues, evaluate options, and propose solutions

## **Key or transferable skills (including employability skills)**

Successful students will be able to:

- abstract information from a variety of primary and secondary sources and synthesise this information into a coherent understanding of the topic and practice within that topic area
- assess the merit of contrasting theories and opinions making critical interpretations of data and text
- critique the uncertainty, ambiguity and limits of psychological knowledge
- develop a sufficient level of conceptual understanding to enable the development of arguments and analysis that comment on advanced scholarship at the forefront of some areas of psychology, including sport and exercise psychology
- apply their knowledge of a topic to identify a research question, initiate and carry out a project
- effectively communicate ideas and research findings by written, oral and visual means
- comprehend and use data effectively by interpreting complex sets of numerical, statistical and qualitative data
- confidently demonstrate computer literacy by being able to word process, use email, the Internet, use databases and statistical software

- solve problems by clarifying questions, considering alternatives and evaluating outcomes
- work effectively within a group setting to achieve an end goal through pooled effort which involves recognizing and using appropriate material from others
- undertake self-directed study and project management
- take responsibility for their own learning by reflecting on their strengths and weaknesses, and identifying appropriate courses of action, in order to fulfil long-term ambitions
- assess the merit of contrasting theories and opinions making critical interpretations of data and text
- critique the uncertainty, ambiguity, and limits of psychological knowledge
- develop a sufficient level of conceptual understanding to enable the development of arguments and analysis that comment on advanced scholarship at the forefront of some areas of psychology, including sport and exercise psychology.

### Keele Graduate Attributes

The Keele Graduate Attributes are the qualities (skills, values and mindsets) which you will have the opportunity to develop during your time at Keele through both the formal curriculum and also through co- and extra-curricular activities (e.g., work experience, and engagement with the wider University community such as acting as ambassadors, volunteering, peer mentoring, student representation, membership and leadership of clubs and societies). Our Graduate Attributes consist of four themes: **academic expertise, professional skills, personal effectiveness, and social and ethical responsibility**. You will have opportunities to engage actively with the range of attributes throughout your time at Keele: through your academic studies, through self-assessing your own strengths, weaknesses, and development needs, and by setting personal development goals. You will have opportunities to discuss your progress in developing graduate attributes with, for example, Academic Mentors, to prepare for your future career and lives beyond Keele.

## 6. How is the programme taught?

Across the programme, students experience a range of different learning and teaching methods. Each module has different prescribed learning activities, including taught classes and seminars, discussion with staff, and practical work. Our students gain valuable hands-on experience of research design, critical reviewing, planning, analysis, and interpretation with a combination of tutor-led sessions, group discussions, practical activities, and individual feedback. The variety of different teaching and learning approaches has different benefits and allows students to develop in different ways.

- **Teaching sessions** where the lecturer provides students with a framework for reading and independent study. Some classes may include video or audio presentations. Teaching sessions allow students to gain a systematic understanding of psychological ideas and how they may be used to analyse a variety of contemporary psychological issues.
- **Flipped learning** where students are provided with materials in advance of a class to engage with and provide a thorough background on a topic. They can then go to a teaching session and engage with the material via discussions, debates, and other interactive opportunities to further their understanding of the background information. Flipped learning allows students to work through guided preparation work set by tutors in their own time and at their own pace. They will then have the opportunity to explore topics in greater depth in the classroom with tutor support. This approach means that the more challenging aspect of learning, applying knowledge, is done with the support of a tutor.
- **Asynchronous learning** our teaching sessions are supported by asynchronous learning activities. Tutors will provide students with activities to complete outside of class, these are designed to prepare them for class or cement their learning from class. Some modules will provide detailed online materials (i.e., a "flipped" classroom outlined above) in which students work through materials at their own pace and apply that learning to problems in class supported by their tutor. Other modules might provide smaller activities such as quizzes, ask students to read and respond to questions on a particular journal article, amongst many other things. Asynchronous learning will be hosted on our virtual learning environment, the KLE, using Sways or other online methods. Asynchronous learning allows students to take responsibility for their learning and its development, by engaging with content and activities designed to encourage students to learn and think.
- **Tutorials and seminars** in small groups of 30 or less, key skills can be developed and issues central to the programme can be discussed in more depth. Students are expected to play a full part, and occasionally to lead, these discussions. Some seminars consist largely of student presentations. These types of classes provide opportunities for students to ask questions about and discuss issues in psychology and to present their own ideas to members of staff and other students using an appropriate medium of communication
- **Laboratory classes and workshops** involving larger classes in which students develop the basic practical skills necessary to conduct psychological research and explore ideas presented in teaching sessions. In these sessions students will have the opportunity to work together in smaller groups, interact with the lecturer and reflect on their own learning. Practical sessions such as these allow students to develop their knowledge of how ideas in psychology can be researched and to apply the skills they have learned in order to investigate psychological questions in a systematic and rigorous manner.
- **Independent study** based on directed reading from textbooks, academic journals, and coursework materials. This encourages students to reflect on their own learning and take responsibility for its development.

