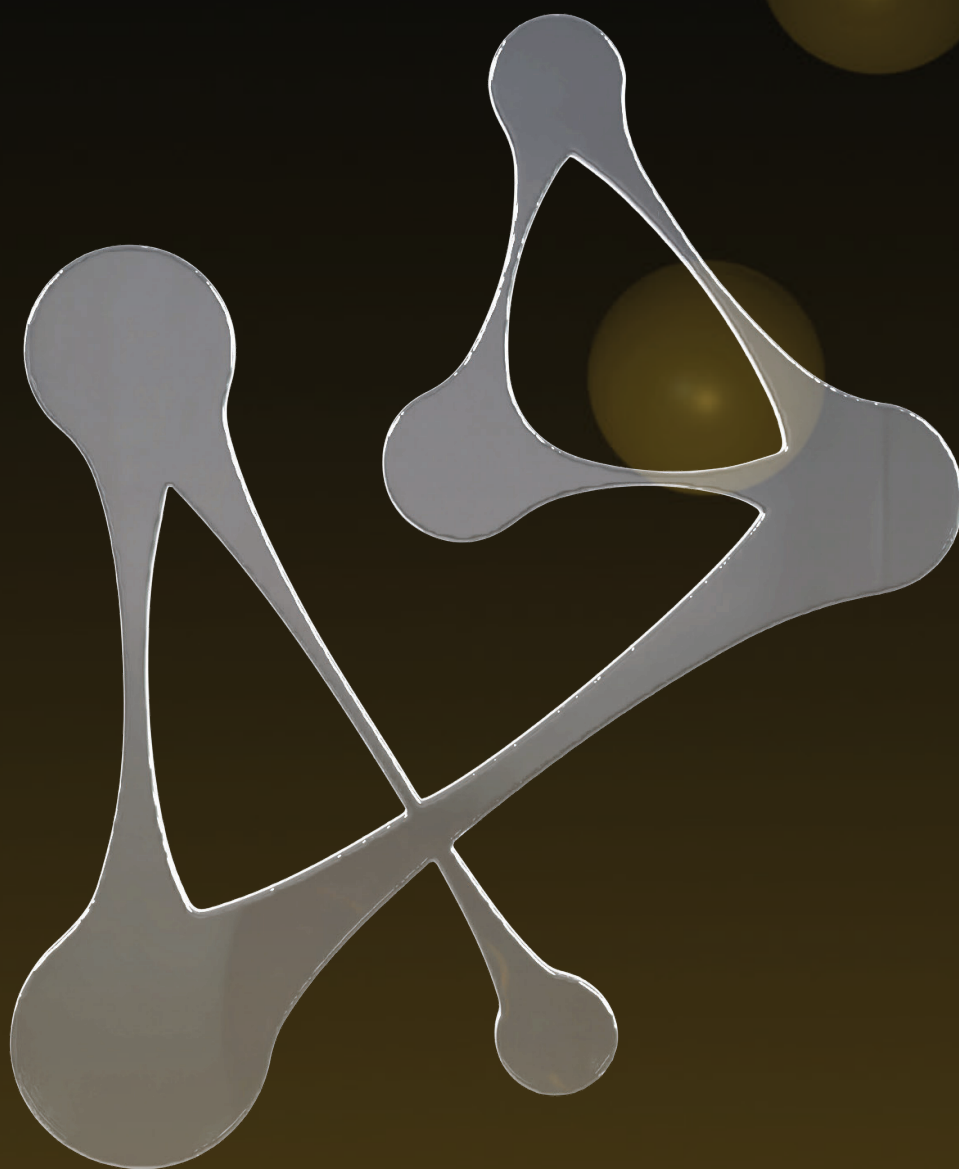


# MASTER OF PSYCHOLOGY SPORT & EXERCISE



The background is a dark gradient, transitioning from black at the top to a dark brown at the bottom. There are three glowing yellow, semi-transparent shapes: a large, teardrop-like shape on the left side, and two circular shapes on the right side, one above the other. The text is centered in the middle of the image.

