



Master of Psychology Sport & Exercise

COURSE
HANDBOOK
2026



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Creating Thriving Minds for an Evolving World

A Message From Professor Tony Paolini, President and CEO

As you set out on this exciting journey into the world of psychology, we'd be genuinely thrilled to welcome you into our community of passionate learners and educators.

With purpose-built facilities and access to state-of-the-art technology, we're committed to creating a student experience that's accessible, engaging, and always evolving. All our psychology courses are APAC-accredited; a reflection of our focus on quality, integrity, and maintaining strong professional standards.

If you choose to take this next step with us, know that you won't be doing it alone. Our dedicated team is here to support you every step of the way, and we're excited about the possibilities that lie ahead for you at ISN Psychology. We can't wait to see how you grow, explore, and thrive.

We also wish to acknowledge the Traditional Owners of the land on which ISN operates, the Wurundjeri People of the Kulin Nation. We pay our respects to their Elders past and present.

Why Choose ISN Psychology?

We're a TEQSA-approved Institute of Higher Education, dedicated to supporting thriving minds in a rapidly changing world. At ISN, we're committed to advancing the field of psychology through comprehensive education, innovative research, and an academic experience that genuinely supports the diverse needs of our students.

You'll have the flexibility to choose how you study, with face-to-face on-campus classes as well as a dynamic blend of pre-recorded and live-online learning options.

We also know that meaningful learning happens beyond the classroom. Through our clinical training facilities and broader psychology network, students gain valuable hands-on experience and placement opportunities that build real-world skills and confidence.

Our teaching and supervision team brings together experienced clinicians and researchers with backgrounds in both public and private practice. Many of our educators have also held leadership roles in academic and professional settings. Together, they offer a rich mix of expertise, insight, and support to help guide you throughout your studies and beyond.



COMPREHENSIVE AND FLEXIBLE

We use the latest technology and offer extensive facilities to support a well-rounded and engaging learning experience. You can begin your studies in either Semester One or Semester Two, with the option of choosing between full-time and part-time study.



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.



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.

Master of Psychology Sport & Exercise

The Master of Psychology (Sport & Exercise) is an APAC accredited packaged Level 3 and 4 (Professional Competencies for sport and exercise area of practice) course designed to prepare students for general registration as a psychologist.

The course is comprised of synchronous live lectures and workshops, placements and an independent research project. Classes are delivered live in different formats. In person classes are available in our learning hubs and the internal placement is undertaken in our affiliated ISN Clinics including in Danny Frawley Centre, Kew, Bundoora and Sydney. Students may also attend live online classes and for those outside of metropolitan Melbourne and Sydney, complete the internal placement via telehealth (may be subject to quotas). Advanced placements are undertaken in host professional sporting and exercise organisations under the supervision of accomplished psychologists with sport and exercise psychology area of practice endorsement.

Entry Requirements: Please see our website Policies for detailed information about entry requirements and expectations. In summary:

- Domestic students with Australian citizenship or Permanent Residency rights can apply, ISN does not accept applications from international students.
- Successfully completed an APAC accredited four-year sequence of study or overseas qualification deemed equivalent by the Australian Psychological Society with a minimum weighted average WAM of 70
- Applicants must be eligible for registration as a provisional psychologist with the Psychology Board of Australia (PsyBA) which may have additional requirements including minimal English language standards.
- Successful candidates will also need to meet additional entry requirements, which may be changed from time to time, including police checks, working with children checks, evidence of immunisation status and appropriate professional indemnity insurance cover.

Career pathways

The Master of Psychology (Sport & Exercise) is an APAC accredited packaged Level 3 and 4 (Professional Competencies for sport and exercise area of practice) course designed to prepare students for registration as a psychologist. Graduates must complete an additional PsyBA approved supervised registrar program to be eligible for area of practice endorsement in sport and exercise psychology.

Selection Process

- Applications can be made on the application form available on our [website](#), providing accompanying transcripts, personal statement and CV, and referee reports submitted through the [Psychology Reference Portal](#). Applicants who meet the minimum entry requirements will be ranked on the basis of academic merit, relevant work experience and/ or training, and referee reports.
- Short-listed applicants will be invited to complete a psychological assessment and, in some cases, an interview to select candidates for the program.
- Please note this qualification may be subject to quotas and meeting the minimum requirements does not guarantee entry.

