

European Master Degree in Sport and Exercise Psychology

Supported by

the Sokrates / Erasmus programme of the E.U.



and

**the European Federation of Sport Psychology
(FEPSAC)**



History of the programme

- Since 1988 the idea on the agenda of FEPSAC MC
- 1992 accepted
- First CD-proposal to the European Commission for funding to finance the preparation
- Preparatory meetings (Leuven 1992; Barcelona 1994; Amsterdam 1995; Lund 1995; Cologne 1994, 1996)
- Think tank of 13 colleagues
- Launched in 1996-1997: 12 students from 6 universities

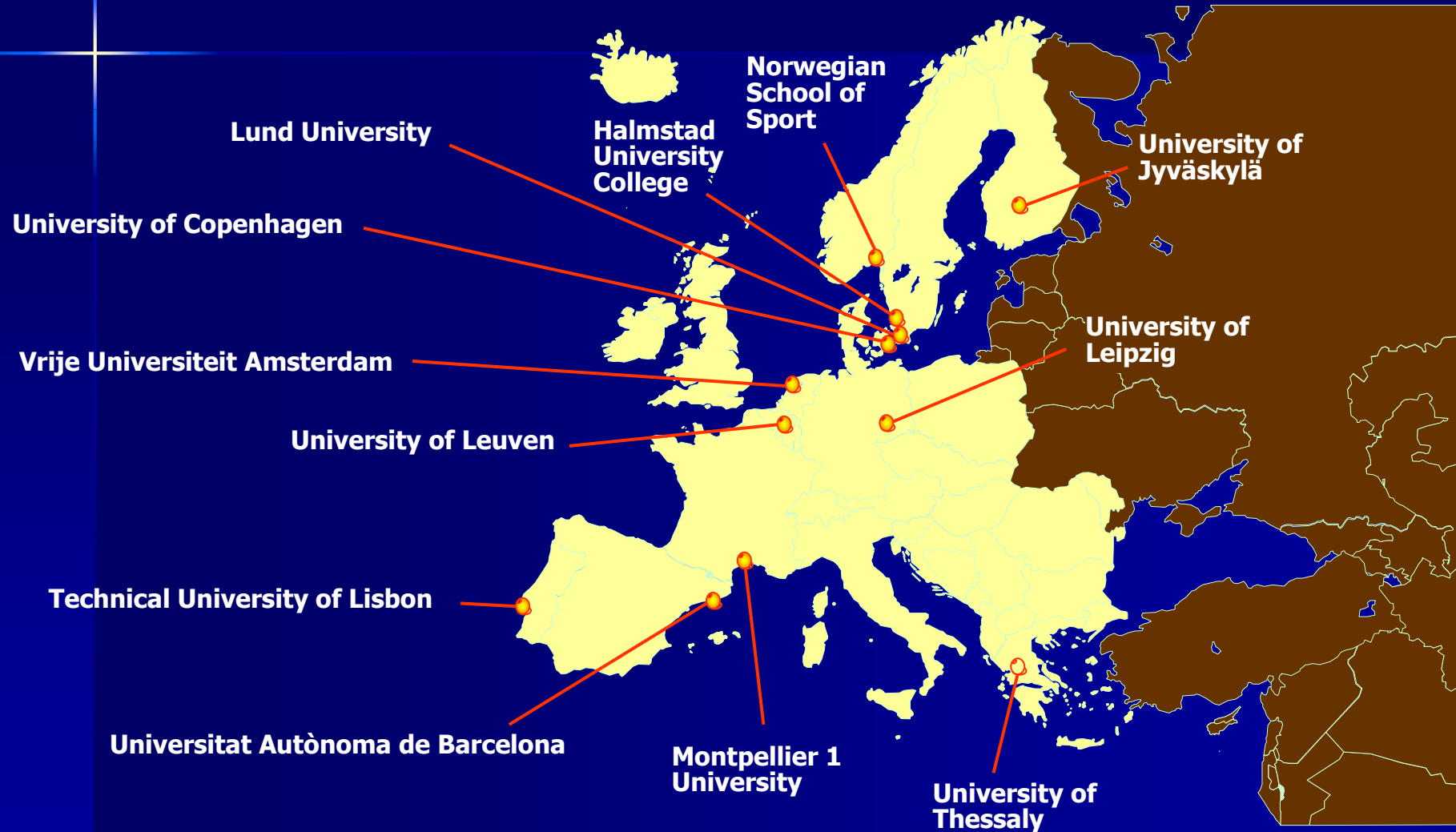
Vanden Auweele, Y. (2003). Sport psychology and education. The European Masters in Exercise and Sport Psychology. In: E. Apitzsch and G. Schilling (Eds.) *Sport Psychology in Europe. FEPSAC – An organisational Platform and a Scientific Meeting Point. FEPSAC Monograph Series, 2* (pp. 38-48). Biel, Switzerland: FEPSAC.

