

sport & exercise psychology

'I love being a sport and exercise psychologist because of the diversity and the challenging nature of the work. You can find yourself giving a lecture, writing a book chapter, conducting research, speaking to the media or consulting with a sport or exercise participant. It is enjoyable, challenging and particularly when consulting can be a very rewarding experience.'

Dr Marc Jones, Staffordshire University



Where do sport and exercise psychologists work?

Private and public organisations; consultancies.

What do they do?

Help athletes and coaches with psychological preparation; coping with injury; motivation; stress; training demands; and goal setting.

How do you become a sport and exercise psychologist?

Accredited undergraduate degree in psychology; accredited MSc in sport and exercise psychology; two years' supervised practice.

www.bps.org.uk/careers



The
British
Psychological
Society