

Master of Psychology (Sport & Exercise)

ISN.EDU.AU



Why choose ISN Psychology?

Mental illness is an issue that devastates lives and families, affecting millions of people each year. Problems such as anxiety, depression and addictive behaviours bring misery and put a strain on relationships, robbing life of joy and fulfilment. Programs and interventions that build resilience and help us perform across society and professional settings can assist individuals to improve our life focus and to better respond to mental health challenges.

ISN Psychology offers several post-graduate programs that utilise evidence based approaches to train the next generation of psychologists to help people thrive and meet the challenges of the 21st century. ISN Psychology allows you to learn and explore in an environment that is all about intellectual curiosity and freedom of expression. You will study in a tertiary college that specialises in psychology, where no other faculties compete for funds.



DETAILS

Master of Psychology (Sport & Exercise)

The Master of Psychology (Sport & Exercise) is designed to prepare students for professional practice as a Sport and Exercise psychologist. The program is accredited by APAC. Graduates would be eligible to enter in the PsyBA registrar program to pursue endorsement as Sport and Exercise Psychology Psychologist.

The Master of Psychology (Sport and Exercise) provides skills and knowledge centred around understanding psychological factors which contribute to peak performance and wellbeing. These factors are explored through assessment, exploring factors such as performance, sports medicine, and rehabilitation in both individual and diverse groups and populations. Given ISN's philosophy is rooted in psychology and neuroscience, you will learn a well-considered practical approaches and therapeutic techniques in sport and exercise psychology, which align with the accreditation requirements governed by the Australian Psychology Accreditation Council (APAC). ISN has access to world-renowned academics in the field of psychology, as well as access to leading corporations who know the benefits of sport and exercise psychology.

Sport and Exercise Psychology involves exploring the psychological factors that are associated with participation and performance in sport & exercise as well as identifying risk factors that may contribute to mental illness thus also having a role to play in providing psychotherapeutic intervention for common psychological conditions.

An understanding of Sport and Exercise Psychology like never before.

Evidence based approaches are utilised to not only enhance performance but to provide expertise in such areas as:

- health and wellness coaching;
- anxiety and stress management;
- concentration and mental preparation;
- overtraining and burnout;
- teambuilding and leadership;
- weight management;
- debriefing and program evaluation;
- recovery and restoration;
- injury rehabilitation;
- psychological assessment;
- career transitions; and
- coping and balancing sport and study, employment and/or family life.



Eligibility and Entry Requirements

- Prospective students that have completed a four year, APAC accredited*, sequence in Psychology are eligible to apply for a place in the Master of Psychology (Sport & Exercise) at ISN Psychology.
- The minimum academic entry requirement is the completion of an APAC accredited 4th year of study at a study average equivalence across units of 70%. Entry into a Master of Psychology (Sport & Exercise) is competitive and requires consideration of academic results, relevant experience and the outcome of interview/assessment.
- Applicants who can demonstrate that they are currently registered as a psychologist and complying with the CPD requirements of the Psychology Board of Australia (PsyBA) will be exempted from the aforementioned entry requirements and considered for entry into the postgraduate course based on experience in the field.
- Applicant must be eligible for registration as a provisional psychologist with PsyBA. Successful candidates will be asked to apply for provisional registration and provide a police check, working with children check and evidence of appropriate professional indemnity insurance and/or APS membership as part of the enrolment process.
- Applicants will be ranked on the basis of academic merit (based on the transcripts provided), previous work experience and/or training, academic and professional referee reports.
- Short-listed applicants will be invited to attend an interview and scores will be derived during this process to select candidates for the program.
- Domestic students with Australian citizenship or Permanent Residency rights (or New Zealand Citizenship) can apply. ISN cannot currently accept applications for international students.

*Students who completed their undergraduate studies overseas but meet the domestic student criteria can apply for this course. ISN requires evidence of course equivalence in the form of an APS assessment document for all international qualifications. Additionally, candidates must meet minimum English language proficiency standards for entry.