Tuition and Course Structure

The Master of Psychology (Sport & Exercise) consists of two years full-time study, or the part-time equivalent. The structure is based on four full-time semesters, each with a duration of 12 weeks. The coursework units utilise skills-based teaching to support the development of professional competencies including those specific to sport and exercise psychology practice, blended with three placements and an independent research project.

Each coursework unit will typically include weekly assessments as well as two additional assessment tasks. How these are assessed and contribute to your progression through this course are outlined in our Policies and Procedures on our website. Please review for further information.

The first, internal placement is delivered via our work integrated learning hubs, designed to integrate theory with practice to prepare students to further expand their psychological practice in advanced placements hosted by external partner organisations.

ISN Psychology has developed placement agreements with various organisations to provide dynamic opportunities for sport and exercise psychologists in training typically 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).

Each 10-credit point course work units (excluding placement and research units) requires 6 hours of personal study time per week (which includes assessment preparation and development) in addition to the timetabled workshop hours and direct engagement with learning content. In addition, students attend placement two days per week as timetabled. ISN offers part-time study plans and bespoke learning sequences to support student diversity and progress. For further information see our relevant policies located on our website.

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 on (03) 9008 1600.

Full Time Year One

Semester 1

	Unit Name	Credit Points	Tuition Fees
ISNP2201	Ethics and Professional Issues	10	\$4,217
ISNP2603	Psychopathology	10	\$4,217
ISNP2604	Advanced Psychological Practice	10	\$4,217
ISNP2205	Psychological Assessment	10	\$4,217
ISNP2206	Introduction to Cognitive Behavioural Therapy	10	\$4,217

Semester 2

	Unit Name	Credit Points	Tuition Fees
ISNP2202	Evidence Based Practice	10	\$4,217
ISNP2609	Placement 1	20	\$8,434
ISNP2213	Psychological Factors in Performance*	10	\$4,217
ISNP2214	Sport and Exercise Intervention*	10	\$4,217

100.0 Total AUD: \$42,170

*These units are only available once per year. Students beginning their studies at the mid-year intake will take these two units in reverse order.

Full Time Year Two

Semester 1

	Unit Name	Credit Points	Tuition Fees
ISNP2219	Clinical Health Psychology	10	\$4,217
ISNP2216	Placement 2 (Sport & Exercise)	20	\$8,434
ISNP2217	Sport Medicine and Physiology*	10	\$4,217
ISNP2210	Adult Interventions 1	10	\$4,217

Semester 2

	Unit Name	Credit Points	Tuition Fees
ISNP2222	Placement 3 (Sport & Exercise)	20	\$8,434
ISNP2602	Applied Research Topic	20	\$8,434
ISNP2225	Group Dynamics and Culture*	10	\$4,217

100.0 Total AUD: \$42,170

Course Total AUD: \$84,340

*These units are only available once per year. Students beginning their studies at the mid-year intake will take these two units in reverse order.

NOTE: All tuition fees are subject to annual CPI increases. Year on year fee increases will be indicated on this website each year prior to the start of the year in line with year on year Educational Consumer Price Index rises.

Part Time Sequence

Please discuss part-time sequence options with course coordinator

Units

Each of the units of study are detailed below. Students should also refer to the relevant Unit Outlines located on Canvas.

Unit Descriptions and Assessments are subject to change.



Ethics and Professional Issues

Unit Description

In Ethics & Professional Issues students will become familiar with the requirements of State and Commonwealth acts relevant to psychological work, including relevant ethical codes and guidelines. They will learn how to apply the principles of these codes to their work and consider potential ethical dilemmas using an ethical decision-making model. The unit will also introduce students to other key concepts related to ethical and professional practice. These include: inter-professional learning, the use of technology (e-health) in psychological practice; the role of supervision, self-care, and reflective practice for maintaining professional competence; and cultural responsiveness and culturally safe professional practice in psychology.

Unit Assessments

- Assessment 1: Weekly to Fortnightly Engagement Tasks
- Assessment 2: Informed Consented Role Play
- Assessment 3: Case Based Essay

ISNP2202

Evidence Based Practice

Unit Description

This unit will provide students with further understanding of the complexity of evaluating the quality of research, developing their critical thinking skills and understanding of statistical analyses and research methods, with a focus on applied practical interventions. The unit will provide learning and understanding around different psychological intervention approaches that are common in clinical practice, and consider the evidence-base supporting these treatments. The unit will also provide students with an understanding of how these skills around reviewing empirically based literature and testing can be implemented in psychological practice.