In the final year students will have the opportunity to undertake a piece of **independent research** supervised and supported by a member of staff. Undertaking a **research dissertation** with the support of an experienced and active researcher allows students to formulate relevant research questions and devise a feasible and ethically sound strategy for answering them. Students on the Sport and Exercise Psychology programme will complete their dissertation in the area of sport and/or exercise psychology.

Apart from these formal activities, students are also provided with regular opportunities to talk through particular areas of difficulty, and any special learning needs they may have, with their Academic Mentors or module lecturers on a one-to-one basis.

## 7. Teaching Staff

Our current core teaching staff comprises highly qualified staff with specialist qualifications in Psychology. Most academic staff have doctorates (PhDs or equivalent) in psychology and most hold (or are completing) post-graduate qualifications in Teaching and Learning in Higher Education. Staff teaching on the strand of sport and exercise psychology modules at levels 5 and 6 will be qualified and experienced sport and exercise psychologists. The majority of our staff are Associate Fellows, Fellows, or Senior Fellows of the Higher Education Academy. All academic staff are active researchers and scholars whose work has been widely published in books, research monographs, and leading international journals. This research and scholarship informs the teaching that takes place in the School. This means that we are teaching cutting edge knowledge, with staff often actively researching in that area, meaning students can talk to the people generating the knowledge they are learning. Additionally, some of our staff actively research teaching and learning within higher education, so how we teach is also at the forefront of higher education practice. More information about Psychology Staff Members is available on the School website [<http://www.keele.ac.uk/psychology/people/>].

The University will attempt to minimise changes to our core teaching teams, however, delivery of the programme depends on having a sufficient number of staff with the relevant expertise to ensure that the programme is taught to the appropriate academic standard.

Staff turnover, for example where key members of staff leave, fall ill or go on research leave, may result in changes to the programme's content. The University will endeavour to ensure that any impact on students is limited if such changes occur.

## 8. What is the structure of the Programme?

The academic year runs from September to June and is divided into two semesters. The number of weeks of teaching will vary from programme to programme, but you can generally expect to attend scheduled teaching sessions between the end of September and mid-December, and from mid-January to the end of April. Our degree courses are organised into modules. Each module is usually a self-contained unit of study and each is usually assessed separately with the award of credits on the basis of 1 credit = 10 hours of student effort. An outline of the structure of the programme is provided in the tables below.

There are two types of module delivered as part of your programme. They are:

- Compulsory modules - a module that you are required to study on this course;
- Optional modules - these allow you some limited choice of what to study from a list of modules.

### Global Challenge Pathways

This programme includes the option for you to take a Global Challenge Pathway. These modules offer you an exciting opportunity to work with students and staff from different disciplines to explore topical global issues such as power and conflict, health inequalities, climate change, generative AI, social justice, global citizenship, and enterprise from different perspectives.

Global Challenge Pathways can either be taken as one 15-credit module at Levels 4, 5 and 6, or one 15-credit module at Levels 5 and 6. For more information about our Global Challenge Pathways please visit:

<https://www.keele.ac.uk/study/undergraduate/globalchallengepathways/>

### Modern Languages or Certificate in TESOL

Alternatively, you could choose to study modules with the University Language Centre. The Language Centre offers three pathways; The Language Specialist, The Language Taster, and The Trinity Certificate in Teaching English to Speakers of Other Language (TESOL). Language Centre modules are available separately for students at Level 4. At Levels 5 and 6 they are included within the Global Challenge Pathways.

If you choose the Language Specialist pathway, you will automatically be enrolled on a Semester 2 Modern Language module as a continuation of your language of choice as a faculty funded 'additional' module. Undertaking a Modern Languages module in Semester 2 is compulsory if you wish to continue to the Language Specialist Global Challenge Pathway the following academic year.

For more information about Language Centre option modules available to you please visit the following webpages.