Course Structure

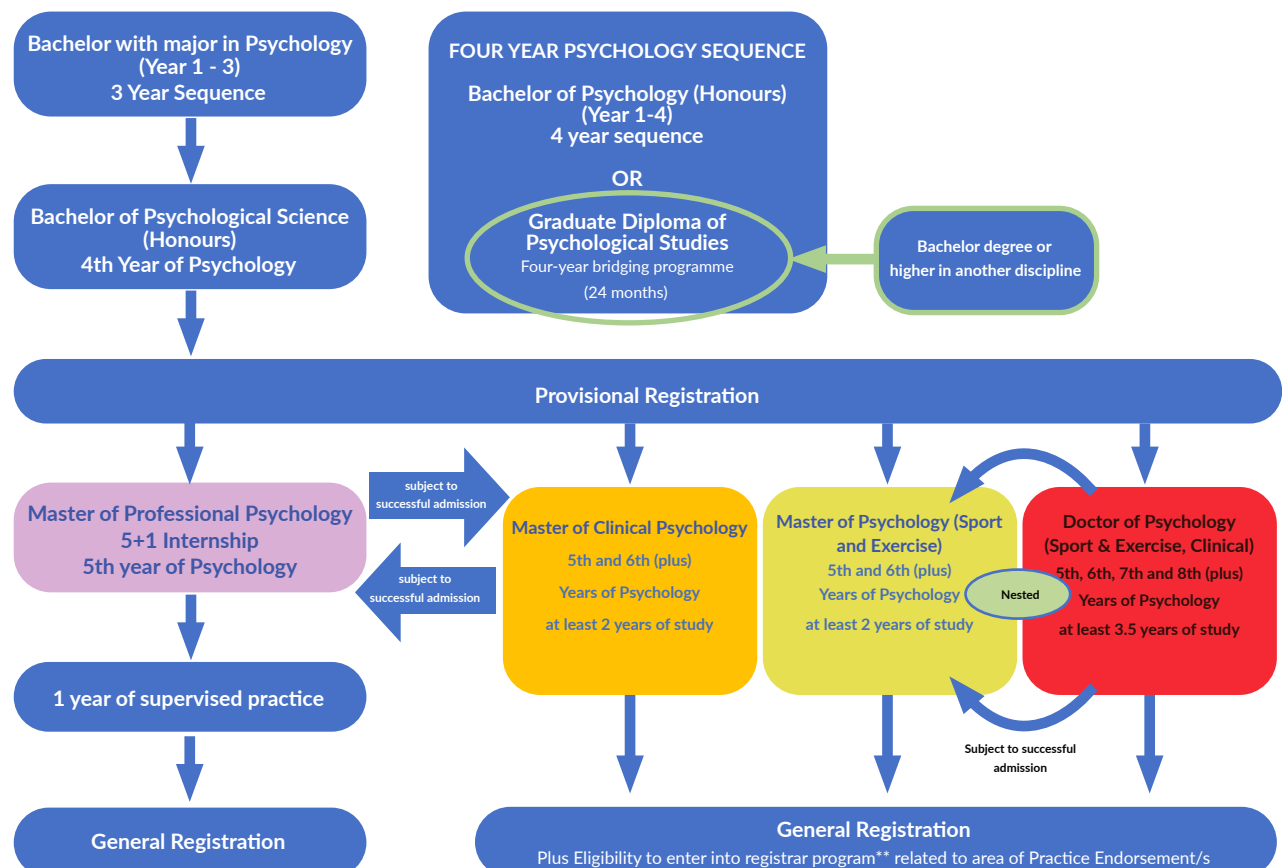
The course consists of course work, practical placement, and research components. Course work in the first year of the program will provide students with the academic foundations and therapeutic skills needed for placement. The second year of the program has a strong focus on integration of skills through external placements and advanced course units. Students will complete a research thesis as part of the program in a sports and/or exercise focused area of research. The course structure is based on four full-time semesters (each of 12 weeks' duration).

Career Prospects and Pathways

While skill based and practical training through placements require face to face engagements, both 'live online' and 'face to face' onsite teaching options will be available with respect to course units at ISN Psychology – utilising the latest technologies and its extensive facilities to provide a rich learning experience with lifestyle flexibility.