**Creating thriving minds  
for an evolving world**

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

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. Our broad psychology network and clinical facilities provide invaluable face-to-face skill-based practical training and placements. Our psychology courses are all approved by APAC. A testament to our commitment to maintaining the highest standards of education and practice.

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.

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.

# 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 synchronous classes either live online or in person at our work integrated learning hubs in Melbourne and Sydney.

At ISN we believe that learning extends beyond the classroom.

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

The ISN team includes 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.

## **ISN and Sport Psychology**

The role of a Sport and Exercise Psychologist is multifaceted 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:

- Utilise ISN Psychology's training and teaching facilities;
- Have access to cutting edge technology;
- 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 psychologist 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.

## Comprehensive and Flexible



We utilise the latest technology and have extensive facilities to ensure a holistic learning experience. Intakes in semesters one and two. Full and part time sequences available.

## Exceptional Clinical Facilities



Learn from registered psychologists and educators of unmatched skill and expertise. We boast a broad psychology network as well as ISN affiliated clinical facilities in Melbourne and Sydney that provide on site 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 a registered 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. For students in metropolitan Melbourne and Sydney in person classes are available in our work integrated learning hubs and the internal placement is undertaken our affiliated ISN Clinics including in Danny Frawley Centre, Ivanhoe, Kew, Bundoora and Sydney. Students outside these areas may attend live online classes and 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

Domestic students with Australian citizenship or Permanent Residency rights can apply, ISN does not accept applications for 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 provision psychologist with the Psychology Board of Australia (PsyBA) which may have additional requirements including minimal English language standards. For more information please see [psychologycouncil.org.au](http://psychologycouncil.org.au) (small gap insert)

Successful candidates will also need to meet additional entry requirements, which may be changed from time to time, including police checks, working with child checks, evidence of immunisation status and appropriate professional indemnity insurance cover.

## 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.

## 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.

# 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.

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 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).

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](http://isn.edu.au) or contact us on (03) 9008 1600.



# Full Time Year One

## Semester One

	Unit Name	Credit Points	Tuition Fees
ISNP2201	Ethics and Professional Issues	10	\$4,016
ISNP2203	Psychopathology and Psychopharmacology	10	\$4,016
ISNP2204	Principles of Psychotherapy	10	\$4,016
ISNP2205	Psychological Assessment	10	\$4,016
ISNP2206	Introduction to CBT	10	\$4,016

## Semester Two

ISNP2202	Evidence Based Practice	10	\$4,016
ISNP2209	Placement 1	10	\$4,016
ISNP2211	Research Project 1	10	\$4,016
ISNP2213	Psychological Factors in Performance*	10	\$4,016
ISNP2219	Clinical Health Psychology	10	\$4,016

100.00

**TOTAL AUD \$40,160**

\*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 One

	Unit Name	Credit Points	Tuition Fees
ISNP2214	Sport and Exercise Intervention*	10	\$4,016
ISNP2216	Placement 2 (Sport & Exercise)	20	\$8,032
ISNP2217	Sport Medicine and Physiology*	10	\$4,016
ISNP2218	Research Project 2	10	\$4,016

## Semester Two

ISNP2222	Placement 3 (Sport & Exercise)	20	\$8,032
ISNP2224	Research Project 3	20	\$8,032
ISNP2225	Group Dynamics and Culture*	10	\$4,016

100.00

**TOTAL AUD \$40,160**

**COURSE TOTAL AUD \$80,320**

\*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.