For new (Level 4) students please visit: <https://www.keele.ac.uk/study/languagecentre/>

For current (Level 5 and Level 6) students please visit: <https://www.keele.ac.uk/students/academiclife/global-challenge-pathways/>

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The programme has been designed to provide students with the foundational knowledge, as required by the British Psychological Society, which is covered by the compulsory modules outlined below.

The rest of the Sport and Exercise Psychology programme has some compulsory modules around general psychology as well as sport and exercise psychology. In addition, students can choose optional modules to create a customisable degree, depending on interests. On top of three specialist Sport and Exercise Psychology modules, we have a number of other 'routes' of modules which have been designed as a selection of modules (one in second year and two in third year) that interlink to provide a cohesive level of additional specialism in these areas:

- Social and Political Psychology - Collective Action and Social Change (PSY-20052; 15 credits), Morality in Action: Justice, Society, and Climate Change (PSY-30xxx; 30 credits)
- Health Psychology - Healthy Psychology (PSY-20054; 15 credits), and Health, Illness, and Coping (PSY-30204; 30 credits)
- Cognitive Psychology and Neuroscience - Neuroimaging & Cognitive Neuroscience (PSY-20056), and Cognitive Psychology (PSY-30200; 30 credits)

In addition, students will also have the opportunity to select optional modules from programmes that sit within the wider institute of sport.

- Sport and Exercise Science - Innovations in Technology for Sport, Exercise + Performance (EXS-20017), Interdisciplinary Perspectives in Sport, Exercise and Performance (EXS-30015).

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A summary of the credit requirements per year is as follows.

For further information on the content of modules currently offered please visit: <https://www.keele.ac.uk/recordsandexams/modulecatalogue/>

| Year    | Compulsory | Optional |     |
|---------|------------|----------|-----|
|         |            | Min      | Max |
| Level 4 | 105        | 15       | 15  |
| Level 5 | 90         | 30       | 30  |
| Level 6 | 90         | 30       | 30  |

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## Module Lists

### Level 4

| Compulsory modules                              | Module Code | Credits | Period       |
|-------------------------------------------------|-------------|---------|--------------|
| Understanding people                            | PSY-10052   | 30      | Semester 1-2 |
| Exploring and Applying Psychological Topics     | PSY-10054   | 30      | Semester 1-2 |
| First Steps in Becoming a Psychology Researcher | PSY-10056   | 30      | Semester 1-2 |
| Distress and Mental Health                      | PSY-10026   | 15      | Semester 2   |

| Optional modules      | Module Code | Credits | Period     |
|-----------------------|-------------|---------|------------|
| Science Communication | PSY-10038   | 15      | Semester 1 |

## Level 5

| Compulsory modules                              | Module Code | Credits | Period       |
|-------------------------------------------------|-------------|---------|--------------|
| Current Themes in Sport and Exercise Psychology | PSY-20070   | 15      | Semester 1   |
| Next Steps to becoming a Psychology Researcher  | PSY-20074   | 30      | Semester 1-2 |
| Understanding People in Depth                   | PSY-20076   | 30      | Semester 1-2 |
| Evidence-Based Sport and Exercise Psychology    | PSY-20072   | 15      | Semester 2   |

| Optional modules                                                | Module Code | Credits | Period       |
|-----------------------------------------------------------------|-------------|---------|--------------|
| Psychopathology                                                 | PSY-20033   | 15      | Semester 1   |
| Cyberpsychology - the psychology of technology and the Internet | PSY-20048   | 15      | Semester 1   |
| Flexible Work Placement (Level 5)                               | NAT-20011   | 15      | Semester 1-2 |
| Innovations in Sport and Exercise Technology                    | EXS-20017   | 15      | Semester 2   |
| Health Psychology                                               | PSY-20054   | 15      | Semester 2   |
| Neuroimaging & Cognitive Neuroscience                           | PSY-20056   | 15      | Semester 2   |
| Child Psychology in Practice                                    | PSY-20058   | 15      | Semester 2   |
| Wellbeing & Mental Health in the Community                      | PSY-20064   | 15      | Semester 2   |

## Level 5 Module Rules

Please note: You cannot take both Flexible Work Placement (Level 5) and Flexible Work Placement (Level 6)