Unit Assessments

- Assessment 1: Weekly to Fortnightly Engagement Tasks
- Assessment 2: Research Article Critique
- Assessment 3: Evidence Based Treatment Presentation

ISNP2603

Psychopathology

Unit Description

The Psychopathology provides students with the knowledge and skills necessary to diagnose psychological disorders across the lifespan and in diverse client populations. The unit emphasises the development of a strong theoretical foundations in taxonomies of diagnosis and their application. Students will learn how to synthesise information from multiple sources to consider diagnoses, differential diagnoses, and comorbidities. These skills will support evidence-based intervention and monitoring protocols, preparing students for competent and ethical practice in diverse settings.

Unit Assessments

- Assessment 1: Weekly to Fortnightly Engagement Tasks
- Assessment 2: Diagnostic Assessment
- Assessment 3: Examination

ISNP2604

Advanced Psychological Practice

Unit Description

Advanced Psychological Practice will build on counselling capabilities to develop skills in ethical and culturally-responsive problem identification, conceptualisation, and intervention planning. Students explore assessment interviewing, develop treatment plans from evidence-based conceptualisations, and monitoring and modifying treatment outcomes. Exploration of both theory and practical application will support students to strengthen their knowledge of and operationalise the scientist-practitioner model.

Unit Assessments

- Assessment 1: Weekly to Fortnightly Engagement Tasks
- Assessment 2: Clinical Interviewing Role Play and Case Formulation
- Assessment 3: Risk Interviewing Role Play

ISNP2205

Psychological Assessment

Unit Description

Psychological Assessment familiarises students with the principles of test construction and the principles, practices, methods, and procedures relating to a broad range of assessment measures and reporting of results of across age ranges. Students will demonstrate the ability to select appropriate tests including consideration of reliability and validity, administration considerations interpretation and reporting results. Particular consideration will be given to the specific assessment needs of clients across a range of contexts including cultural responsiveness and inter-professional considerations.

Unit Assessments

- Assessment 1: Weekly to Fortnightly Engagement Tasks
- Assessment 2: Practical Administration
- Assessment 3: Psychological Report

ISNP2206

Introduction to CBT

Unit Description

Introduction to CBT introduces the main theories, concepts, techniques and application of cognitive behavioural therapy (CBT) through formal teaching and private reading activities. Students will develop basic skills in applying CBT techniques appropriately for clinical intervention.

Unit Assessments

- Assessment 1: Weekly to Fortnightly Engagement Tasks
- Assessment 2: CBT Role Play
- Assessment 3: CBT Role Play

ISNP2609

Placement 1

Unit Description

Students must complete INSP2201 and ISNP2203-ISNP2206 prior to enrolling in Placement 1.

In Placement 1, students will learn about the realities of clinical practice at one of ISN's internal psychology clinics – ISN Clinic. Based in Melbourne, Sydney and Telehealth, students will manage a small caseload of clients attending to the clinical in addition to the administrative aspects of their cases throughout the semester. Students will focus on developing a range of skills through a variety of clinical and administrative tasks such as triage, assessment interviews, case formulation, apply interventions, administer psychometric assessments, develop cultural awareness and responsiveness as well as collaborating with other professionals. Students receive weekly supervision, including individual and/or group supervision, sourced and supported by ISN Clinics. Placement 1 requires students to achieve 100 hours of Direct Client Activity (DCA), which is accomplished across a minimum of 250 hours of placement. Placement is two days per week and typically offered between Monday and Friday 9am–5.30pm AEST/AESDT.

Students will not be eligible to receive Recognition for Prior Learning for Placement 1 unless they are already a registered general psychologist with the Psychology Board of Australia.

ISNP2213

Psychological Factors in Performance

Unit Description

In this unit you will conceptualise a research topic relevant to Clinical and/or Sport & Exercise Psychology and then conduct a critical background literature review that will help you develop your systematic review proposal for Research Project 2 and form the theoretical framework of your final systematic review in Research Project 3.

