

# PSI/NIBPS All-Ireland Psychology Careers Event

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## The What, Where, How & Why of **Sport Psychology**

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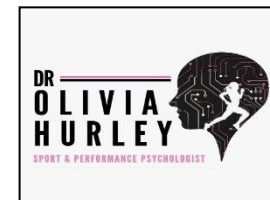
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# Presentation Overview

- **What** is Sport Psychology?
- **What** do Sport Psychologists do?
- **Where** do Sport Psychologists work?
- **How** can you qualify as a ‘Sport Psychologist’?
- **Why** Sport Psychology ..... Some notes of caution & reflections



# What is Sport Psychology?

- **Sport psychology** is concerned with “*understanding the performance, mental processes and well-being of people involved in sport*” (Moran, 2012).
- “***Applied sport psychology is the scientific study and application of psychological principles of human performance in helping athletes consistently perform in the upper range of their capabilities and more thoroughly enjoy the sport performance process***” (APA, 2014).

# What do Sport Psychologists do?

Performance enhancement

Cohesion & Leadership

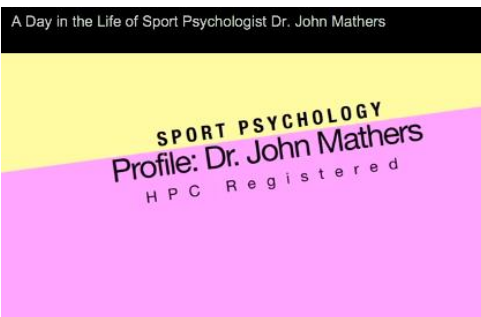
Injury Rehabilitation

Athlete Lifestyle

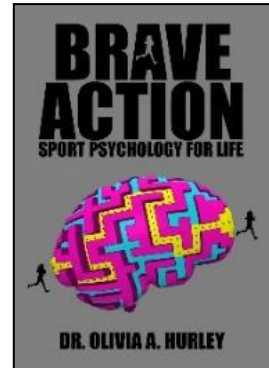
Skill Acquisition

\*Exercise adherence

Coach/Referee Development



YouTube



YouTube



# Where do Sport Psychologists work?

- Wide range of settings, with a diverse range of clients, across all levels of performance (novice to elite; amateur to professional; individual to group; schools, colleges, clubs, provincial and national level organisations).
- Private consultants and / or typically ‘part-time’ positions with professional sport teams / NGBs.
- Most practitioners combine consultancy work with teaching and research / work in other areas (clinical / occupational settings).



# How to become a Sport Psychologist

- Currently, the term 'Psychologist' is not protected in Ireland. CORU will provide statutory registration for Psychologists (who meet the minimum requirements as set by **CORU** to use the term → likely a Level 9 (Masters) qualification in the relevant area).
- In the UK, practitioners must be registered with the Health and Care Professions Council (**HCPC**) -> Requirements: Stage 2 BPS qualification in Sport and Exercise Psychology / an equivalent qualification approved by HCPC; See: <https://www.bps.org.uk/bps-qualifications/sport-and-exercise-psychology>



# How to become a 'Sport Psychologist' (2023)

- ✓ Complete an accredited **undergraduate (Hons) Psychology degree** (PSI / BPS).
- ✓ Complete an **appropriate postgraduate Masters degree** (Currently, there is no PSI accredited Sport Psychology programme; UJJ's MSc programme is accredited by the BPS; See UL / SETU Waterford for other relevant Level 9 programmes in Ireland).
- ✓ PSI / BPS **Supervised Experience** (typically ~ 2 years / 200 hours).
- ✓ Apply for **HCPC membership / Sport Ireland Institute Accreditation** (see SII website for specific details regarding how to join the **Sport Ireland Institute Services Panel**; Posts are advertised and issued via eTenders.ie).

{\*Other 'possible options': An accredited Doctorate related to the domain of Sport Psychology; An clinical doctorate programme accredited by PSI / BPS, followed by PSI / BPS accredited Masters in Sport Psychology}.

## Some Notes of Caution

- ❖ Be prepared for scepticism.
- ❖ Be prepared for some sport organisations not following established routes for appointing their 'practitioners'.
- ❖ Be prepared for the 'popular experts' -> 'expert athletes' / 'mental skills coaches' / 'performances coaches'.

## Some Reflections

- ❖ Passionate about sport ....
- ❖ BUT, that is not enough ... **Perseverance** is also needed ...
- ❖ Be prepared to work weekends /travel / teach / research / work in other psychological domains.

Thank you for listening - Any Questions?

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