## Level 6

| Compulsory modules                                 | Module Code | Credits | Period       |
|----------------------------------------------------|-------------|---------|--------------|
| Professional Skills for Researchers                | PSY-30196   | 15      | Semester 1   |
| Applied Sport, Exercise and Performance Psychology | PSY-30188   | 30      | Semester 1-2 |
| Being a Psychology Researcher                      | PSY-30194   | 30      | Semester 1-2 |
| Grand Challenges in Psychology                     | PSY-30140   | 15      | Semester 2   |

| Optional modules                                   | Module Code | Credits | Period       |
|----------------------------------------------------|-------------|---------|--------------|
| Psychology in Education                            | PSY-30127   | 15      | Semester 1   |
| Gender and Sexualities                             | PSY-30166   | 15      | Semester 1   |
| Flexible Work Placement (Level 6)                  | NAT-30008   | 15      | Semester 1-2 |
| Professional Experience in Education               | NAT-30012   | 15      | Semester 1-2 |
| Cognitive Psychology                               | PSY-30200   | 30      | Semester 1-2 |
| Health, Illness, and Behaviour Change              | PSY-30204   | 30      | Semester 1-2 |
| Interdisciplinary Approaches in Sport and Exercise | EXS-30015   | 15      | Semester 2   |
| Neurodiversity in Society                          | PSY-30162   | 15      | Semester 2   |
| Wellbeing & Mental Health Practice                 | PSY-30172   | 15      | Semester 2   |

## Level 6 Module Rules

Students opting to study the Interdisciplinary Perspectives in Sport Exercise and Performance module must have studied at least 15-credits of Sport and Exercise Science related content at L5.

Please note: You cannot take both Flexible Work Placement (Level 5) and Flexible Work Placement (Level 6). You also cannot take both Flexible Work Placement (Level 6) and Professional Experience in Education.

## 9. Final and intermediate awards

Credits required for each level of academic award are as follows:

|                                                 |             |                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BSc (Hons) Sport and Exercise Psychology</b> | 360 credits | You will require at least 120 credits at levels 4, 5 and 6<br><br>You must accumulate at least 270 credits in your main subject (out of 360 credits overall), with at least 90 credits in each of the three years of study, to graduate with a named single honours degree in this subject. |
| <b>Diploma in Higher Education</b>              | 240 credits | You will require at least 120 credits at level 4 or higher and at least 120 credits at level 5 or higher                                                                                                                                                                                    |
| <b>Certificate in Higher Education</b>          | 120 credits | You will require at least 120 credits at level 4 or higher                                                                                                                                                                                                                                  |

**International Year option:** in addition to the above students must pass a module covering the international year in order to graduate with a named degree including the 'international year' wording. Students who do not complete, or fail the international year, will be transferred to the three-year version of the programme.

**Work Placement Year option:** in addition to the above students must pass a non-credit bearing module covering the work placement year in order to graduate with a named degree including the 'with Work Placement Year' wording. Students who do not complete, or fail the work placement year, will be transferred to the three-year version of the programme.

## 10. How is the Programme Assessed?

The wide variety of assessment methods used on this programme at Keele reflects the broad range of knowledge and skills that are developed as you progress through the degree programme. Teaching staff pay particular attention to specifying clear assessment criteria and providing timely, regular and constructive feedback that helps to clarify things you did not understand and helps you to improve your performance. The

following list is representative of the variety of assessment methods used on your programme:

- **Coursework and Lab Reports** test the quality and application of subject knowledge. In addition, they allow students to demonstrate their ability to carry out basic independent research and to communicate their ideas effectively by writing in an appropriate scholarly style using academic conventions in writing.
- **Research projects and reports** test student's knowledge of different research methodologies and the limits and provisional nature of psychological knowledge. They also enable students to demonstrate their ability to formulate research questions and to answer them using appropriate methods.
- **Oral and poster presentations and reports** assess individual students' subject knowledge and understanding. They also test their ability to work effectively as members of a team, to communicate what they know orally and visually, and to reflect on these processes as part of their own personal development.
- **Designing interventions** which present students with a scenario (or selection) which describes a problem that would be found in the 'real world', e.g., how to engage low achieving students in education. They are required to produce a psychologically informed solution, including mechanisms of delivery and evaluation.
- **Critiques and Reviews** of other scholars' work test students' ability to identify and summarise the key points of a text and to evaluate the quality of arguments and the evidence used to support them. In the case of work based on empirical research, reviews also assess students' knowledge of research methodologies and their ability to make critical judgements about the appropriateness of different strategies for collecting and analysing data.

Marks are awarded for summative assessments designed to assess your achievement of learning outcomes. You will also be assessed formatively to enable you to monitor your own progress and to assist staff in identifying and addressing any specific learning needs. Feedback, including guidance on how you can improve the quality of your work, is also provided on all summative assessments within three working weeks of submission, unless there are compelling circumstances that make this impossible, and more informally in the course of tutorial and seminar discussions.