Unit Assessments:

- Short Answer Questions
- Essay (3000 words)
- Class Presentation

ISNP2214

Sport and Exercise Interventions

Unit Description

Sport and Exercise Interventions expands students' knowledge of psychological clinical interventions. This unit integrates prior learning on empirically based interventions like CBT and teaches students to apply basic strategies within a Sport & Exercise context. It also develops skills in intervention and treatment frameworks specific to Sport & Exercise psychology.

Unit Assessments:

- Short Answer Questions
- Case vignette
- Exam

Adult Interventions 1

Unit Description

Students must complete Semester 1 units prior to enrolling in ISNP2210. Adult Interventions 1 assists in preparing students for advanced placements by advancing knowledge of the theoretical underpinnings and process of culturally responsive psychological formulation, treatment planning, intervention and monitoring in adult clients. The unit also exposes students to the psychological theories and evidence-based interventions appropriate to a variety of disorders. Students explore these concepts using real world examples that highlight interprofessional perspectives and roles.

Unit Assessments:

- Weekly assessments
- Active tasks demonstrating advanced formulation and intervention skills.

ISNP2219

Clinical Health Psychology

Unit Description

Clinical Health Psychology introduces the field of clinical health psychology and related theoretical frameworks to students. The unit aims to highlight the link between psychological and physical aspects of health and illness, with a focus on the application of clinical health psychology principles and techniques for the promotion and maintenance of health and the prevention and treatment of illness. Students will become familiar with biopsychosocial assessment and related psychological assessment within health settings, develop a better understanding of adherence to treatment and treatment plans. Students will also develop skills in developing health-related behaviour change programs.

Unit Assessments:

- Weekly assessments
- Two applied projects aimed at health and psychology, and treatment planning.

ISNP2216

Placement 2 (Sport & Exercise)

Unit Description

This unit will provide students with the opportunity to obtain further experience as a provisional psychologist, in a sport or exercise setting. Students will undergo a placement in a sport or exercise organization (typically with a "host" such as a sport team or club, or recreation facility such as a gym) and further their experience as a psychologist while advancing their specialist skills with Sport & Exercise populations.

ISNP2217

Sport Medicine and Physiology

Unit Description

ISNP2217 Sport Medicine and Physiology explores the selected areas of sports medicine relevant to individuals involved in physical activity. Students will gain an understanding of human physiology with a focus on surface anatomy and the anatomical basis of common injuries. Further, students will learn about injury prevention and injury rehabilitation. Topics covered include prevention and rehabilitation of injuries, and management of chronic conditions such as pain and diabetes, as well as non-chronic conditions. The information provided in this unit will provide students with foundation knowledge of sports medicine and physiology when working in sport and exercise psychology populations across contexts and as a part of a multidisciplinary team.

Unit Assessments:

- Short Answer Questions
- Case Studies – Extended Responses

ISNP2222

Placement 3 (Sport & Exercise)

Unit Description

Students must complete Semester 1 units prior to enrolling in ISNP2210. Adult Interventions 1 assists in preparing students for advanced placements by advancing knowledge of the theoretical underpinnings and process of culturally responsive psychological formulation, treatment planning, intervention and monitoring in adult clients. The unit also exposes students to the psychological theories and evidence-based interventions appropriate to a variety of disorders. Students explore these concepts using real world examples that highlight interprofessional perspectives and roles. Students are assessed via weekly assessments, as well as active tasks demonstrating advanced formulation and intervention skills.

ISNP2225

Group Dynamics and Culture

Unit Description

This unit sets out to provide students with an understanding of the primary theories, models, and empirical research which underpins group dynamics and culture. The focus of this unit will also be how students can implement this knowledge when working within sport and exercise cohorts, as well as how this knowledge influences group sports and athletes psychologically. The information provided in this unit will assist students further in assessment, intervention, and case conceptualisation when working with sport psychology cohorts

Unit Assessments:

- Class Presentation
- Essay
- Case Study

ISNP2602

Applied Research Project

Unit Description

This unit develops students' ability to design and conduct a Critically Appraised Topic (CAT), relevant to professional psychology. Students will formulate a substantive research question, apply a structured method of enquiry, analyse and interpret data, and critically evaluate relevant literature. Emphasis is placed on integrating research evidence with current professional theories, systems, and regulatory frameworks to inform ethical and evidence-based psychological practice.

Unit Assessments:

- 5000–7,500 word CAT, submitted at the end of the semester in addition to presenting their research to academics and peers.



ISN Psychology

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