Network

12 European universities involved, 11 countries:

- Catholic University of Leuven, Belgium
- University of Copenhagen, Denmark
- University of Leipzig, Germany
- University of Thessaly, Greece
- Autonomous University of Barcelona, Spain
- University Montpellier 1, France
- Free University Amsterdam, The Netherlands
- Lisbon Technical University, Portugal
- Lund University, Sweden
- Halmstad University College, Sweden
- University of Jyväskylä, Finland
- Norwegian School of Sport Science, Oslo, Norway

Partners in the IP



Structure

- Two students / university
- Two-year programme (minimum one year)
- Entry requirements: Bachelor's degree in Physical Education, Sport Sciences, or Psychology
- English language

Aims

- To provide a top level European education in Sport and Exercise Psychology
- To develop a better understanding of Sport & Exercise Psychology mirroring cultural differences
- To provide the basis for an alumni programme

Structure of the Curriculum

Semester I

Home University, common Introductory reading package

Semester II

February: Two-week Intensive Course
'Away' University Period, 4-6 Months

Semester III

Home university, dissertation, courses

Semester IV

Home university, dissertation, courses

Contents

- Module 1: Distance Learning (DL)
- Module 2: Intensive Course (IC)
- Module 3: Courses at home and abroad university
- Module 4: Master's thesis

Credits Allocated

Common modules

- Distance Learning package
- Intensive Course
- Dissertation

ECTS Credits

10

10

23

Sub total = 43

Taught elements at home and away Universities:

- Exercise & Sport Psychology courses
- Research Methods
- Others

Sub total = 17

Total = 60 ECTS

Intensive Course (IC or IP)

- The two-week IP is the core of the programme
- Students and teachers of the participating universities are working together
- Teaching provided by the leading experts in the field
- Intensive learning through lectures, demonstrations, workshops
- Learning intercultural skills



IP Contents

- European Dimensions
- Sport & Fitness through the Lifespan
- Interventions
- Health and Well-being
- Assessment



Intensive Course (IC or IP)



12 years:

- 1997 Leuven
- 1998 Köln
- 1999 Leuven
- 2000 Lund
- 2001 Oslo
- 2002 Amsterdam
- 2003 Jyväskylä
- 2004 Barcelona
- 2005 Halmstad
- 2006 Leipzig
- 2007 Trikala
- 2008 Lisbon
- 2009 Montpellier
- 2010 Leuven
- 2011 Copenhagen

Intensive Course (IC or IP)

- On the average 20 students from 12 universities participate yearly
- 300 students have participated in the programme 1996-2010
- Has been a success measured by the feedback
- Has lead to creation of an active alumni association in the field, ENYSSP

Quotation

One student stated:

"The Intensive Course is like the optimal university, all the best professors and students in the same place".

Funding

- IP's have been funded continuously since 1998
- Funding received to cover students' and teachers' travel & subsistence costs to IP
- Student exchange periods funded by Erasmus grants
- Erasmus Mundus for four universities (2010-14)

Conclusions

- The programme has been a success so far (feedback of the students and the teachers, success in studies - PhD's, employment of the students ...)
- Number of students is increasing
- The aim that the alumni should keep on communicating achieved through ENYSSP

Curriculum Development Project in Sport and Exercise Psychology (CDSEP)

In the course of earlier cooperation the network has been able to identify the worldwide need for education and research in sport and exercise psychology.

Funding received from the European Commission for Curriculum Development for a three-year period 2005-2008.

The expected output is an integrated two-year Master's programme, which attracts also non-European students with its high quality of teaching.

CD -funding

The coordinating institution (University of Jyväskylä) received the major part of the funding for employing a person (academic planner) administering and guiding the project.

During the project there will be altogether eight coordinator meetings to plan and develop the cooperation.

The funding is distributed to the partners on the basis of their contribution, mainly for travel and subsistence expenses.

The aims and main activities of the CDSEP - project

- Agreement of admission criteria
- Student selection
- Learning outcomes of the students
- Intensive course
- Assessments
- Quality assurance mechanisms
- Didactic materials and methodologies
- Awarding of double degrees in the joint network

Future plans:

- Double degrees (at least 30 ECTS offered in English)
- Developing common modules (e.g. IP)
- Increasing teaching in English
- Developing virtual courses for benefiting from other institutions' expertise
- Possibly joint doctoral programme
- Quality assurance issues

The network



Through the long cooperation the network has become a multicultural team highly motivated to proceed in the task to establish a Joint European Masters Programme in Sport and Exercise Psychology.

**Thank you for
your attention!**