## 11. Contact Time and Expected Workload

This contact time measure is intended to provide you with an indication of the type of activity you are likely to undertake during this programme. The data is compiled based on module choices and learning patterns of students on similar programmes in previous years. Every effort is made to ensure this data is a realistic representation of what you are likely to experience, but changes to programmes, teaching methods and assessment methods mean this data is representative and not specific.

Undergraduate courses at Keele contain an element of module choice; therefore, individual students will experience a different mix of contact time and assessment types dependent upon their own individual choice of modules. The figures below are an example of activities that a student may expect on your chosen course by year stage of study. Contact time includes scheduled activities such as: lecture, seminar, tutorial, project supervision, demonstration, practical classes and labs, supervised time in labs/workshop, fieldwork and external visits. The figures are based on 1,200 hours of student effort each year for full-time students.

### Activity

|                         | <b>Scheduled learning and teaching activities</b> | <b>Guided independent Study</b> | <b>Placements</b> |
|-------------------------|---------------------------------------------------|---------------------------------|-------------------|
| <b>Year 1 (Level 4)</b> | 31.2%                                             | 68.8%                           | 0%                |
| <b>Year 2 (Level 5)</b> | 21%                                               | 79%                             | 0%                |
| <b>Year 3 (Level 6)</b> | 15%                                               | 85%                             | 0%                |

## 12. Accreditation

This programme is accredited by the British Psychological Society (BPS) providing the Graduate Basis for Chartered Membership [GBC]. This is the first step towards becoming a Chartered Psychologist.

Please note the following:

**Module Selection:** It is a requirement of the BPS that the Final Year compulsory module 'Being a Psychology Researcher' (PSY-30194) is passed and that students achieve a minimum standard of Second Class Honours for GBC.

## 13. University Regulations

The University Regulations form the framework for learning, teaching and assessment and other aspects of the student experience. Further information about the University Regulations can be found at: <http://www.keele.ac.uk/student-agreement/>

If this programme has any exemptions, variations or additions to the University Regulations these will be detailed in an Annex at the end of this document titled 'Programme-specific regulations'.

A student who has completed a semester abroad will not normally be eligible to transfer onto the International Year option. A student is not allowed to study both the International Year option and the Placement Year option.

## 14. Other Learning Opportunities

### Study Abroad (International Year)

A summary of the International Year, which is a potential option for students after completion of year 2 (Level 5), is provided in the Annex for the International Year.

### Work Placement Year

Students have the opportunity to apply directly for the 4-year 'with Work Placement Year' degree programme or to transfer onto the 4-year degree programme at the end of Year-1 and in Year-2 at the end of Semester 1. Students who are initially registered for the 4-year degree programme may transfer onto the 3-year degree programme at any point in time, prior to undertaking their year-long placement. Eligibility rules are included in the Annex.

## 15. Additional Costs

Additional costs may be incurred where a student elects to take a module requiring off-campus travel. An example includes Cognitive Psychology (PSY-30200) which has a field trip included.

| Activity                                        | Estimated Cost |
|-------------------------------------------------|----------------|
| Field trip for Cognitive Psychology (PSY-30200) | tbc            |
|                                                 |                |
| Total estimated additional costs                | £tbc           |

These costs have been forecast by the University as accurately as possible but may be subject to change as a result of factors outside of our control (for example, increase in costs for external services). Forecast costs are reviewed on an annual basis to ensure they remain representative. Where additional costs are in direct control of the University we will ensure increases do not exceed 5%.

As to be expected there will be additional costs for inter-library loans and potential overdue library fines, print and graduation. We do not anticipate any further costs for this programme.

## 16. Annex - International Year

### BSc Sport and Exercise Psychology with International Year

|                              |
|------------------------------|
| International Year Programme |
|------------------------------|

Students registered for this Single Honours programme may either be admitted for or apply to transfer during their period of study at Level 5 to the International Year option. Students accepted onto this option will have an extra year of study (the International Year) at an international partner institution after they have completed Year 2 (Level 5) at Keele.

Students who successfully complete both the second year (Level 5) and the International Year will be permitted to progress to Level 6. Students who fail to satisfy the examiners in respect of the International Year will normally revert to the standard programme and progress to Level 6 on that basis. The failure will be recorded on the student's final transcript.

Study at Level 4, Level 5 and Level 6 will be as per the main body of this document. The additional detail contained in this annex will pertain solely to students registered for the International Year option.

