

PSI/NIBPS Psychology Careers Event DCU; 4th March 2017

The *What, How & Why* of Sport, Exercise & Performance Psychology

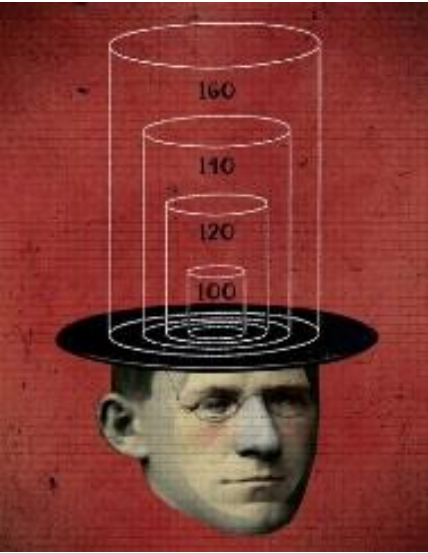
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What is Sport, Exercise & Performance Psychology?

- **Sport and Exercise Psychology** is concerned with “*understanding the performance, mental processes and well-being of people involved in sport and exercise*” (Moran, 2012).

- **Performance Psychology** focuses on the psychology of human performance, in particular, professions that demand excellence in psychomotor performance (e.g., performing arts, surgery, military operations) (Martin, 2012).



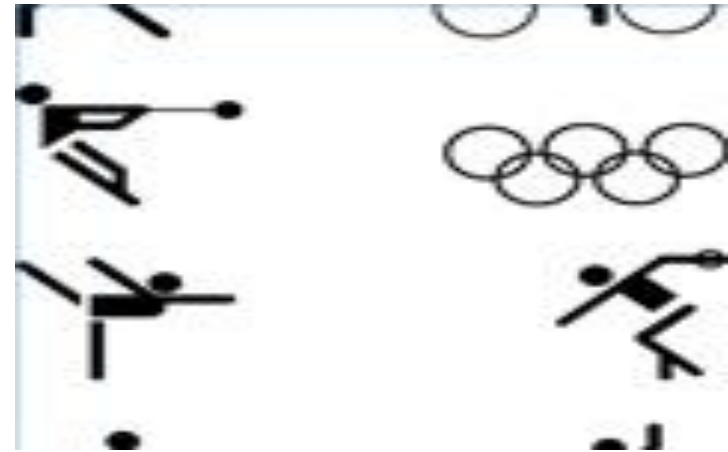
Aims of Applied Sport Psychology

- Work with clients to enhance psycho-behavioural change (thoughts, feelings, & behaviour) with the aim of:
 1. Improving personal development of the athlete
 2. Improving the quality of the sport experience
 3. Improving performance



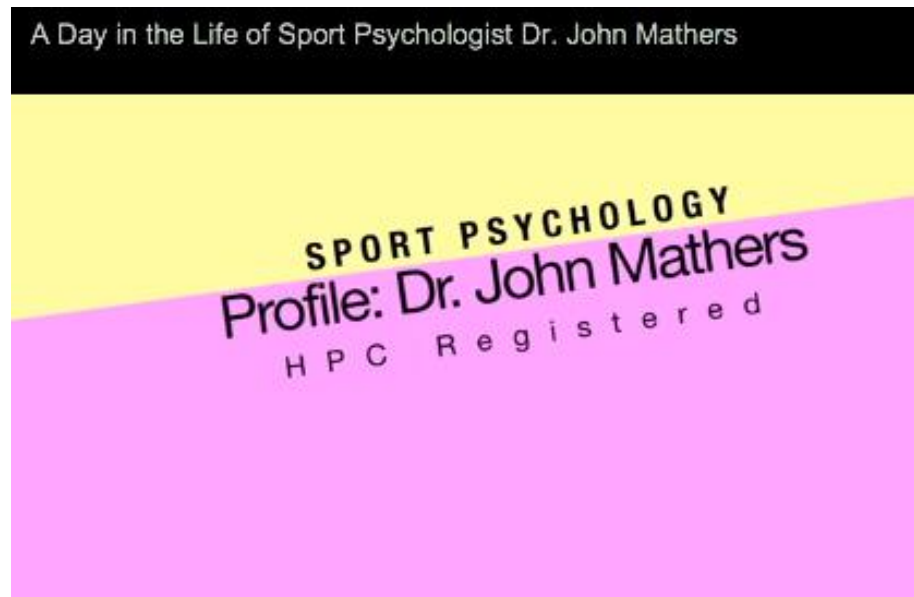
Strands of Sport Psychology

- Involved in:
 1. Education- teaching/ lecturing
 2. Research- testing & developing theories
 3. Application- working in the field with athletes and coaches



What do Sport Psychologists do?

1. Sport Psychologist
2. Clinical Sport Psychologist



<https://www.youtube.com/watch?v=C1K1ySWCS6s>



What do Sport Psychologists do?

