

## Liverpool John Moores University

### Professional Doctorate in Sport and Exercise Psychology

#### FAQ for Potential Applicants

##### **Q. Who can I discuss the programme with?**

A. Contact the Programme Leader, Dr Martin Eubank ([m.r.eubank@ljmu.ac.uk](mailto:m.r.eubank@ljmu.ac.uk)) to discuss the programme. This will help you to make the best possible application. It's in your interests and ours that your application is the best it can be. Please discuss the programme and your own motivation and circumstances to undertake it with the programme leader before you apply. Read this FAQ, and then please do get in touch.

##### **Q. I can see the fees listed. Are there any other costs?**

A. The fees are the main cost, but there are some other, smaller costs, which we need to inform you of:

1. Travel: you will need to cover your own travel costs to the university and to and from your various work related activities / placements.
2. Professional Body membership: we recommend that you join the British Psychological Society and also become an in-training member of the Division of Sport and Exercise Psychology. These costs change annually and can be found at [www.bps.org.uk](http://www.bps.org.uk).
3. Trainee liability/indemnity insurance. This is an annual cost that may or may not apply to you depending on the nature of your work related activities / placements. We can advise you accordingly when we discuss your work with you. Typically, for trainees, costs are below £75 per annum.
4. DBS: in most cases, trainees will need to have a Disclosure and Barring Service check, which normally the university will pay for, but you will need to pay for an identity check at the Post Office that costs £11 at present. Costs are updated regularly, and we can advise you on this when you enquire. In situation where placements change during your training, it might mean that a second DBS is necessary. Sometimes this involves a DBS through your provider / employer as a part of the nature of your 'employment', in which case it may well serve our purposes and remove the need for another DBS check from our perspective.

##### **Q. What if I do not have the qualifications listed for admission to the programme?**

A. The nature of the programme is such that if you do not have ALL of the listed qualifications then we cannot accept an application from you.

##### **Q. Do you find us work related activities / placements?**

A. Although we can assist in supporting you to find initial work related activities / placements, it is primarily your responsibility to secure these, and we will mostly advise on suitability. This is another reason why we ask you to engage in dialogue

with the Programme Leader prior to application, so we can help you to be in the right position to ensure success on the programme. Once you are on the programme we do our very best to support you in maintaining suitable work related activities / placements and in finding additional opportunities where necessary.

**Q. What is a suitable work related activity / placement?**

A. We judge suitability broadly thus:

1. Is it in an area concordant with “sport and exercise psychology”, broadly defined? If so, then the work related activity / placement is likely to be suitable. These may be ‘opportunistic’, where the work done is short-term and/or infrequent (so not placement based), and take place across a number of different sport and exercise environments and clients. Other work may be placement based, where engagement with a team or individual takes place frequently over a medium / long-term period within an organisation, and the nature/scope of the work is determined by the placement provider.
2. Is the work going to allow you to develop and evidence the four key competences of research, consultancy, teaching and training and professional skills in sport and exercise psychology?
3. Is the work likely to allow you to demonstrate D level competence? This is partly defined in terms of an original contribution, where you have also shown autonomy. If your work is very formulaic and does not involve you “solving new problems”, then it might not be suitable as a sport an exercise work related activity / placement.

**Q. How many work related activities / placements do I need?**

A. That depends very much on the activities / placements you secure. As a minimum, you must cover at least two “work areas” that provide the required volume of activity and enable you to demonstrate the learning outcomes and competencies required of the qualification. Trainees can, for example, achieve this across two placements, where-as others might have a placement complimented by other work related activities, or a larger number of work related activities. It all depends on your own situation as to how your training is planned. Your work can be paid or voluntary.

**Q. What is full-time and part-time?**

A. Full-time means that you are working (including days spent in university) the standard 37 hours per week for approximately 47 weeks of the year. Part-time is defined, for the purposes of this programme, as HALF of that, i.e. a minimum of 18.5 hours per week for approximately 47 weeks a year. If you are working less than full time but more than part-time then your training will be counted as part-time and you must enrol accordingly. The full-time programme runs for a minimum of two years, and the part-time for four.

**Q. When would I have to come to university?**

A. In the first year you would normally be coming in on alternate Thursdays for taught sessions. Regular sessions would continue in your second or subsequent years, but less frequently, and you will have regular contact points with your

supervisor. The rest of the time is spent undertaking your work related activities / placements. You are required to have a good attendance record in placement and at university sessions. Exact details of attendance requirements are discussed with you when you contact us about the programme.

**Q. What happens in the taught sessions?**

A. These are a blend of lecture-type delivery, seminars, discussions, problem solving, and presentations by you and others. Role play is sometimes involved.

**Q. How is the programme assessed?**

A. The majority of assessments are coursework, with the exception of a viva voce examination at the end. All assessments are graded on a PASS/FAIL basis, and ALL assessments must be passed, without exception.

**Q. Will I enjoy it?**

A. Our experience is that trainees on this programme find it an extremely rewarding experience. They feel well supported and can identify clearly how it is helping them develop the key skills and competences that are required.