

# MASTER OF PSYCHOLOGY

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SPORT & EXERCISE



## A Message From **Professor Tony Paolini,** President and CEO

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As you embark on this exciting journey of higher education in the field of psychology, we'd be thrilled to have you join our community of passionate learners and educators.

State-of-the-art technology combined with our extensive facilities ensures that our student experience is accessible, engaging, and constantly evolving.

As you consider taking the next step in your career and advancing your education with us, know that our dedicated staff is here to guide you every step of the way. We are excited about the opportunities that await you at ISN Psychology and look forward to witnessing your growth and achievements.

Our broad psychology network and clinical facilities provide invaluable face-to-face skill-based practical training and placements. All of our courses are APAC accredited, and we have an unwavering commitment to maintaining the highest standards of education and practice.

We respectfully acknowledge the traditional owners of the land in which ISN operates, the Wurundjeri People of the Kulin Nation, and pay our respects to their Elders past, present and emerging.

# Creating thriving minds for an evolving world

## Why Choose ISN Psychology?

We're a TEQSA approved Institute of Higher Education dedicated to fostering thriving minds in an evolving world. We're committed to advancing the field of psychology through comprehensive education, innovative research, and creating an academic experience that caters to the diverse needs of our students. We offer face-to-face onsite coursework at our Ivanhoe campus and new Sydney facility as well as a dynamic mix of pre-recorded and live-online options.

At ISN we believe that learning extends beyond the classroom.

Through our extensive clinical facilities and broader psychology network our students gain bleeding edge practical training and placements, equipping them with the skills they need to excel in their careers.

The ISN team includes internationally recognised neuroscientists, experienced clinicians who have worked in a range of public and private settings, and educators who have held leadership roles in both academic and professional settings. They've published numerous peer-reviewed publications collectively, led large research teams, and received significant research funding.

## Comprehensive and Flexible

We utilize the latest technology and have extensive facilities to ensure a holistic learning experience. Our courses are offered with both online and face-to-face onsite coursework teaching options.

## Exceptional Clinical Facilities

Learn from peers of unmatched skill and expertise. We boast a broad psychology network as well as ISN affiliated clinical facilities that provide onsite skill-based practical training and placements.

## APAC Accreditation

Discover, grow, and succeed in your career. Our courses are approved by APAC, ready to guide you on your journey to becoming an accredited psychologist in Australia.

## Career Pathways

Graduates of the Master of Psychology (Sport & Exercise) undertake placements in a number of sport and exercise organisations, schools, gyms, in the performing Arts, and private practice. This breadth of potential placement opportunities, and the experience they represent, positions our students to hit the ground running in their careers as Sport and Exercise Psychologists.

## Theory into Practice

Graduates of this course are eligible to enter the PsyBA registrar program to pursue endorsement as Sport and Exercise Psychologists. To develop general psychological skills, students complete core units in psychological ethics, assessment, basic interventions, and research.

# Master of Psychology (Sport & Exercise)

This program is designed to prepare students for professional practice. The key learnings from this course include vital skills and knowledge centred around understanding psychological factors that contribute to peak performance and wellbeing.

Exploration of these factors includes consideration of psychological assessment, ethics in sport and exercise psychology, sports medicine, prevention, treatment, and rehabilitation from injury, team dynamics and group culture, and the application of psychological interventions to optimise wellbeing and performance.

Students will be guided in their training by accomplished sport and exercise psychologists, and will have opportunities to secure placements in professional sporting and exercise organisations. Evidence-based approaches are used to not only enhance performance, but to provide expertise in a broad range of areas. This course is accredited by the Australian Psychology Accreditation Council (APAC).

## Entry Requirements

- The minimum academic entry requirement is the completion of an APAC accredited 4th year of study at an average equivalence across units of 70%.
- 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.
- Applicants 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.
- Only domestic students with Australian citizenship or Permanent Residency rights (or New Zealand Citizenship) can apply. ISN cannot currently accept applications for international students.
- Candidates must meet minimum English language proficiency standards for entry to the course.
- Permanent residency students and/or students who have obtained their qualifications from overseas, in addition to providing their APS documentation for equivalency, need to demonstrate acceptable International English Language Testing System (IELTS) scores. An overall minimum of 7.0 with no band less than 7 is expected.