### **International Year Programme Aims**

In addition to the programme aims specified in the main body of this document, the international year programme of study aims to provide students with:

1. Personal development as a student and a researcher with an appreciation of the international dimension of their subject
2. Experience of a different culture, academically, professionally and socially

### **Entry Requirements for the International Year**

Students may apply to the 4-year programme during Level 5. Admission to the International Year is subject to successful application, interview and references from appropriate staff.

The criteria to be applied are:

- Academic Performance (an average of 55% across all modules in Semester 1 at Level 5 is normally required. Places on the International Year are then conditional on achieving an average mark of 55% across all Level 5 modules. Students with up to 15 credits of re-assessment who meet the 55% requirement may progress to the International Year. Where no Semester 1 marks have been awarded performance in 1st year marks and ongoing 2nd year assessments are taken into account)
- General Aptitude (to be demonstrated by application for study abroad, interview during the 2nd semester of year 2 (Level 5), and by recommendation of the student's Academic Mentor, 1st and 2nd year tutors and programme director)

Students may not register for both an International Year and a Placement Year.

### **Student Support**

Students will be supported whilst on the International Year via the following methods:

- Phone or Skype conversations with Study Abroad tutor, in line with recommended Academic Mentoring meeting points.
- Support from the University's Global Education Team

### **Learning Outcomes**

In addition to the learning outcomes specified in the main text of the Programme Specification, students who complete a Keele undergraduate programme with International Year will be able to:

1. Describe, discuss and reflect upon the cultural and international differences and similarities of different learning environments
2. Discuss the benefits and challenges of global citizenship and internationalisation
3. Explain how their perspective on their academic discipline has been influenced by locating it within an international setting.
4. Communicate effectively in an international setting;
5. Reflect on previous learning within an international context.

In addition, students who complete the International Year will be able to:

These learning outcomes will all be assessed by the submission of a satisfactory individual learning agreement, the successful completion of assessments at the partner institution and the submission of the reflective portfolio element of the international year module.

## Regulations

Students registered for the International Year are subject to the programme-specific regulations (if any) and the University regulations. In addition, during the International Year, the following regulations will apply:

Students undertaking the International Year must complete 120 credits, which must comprise *at least* 40% in the student's discipline area.

This may impact on your choice of modules to study, for example you will have to choose certain modules to ensure you have the discipline specific credits required.

Students are barred from studying any module with significant overlap to the Level 6 modules they will study on their return. Significant overlap with Level 5 modules previously studied should also be avoided.

## Additional costs for the International Year

Tuition fees for students on the International Year will be charged at 15% of the annual tuition fees for that year of study, as set out in Section 1. The International Year can be included in your Student Finance allocation, to find out more about your personal eligibility see: [www.gov.uk](http://www.gov.uk)

Students will have to bear the costs of travelling to and from their destination university, accommodation, food and personal costs. Depending on the destination they are studying at additional costs may include visas, study permits, residence permits, and compulsory health checks. Students should expect the total costs of studying abroad be greater than if they study in the UK, information is made available from the Global Education Team throughout the process, as costs will vary depending on destination.

Students who meet external eligibility criteria may be eligible for grants as part of this programme. Students studying outside of this programme may be eligible income dependent bursaries at Keele.

Students travel on a comprehensive Keele University insurance plan, for which there are currently no additional charges. Some Governments and/or universities require additional compulsory health coverage plans; costs for this will be advised during the application process.

## 17. Annex - Work Placement Year

### BSc Sport and Exercise Psychology with Work Placement Year

#### Work Placement Year summary

Students registered for this programme may either be admitted for or apply to transfer during their studies to the 'with Work Placement Year' option (NB: for Combined Honours students the rules relating to the work placement year in the subject where the placement is organised are to be followed). Students accepted onto this programme will have an extra year of study (the Work Placement Year) with a relevant placement provider after they have completed Year 2 (Level 5) at Keele.

Students who successfully complete both the second year (Level 5) and the Work Placement Year will be permitted to progress to Level 6. Students who fail to satisfactorily complete the Work Placement Year will normally revert to the 3-year programme and progress to Level 6 on that basis. The failure will be recorded on the student's final transcript.

Study at Level 4, Level 5 and Level 6 will be as per the main body of this document. The additional detail contained in this annex will pertain solely to students registered for the Work Placement Year option.

