

# The British Psychological Society

Promoting excellence in psychology

## Sport & Exercise psychology

Sport psychology's predominant aim is to help athletes prepare psychologically for the demands of competition and training. Exercise psychology is primarily concerned with the application of psychology to increase exercise participation and motivational levels in the general public.

### **What do sport and exercise psychologists do?**

Sport psychologists counsel referees to deal with the stressful and demanding aspects of their role, advise coaches on how to build cohesion within their squad of athletes, and help athletes with personal development and the psychological consequences of sustaining an injury for example. Exercise psychologists optimise the benefits that can be derived from exercise participation and help individual clients with the implementation of goal setting strategies for example.

Practitioners typically specialise in either the sport or exercise branches though some work equally in both fields.

For more information on how to become a sport and exercise psychologist, discover your journey into psychology at...

[www.bps.org.uk/careers](http://www.bps.org.uk/careers)



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