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.

## Phase One

Domestic student status and academic entry requirements from applicants will be reviewed. The only accepted results come from an APAC accredited four-year sequence of study in psychology. The greatest weighting is given to the fourth year, and students must be eligible to register as a provisional psychologist with the Psychology Board of Australia (PsyBA).

## Phase Two

Candidates that meet phase one entry requirements will be ranked based on academic ability and all supporting documentation including CVs, personal statements, and referee reports.

## Phase Three

Select candidates will be shortlisted, and interviews and/or assessments will be conducted with those shortlisted candidates through the ISN Psychology admission selection panel.

## Phase Four

Candidates that have successfully completed their selection interviews and assessments will be ranked based on their performance in those interviews and assessments.

## Phase Five

Selected candidates will have their official offer of enrolment sent out based on final rankings throughout the phase process and yearly intake quotas.

## Selection Process

Admission to this course is competitive.

We consider academic achievement, relevant experience, and interview/assessment outcomes. Prospective students are required to submit a 500-word personal statement outlining the following;

- Why you are interested in a Sport and Exercise psychology program;
- Why you are applying for this program rather than another health discipline or scope of practice;
- What makes you a suitable candidate;
- Any particular psychology interests or passions you may have;
- Your relevant skills, work and personal experiences; and
- A diversity statement – that is, describe what professional or personal skills, experience or community engagement demonstrate your commitment to sensitivity and awareness of diversity issues (e.g. gender, culture, ethnicity, sexuality, etc.).

The selection process is a five phase process that includes academic reviews, candidate ranking, interviews/assessments, and final offers based on merit and intake capacity.

# Tuition and Course Structure

This Master course consists of 17 core units, designed around a full-time study load of two years including four 12 week semesters. Each unit is informed by cutting-edge best practice and taught, whenever possible, in a contemporary hybrid model combining online and in-person learning.

ISN Psychology has developed placement agreements with various organisations to provide dynamic opportunities 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).

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 systematic review as part of the program in a sports and/or exercise focused area of research.

Tuition fees are payable upfront or through FEE HELP for eligible students. All fees are subject to annual CPI increases, and the fees shown in this guidebook reflect the tuition for 2024 and may not be accurate to years following. Year on year fee increases will be indicated on the ISN Psychology website.

For more information about tuition fees please visit our website, [isn.edu.au](http://isn.edu.au) or contact us on (03) 9008 1600.

## Year One

### Semester One

Ethics and Professional Issues	ISNP2201	\$3 862
Introduction to CBT	ISNP2206	\$3 862
Psychopathology and Pharmacology	ISNP2203	\$3 862
Principals of Psychotherapy and Basic Counseling Skills	ISNP2204	\$3 862
Psychological Assessment	ISNP2205	\$3 862

### Semester Two

Evidence Based Practice	ISNP2202	\$3 862
Placement 1	ISNP2209	\$3 862
Research Project 1	ISNP2211	\$3 862
Psychological Factors in Performance	ISNP2213	\$3 862
Sport and Exercise Intervention	ISNP2214	\$3 862

TOTAL AUD \$38 620

## Year Two

### Semester One

Placement 2 (Sport & Exercise)	ISNP2216	\$7 724
Sport Medicine and Physiology	ISNP2217	\$3 862
Research Project 2	ISNP2218	\$3 862
Clinical Health Psychology	ISNP2219	\$3 862

### Semester Two

Placement 3 (Sport & Exercise)	ISNP2222	\$7 724
Research Project 3	ISNP2224	\$7 724
Group Dynamics and Culture	ISNP2224	\$3 862

TOTAL AUD \$38 620

COURSE TOTAL AUD \$77 240

## ISN and Sport Psychology

The role of a Sport and Exercise Psychologist has become flexible, changing to accommodate the ever evolving 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.

Master students will:

- Study in ISN Psychology'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 can further their career prospects by commence a registrar program towards endorsement as a Sport and Exercise psychologist.

## Contact Us

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[isn.edu.au](http://isn.edu.au)

## Let's Get Social

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