The role of a Sport and Exercise Psychologist has become flexible and amendable to growing sport and exercise industry. ISN will look to provide you with a placement that reflects the real-world work required by everyday individuals as well as elite athletes. Graduates of the Master of Psychology (Sport & Exercise) undertake placements in a number of sport and exercise organisations, schools (working with future athletes for example with rowing athletes), in gyms, in the performing Arts or private practice.

The diagram below shows the course pathways offered at ISN Psychology. Master of Psychology (Sport & Exercise) students may be eligible for entry to the Doctor of Psychology (Sport and Exercise, Clinical) following successful admission, due to the nested structure of these programmes.



*5th Year ISN graduates must source their own 1 year of supervised practice/internship

** see <https://www.psychologyboard.gov.au/endorsement/registrar-program.aspx>



ISN and Sport & Exercise Psychology

Master students will:

- study in ISN's purpose-built training and teaching facilities;
- have access to cutting edge technology through our collaboration with other institutes and partners;
- receive teaching from experienced clinicians and academics;
- learn to apply principles of psychology, as well as sport and exercise psychology into practice;
- be given the opportunity to be leaders in the field of Sport and Exercise Psychology; and
- be eligible for registration with the Australian Health Practitioner Regulation Agency (AHPRA) upon completion of the course and further career prospects by commence a registrar program towards endorsement as a Sport and Exercise psychologist.

Placement Opportunities

ISN Psychology has developed MOUs with various sporting organisations such as fitness and exercise centres (such as Ultimate You) and Cricket & Sports Medicine Centre (CSMC). Ultimate You bring together a revolutionary and game-changing concept for health and fitness. Ultimate You aim to establish a new relationship between people and their physical and mental wellbeing.

ISN Psychology will work in partnership with organisations to provide exciting and dynamic placement opportunities to provide an opportunity for sport and exercise psychologists in training to:

- work with clients on setting goals as additional service to compliment the coaches.
- engage in small group psychoeducation on key psychological skills training topics as is relevant to the business.
- run individual/group sessions aimed at such aspects as passive recovery (i.e relaxation training).

Active recovery is well accepted in the exercise community in many respects, but being able to teach passive recovery techniques has also been shown to have benefit.



Tuition Fees

ISN Psychology is a FEE HELP approved provider. Tuition fees are payable upfront or through FEE HELP for eligible students.

For more information about tuition fees please visit our website, isn.edu.au or contact us **(03) 9008 1600**.



Below are the fees for 2022:

YEAR 1

To apply visit our website at isn.edu.au/course-application

Unit Code	Unit of Study Name	Credit Points	Tuition Fees
Semester 1			
ISNP2201	Ethics and Professional Issues	10	\$3,678
ISNP2202	Evidence Based Practice	10	\$3,678
ISNP2203	Psychopathology and Pharmacology	10	\$3,678
ISNP2204	Principles of Psychotherapy and Basic Counselling Skills	10	\$3,678
ISNP2205	Psychological Assessment	10	\$3,678
Semester 2			
ISNP2206	Introduction to CBT	10	\$3,678
ISNP2209	Placement 1	10	\$3,678
ISNP2211	Research Project 1	10	\$3,678
ISNP2213	Psychological Factors in Performance	10	\$3,678
ISNP2214	Sport and Exercise Intervention	10	\$3,678
Total cost (100 credit points)			\$36,780

YEAR 2

Unit Code	Unit of Study Name	Credit Points	Tuition Fees
Semester 1			
ISNP2216	Placement 2 (Sport & Exercise)	20	\$7,355
ISNP2217	Sport Medicine and Physiology	10	\$3,678
ISNP2218	Research Project 2	10	\$3,678
ISNP2219	Clinical Health Psychology	10	\$3,678
Semester 2			
ISNP2222	Placement 3 (Sport & Exercise)	20	\$7,355
ISNP2224	Research Project 3	20	\$7,355
ISNP2225	Group Dynamics and Culture	10	\$3,678
Total cost (100 credit points)			\$36,777
Total cost of Course (200 credit points)			\$73,557

****NOTE:** Fees based on 2022 pricing. Price adjustment in 2023 is anticipated to be in line with an Educational Consumer Price Index increase.



Get in touch



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