1. Purely Applied SP

- Help athletes develop psy skills for performance enhancement
- Would deal with some emotional issues
- Sport Sci/ PE training
- Tend to have direct problem solving approach

2. Clinical/ Counselling SP

- Prepared to deal with emotional and personality disorder problems
- Psych/ counselling trained
- Tend to have ‘deeper’ less direct approach



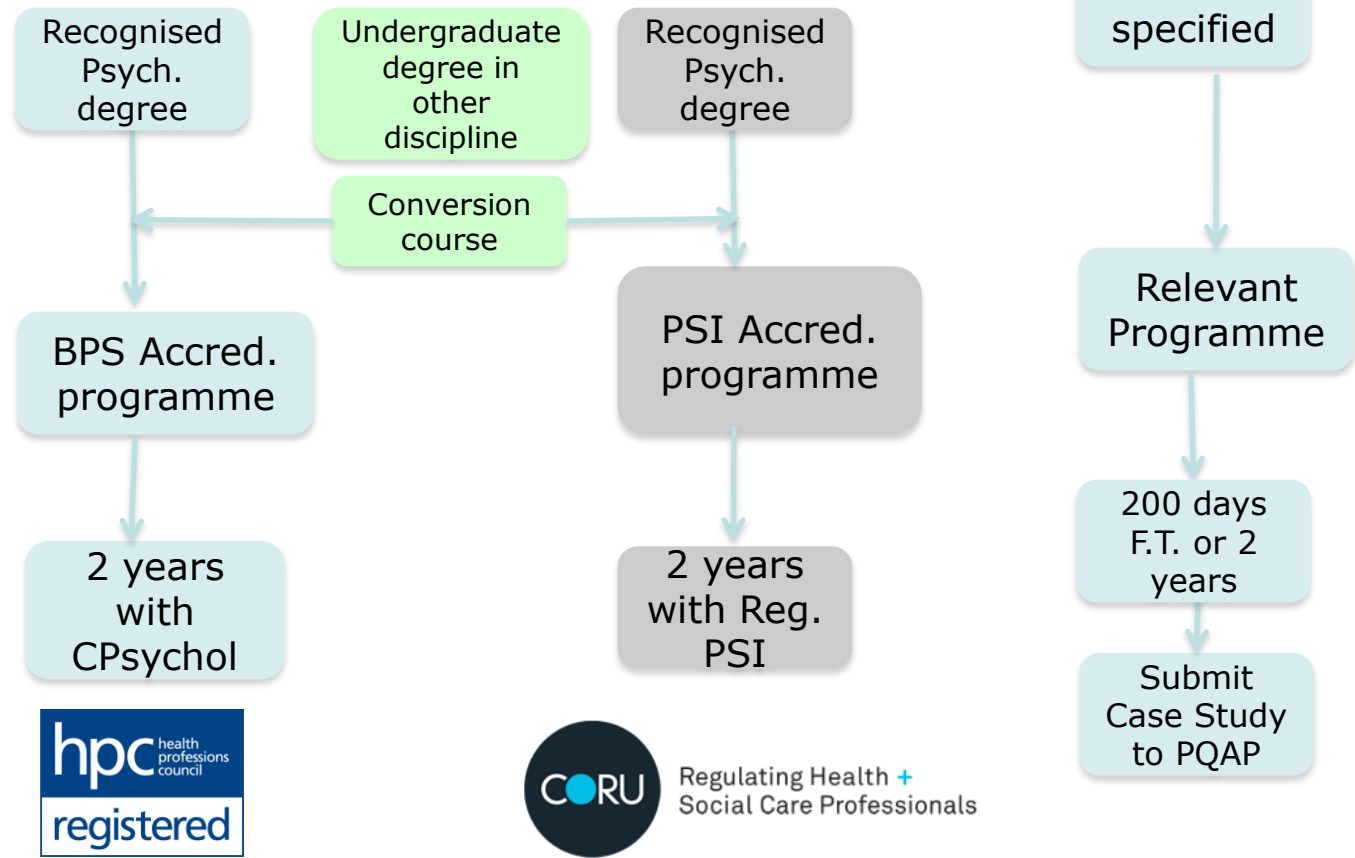
How: Accreditation Pathways



Undergraduate Degree

Postgraduate Degree

Supervised Experience



How: Courses on The Island of Ireland



MSc in Sport & Exercise Psychology (1 year-October intake) BPS accredited programme – Level 9



MSc in Sport, Exercise & Performance Psychology UL (1 year-January intake) Seeking PSI/BPS accreditation – Level 9.



MSc in Applied Sport & Exercise Psychology WIT (2 years-October intake) Seeking some PSI recognition – Level 9.



Certificate in Sport Psychology (20 weeks: October – March; No exams - 2 CAs); QQI qualification – Level 8



Why Sport, Exercise, Performance Psychology?

Employability

- ❖ Academia (Educational role: researching and teaching)
- ❖ NGBs – via Sport Ireland Institute etc. (Applied role: Consultancy – practical sessions)
- ❖ Clinical – Counselling role (i.e., helping clients experiencing more serious issues)

Typical work activities

- ❖ Assess clients needs and abilities
- ❖ Monitoring performance and behaviour
- ❖ Implementing strategies to overcome difficulties experienced
- ❖ Working with/in multi-disciplinary teams
- ❖ Delivering workshops
- ❖ Conducting and applying research





What my mom thinks I do.



What society thinks I do.



What strangers think I do.



What other psychologists think I do



What I think I do.



What I really do.

SPORT PSYCHOLOGISTS



Thanks for your attention!



Any Questions?