### **Work Placement Year Programme Aims**

In addition to the programme aims specified in the main body of this document, the Work Placement Year aims to provide students with:

1. Substantial experience of work with a relevant placement provider, including familiarisation with the professional working environment.
2. The opportunity to reflect upon how work with a relevant placement provider draws upon psychological principles, skills, theories or methods

### **Entry Requirements for the Work Placement Year**

Admission to the Work Placement Year is subject to successful application, interview and references from appropriate staff. Students have the opportunity to apply directly for the 4-year 'with work placement year' degree programme, or to transfer onto the 4-year programme at the end of Year-1 and in Year-2 at the end of Semester 1. Students who are initially registered for the 4-year degree programme may transfer onto the 3-year degree programme at any point in time, prior to undertaking the year-long work placement. Students who fail to pass the work placement year, and those who fail to meet the minimum requirements of the work placement year module, (\* or equivalent, work placement), will be automatically transferred onto the 3-year degree programme.

\* We recommend where possible students undertake a placement of between 9 - 12 months on a full-time basis to maximize academic and personal growth. However, the Faculty of Natural Sciences Work / Professional Placement Year mandates a minimum of 24 weeks in duration, ideally on a full-time basis, but no less than 21 hours per week. This enables those undertaking an unpaid placement to work on a part-time basis alongside their placement.

The criteria to be applied are:

- A good University attendance record and be in 'good academic standing'.
- Academic Performance (an average of 50% across all modules in Semester 1 at Level 5 is normally required. Places on the Work Placement Year are then conditional on achieving an average mark of 50% across all Level 5 modules. Students with up to 15 credits of re-assessment who meet the 50% requirement may progress to the Work Placement Year. Where no Semester 1 marks have been awarded performance in 1st year marks and ongoing 2nd year assessments are taken into account)
- Students undertaking work placements will be expected to complete a Health and Safety checklist prior to commencing their work experience and will be required to satisfy the Health and Safety regulations of the company or organisation at which they are based.
- (*International students only*) Due to visa requirements, it is not possible for international students who require a Tier 4 Visa to apply for direct entry onto the 4-year with Work Placement Year degree programme. Students wishing to transfer onto this programme should discuss this with student support, the academic tutor for the work placement year, and the Programme Lead. Students should be aware that there are visa implications for this transfer, and it is the student's responsibility to complete any and all necessary processes to be eligible for this programme. There may be additional costs, including applying for a new Visa from outside of the UK for international students associated with a transfer to the work placement programme.

Students may not register for both an International Year and a Work Placement Year.

### **Student Support**

Students will be supported whilst on the Work Placement Year via the following methods:

- Regular contact between the student and a named member of staff who will be assigned to the student as their University supervisor. The University supervisor will be in regular contact with the student throughout the year, and be on hand to provide advice (pastoral or academic) and liaise with the Placement supervisor on the student's behalf if required.
- Two formal contacts with the student during the placement year: the University supervisor will visit the student in their placement organization at around 5 weeks after the placement has commenced, and then visit again (or conduct a telephone/video call tutorial) at around 15 weeks into the placement.
- Weekly supervision sessions will take place with the placement supervisor (or his/her nominee) throughout the duration of the placement.

## **Learning Outcomes**

In addition to the learning outcomes specified in the main text of the Programme Specification, students who complete the 'with Work Placement Year' option will be able to:

1. communicate effectively and professionally in a work setting;
2. reflect on previous learning within a work context;
3. evaluate their own employability skills and develop these through practice in the work place;
4. apply psychological theory learnt as part of the taught degree to real situations in the work place;
5. reflect on their work placement activities and experiences and evaluate the impact on their employability skills;
6. explain the role of the placement provider from a psychological perspective with reference to their own role, experience and relevant psychological theory.

These learning outcomes will be assessed through the non-credit bearing Work Placement Year module (NAT-30010) which involves:

1. the submission of a reflective diary to the University supervisor;
2. a presentation about their placement experience to an audience of other students coming off placement and those about to go out on placements. The audience is also likely to contain academic supervisors and other interested staff from the School of Psychology;
3. a placement supervisor's report.

## **Regulations**

Students registered for the 'with Work Placement Year' option are subject to programme-specific regulations (if any) and the University regulations. In addition, during the Work Placement Year, the following regulations will apply:

- Students undertaking the Work Placement Year must successfully complete the zero-credit Work Placement Year' module (NAT-30010)
- In order to ensure a high quality placement experience, each placement agency will sign up to a placement contract (analogous to a service level agreement).
- Once a student has been accepted by a placement organisation, the student will make a pre-placement visit and a member of staff identified within the placement contract will be assigned as the placement supervisor. The placement supervisor will be responsible for ensuring that the placement experience meets the agreed contract agreed with the University.
- The placement student will also sign up an agreement outlining his/her responsibilities in relation to the requirements of each organisation.