# Recommended Part Time Sequence

Year	Semester 1	Semester 2
1	<ol style="list-style-type: none"> <li>1. ISNP2201 Ethics and Professional Issues</li> <li>2. ISNP2203 Psychopathology and Psychopharmacology</li> <li>3. ISNP2204 Principles of Psychotherapy and Basic Counseling Skills</li> </ol>	<ol style="list-style-type: none"> <li>1. ISN411 Contemporary Professional Psychology*</li> <li>2. ISN404 Research Thesis 1</li> <li>3. ISNP2206 Introduction to CBT</li> </ol>
2	<ol style="list-style-type: none"> <li>1. ISNP2217 Sport Medicine and Physiology*</li> <li>2. ISNP2211 Research Project 1</li> </ol>	<ol style="list-style-type: none"> <li>1. ISNP2209 Placement 1</li> <li>2. ISNP2213 Psychological Factors in</li> </ol>
3	<ol style="list-style-type: none"> <li>1. ISNP2214 Sport and Exercise Intervention*</li> <li>2. ISNP2218 Research Project 2</li> </ol>	<ol style="list-style-type: none"> <li>1. ISNP2224 Research Project 3</li> <li>2. ISNP2225 Group Dynamics and Culture*</li> </ol>
4	<ol style="list-style-type: none"> <li>1. ISNP2216 Placement 2 (Sport &amp; Exercise)</li> <li>2. ISNP2219 Clinical Health Psychology</li> </ol>	<ol style="list-style-type: none"> <li>1. ISNP2222 Placement 3 (Sport &amp; Exercise)</li> </ol>

\*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.

# Begin Your Journey at ISN Psychology

## Explore Our Year One Unit Descriptions

Unit outlines are subject to change and apply only to the first year of the course. Updated outlines will be provided at the start of the semester.

**ISNP2201**

## **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.

**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.

**ISNP2203**

## **Psychopathology and Psychopharmacology**

### **Unit Description**

Psychopathology and Pharmacology familiarises students with the diagnosis and classification systems for psychological disorders in adults and young people. Ethical and cultural considerations will be embedded within this unit. Students will also become familiar with the major classes of medications used in the treatment of psychiatric disorders and the biological bases of these disorders. Students will learn the principles and practices involved in psychopharmacological treatments, their indications, contraindications, and adverse effects.

**ISNP2204**

## **Principles of Psychotherapy and Basic Counseling Skills**

### **Unit Description**

Principles of Psychotherapy and Basic Counseling Skills will explore evidence-based, ethical and culturally responsive psychotherapeutic engagement with clients, including the principles of basic counseling skills, clinical interviewing, mental status examination, case formulation, and supervision. Student competency will be assessed via simulated learning tasks and formal assessments, including role play activities and a self-reflection task.

Exploration of both theory and practical application will support students to strengthen their knowledge of and operationalise the scientist-practitioner model. Essential clinical skills of risk assessment and cultural responsiveness are also included in this unit.

**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.

**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.

**ISNP2209**

## **Placement 1**

### **Unit Description**

In Placement 1, students will learn about the realities of clinical practice at one of our internal psychology clinics – ISN Psychology. Students will manage a small caseload of clients attending to the clinical and 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.

**ISNP2211**

## **Research Project 1**

### **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.



**ISNP2213**

## **Psychological Factors in Performance**

### **Unit Description**

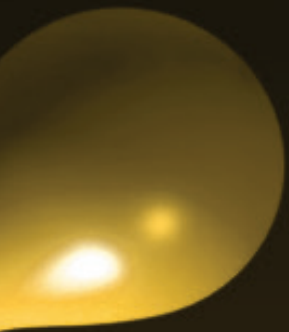
In this unit you will conceptualise a research topic relevant to Clinical and/or Sport & Exercise Psychology and then conduct a critical background literature review that will help you develop your systematic review proposal for Research Project 2 and form the theoretical framework of your final systematic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

**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.






# Learning resources and Support


Please review the [Student Support page](#) for information about resources and support available to you.



## Contact Us

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 (03) 9008 1600


 registrar@isn.edu.au

 isn.edu.au

## Let's Get Social

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 facebook.com/ISNpsych

 linkedin.com/school/isn-psychology/