Students will be expected to behave professionally in terms of:

- (i) conforming to the work practices of the organisation; and
- (ii) remembering that they are representatives of the University and their actions will reflect on the School and have an impact on that organisation's willingness (or otherwise) to remain engaged with the placement.

## **Additional costs for the Work Placement Year**

Tuition fees for students on the Work Placement Year will be charged at 20% of the annual tuition fees for that year of study, as set out in Section 1. The Work Placement Year can be included in your Student Finance allocation; to find out more about your personal eligibility see: [www.gov.uk](http://www.gov.uk)

Students will have to bear the costs of travelling to and from their placement provider, accommodation, food and personal costs. Depending on the placement provider additional costs may include parking permits, travel and transport, suitable clothing, DBS checks, and compulsory health checks.

A small stipend may be available to students from the placement provider during the placement but this will need to be explored on a placement-by-placement basis as some organisations, such as charities, may not have any extra money available. Students should budget with the assumption that their placement will be unpaid.

Eligibility for student finance will depend on the type of placement and whether it is paid or not. If it is paid, this is likely to affect student finance eligibility, however if it is voluntary and therefore unpaid, should not affect student finance eligibility. Students are required to confirm eligibility with their student finance provider.

International students who require a Tier 4 visa should check with the Immigration Compliance team prior to commencing any type of paid placement to ensure that they are not contravening their visa requirements.

## 18. Annex - Programme-specific regulations

### Programme Regulations: BSc (Hons) Sport and Exercise Psychology

|                                     |                                                                                                                     |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Final Award and Award Titles</b> | BSc (Hons) Sport and Exercise Psychology                                                                            |
| <b>Intermediate Award(s)</b>        | Diploma of Higher Education<br>Certificate of Higher Education                                                      |
| <b>Last modified</b>                | July 2024                                                                                                           |
| <b>Programme Specification</b>      | <a href="https://www.keele.ac.uk/qa/programmespecifications">https://www.keele.ac.uk/qa/programmespecifications</a> |

The University's Academic Regulations which can be found on the Keele University website (<https://www.keele.ac.uk/regulations/>)[1] apply to and regulate the programme, other than in instances where the specific programme regulations listed below over-ride them. These programme regulations list:

- *Exemptions* which are characterised by the omission of the relevant regulation.
- *Variations* which are characterised by the replacement of part of the regulation with alternative wording.
- *Additional Requirements* which set out what additional rules that apply to students in relation to this programme.

The following **exemptions**, **variations** and **additional requirements** to the University regulations have been checked by Academic Services and have been approved by the Faculty Education Committee.

#### A) EXEMPTIONS

The clause(s) listed below describe where an exemption from the University's Academic Regulations exists:

For the whole duration of their studies, students on this Programme are exempt from the following regulations:

- **No exemptions apply.**

#### B) VARIATIONS

The clause(s) listed below describe where a variation from the University's Academic Regulations exists:

### **Variation 1: Admission with advanced standing and module exemptions**

1.1 Applications for admission with advanced standing are considered on a case-by-case basis. Students may be accepted as direct entrants into the second year of the course if they have successfully covered the content of the Keele first year psychology course at another UK Higher Education Institution or overseas HEI (subject to appropriate university approval).

1.2 There is no provision for students to be granted exemption from individual psychology modules within a year of study. Students granted admission with advanced standing must take the full complement of modules for the year of study.

### **Variation 2: Re-assessments**

2.1 Students are not permitted to undertake empirical work for the re-assessment of a methodology module if they cannot be supervised. There will be no consideration of seminar presentations in the reassessment of modules in which these activities are used in the initial assessment of the module (e.g. PSY-10034 Introduction to biological and cognitive psychology).

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[\[1\]](#) References to University Regulations in this document apply to the content of the University's Regulatory Framework as set out on the University website here <https://www.keele.ac.uk/regulations/>.

## **Version History**

### **This document**

**Date Approved:** 27 March 2025

### **Previous documents**

| Version No | Year    | Owner            | Date Approved | Summary of and rationale for changes               |
|------------|---------|------------------|---------------|----------------------------------------------------|
| 1          | 2024/25 | MICHAEL MCGREARY | 26 March 2025 | PSY-30127 removed.<br>PSY-30096 & PSY-30122 added. |