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		Issue No.	01
		Effective Date	04/02/2020


SECTION A: QUALIFICATION DETAILS														
QUALIFICATION DEVELOPER (S)		University of Botswana												
TITLE	Bachelor of Science in Sport and Exercise Psychology										NCQF LEVEL	7		
FIELD	Culture, Arts and Crafts		SUB-FIELD		Sport & Recreation					CREDIT VALUE	504			
New Qualification						√		Review of Existing Qualification						
SUB-FRAMEWORK		General Education					TVET					Higher Education		√
QUALIFICATION TYPE	Certificate	I	II	III	IV	V		Diploma		Bachelor	√			
	Bachelor Honours			Post Graduate Certificate					Post Graduate Diploma					
	Masters					Doctorate/ PhD								
RATIONALE AND PURPOSE OF THE QUALIFICATION														
<p>RATIONALE:</p> <p>Sport is acknowledged in contemporary Botswana policy documents as a viable means of enhancing Botswana's continued economic growth, job creation, youth empowerment, public health, national competitiveness and long-term prosperity. For example, Pillars 1 & 2 of Vision 2036 recognize the role of sport, health and wellness in socio-economic development, while the NDP 11 acknowledges the role of sport and recreation in "reduction of youth problems, improving health, and creating a sense of unity and pride." Moreover, sport science is one of the top occupations in demand in Botswana according to the Human Resource Development Council (HRDC) Priority Occupations List (page 16).</p>														

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Prior to developing the qualification, consultations were held with relevant stakeholder such as the Botswana National Sport Commission, Botswana National Olympic Committee, Botswana Sport Federations, Botswana Defence Force, Botswana Police Service, Ministry of Basic Education, Ministry of Tertiary Education, Research Science & Technology, HRDC, Ministry of Trade & Industry, Ministry of Environment, Natural Resources Conservation and Tourism, Botswana Colleges of Education, Botswana Vocational and Technical Colleges, Sport Entrepreneurs and Proprietors of Gyms, Sport Clubs, Wellness Centres and Medical Clinics, Current Students, Prospective Applicants in Senior Secondary Schools, Participants at the HRDC Skills Fairs and Career Clinics, Participants at University Career Clinics, and respondents from Private Tertiary Institutions. Stakeholders revealed during consultations and market needs analysis that sport enterprises have become more complex and technically demanding due to advances in the industry, necessitating the need for sport scientists prepared to meet the challenges of providing innovative sport goods and services at the micro and macro levels of society. Industry stakeholders therefore agreed that this sport science qualification will provide the much-needed human resource to help address the current skills gap and shortage of required professionals in the sport industry.

To maintain a strong competitive position in the national, regional, and international marketplace, graduates of this qualification are expected to demonstrate and uphold high standards of professional conduct and competence to assure clients' safety, dignity, and wellbeing, and to promote the integrity of sport in their day-to-day interactions with athletes, coaches, and other sport stakeholders. Consequently, students will be exposed to a number of ethics-related courses, codes of conduct and regulatory frameworks to support them in maintaining national and international ethical standards in their professional activities.

Standards of professional conduct that the qualification is compliant with are the Universal Declaration of Ethical Principles for Psychologists to which the Botswana Association of Psychologists (BAPsy) adheres, the American Psychological Association Code of Ethics, the South African Professional Conduct Guidelines in Psychology, Ethical principles of the European Sport Psychology Federation, Association for Applied Sport Psychology's (AASP) Ethical Principles and Standards, and the World Anti-Doping Code developed by the World Anti-Doping Agency (WADA). Meeting these internationally accepted standards enhances the portability and acceptance of the qualification internationally.

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Purpose


The purpose of the qualification is to produce graduates with specialised knowledge, skills and competences to:

- Apply biological, social-cultural and psychological bases of sport and exercise behaviour.
- integrate and apply knowledge of foundational theories, principles and frameworks of psychology to sport and exercise performance improvement.
- Apply sport and exercise psychology in physical activity settings.
- Demonstrate appropriate attitudes, ethics and professionalism pertaining to sport and exercise psychology services.


ENTRY REQUIREMENTS (including access and inclusion)

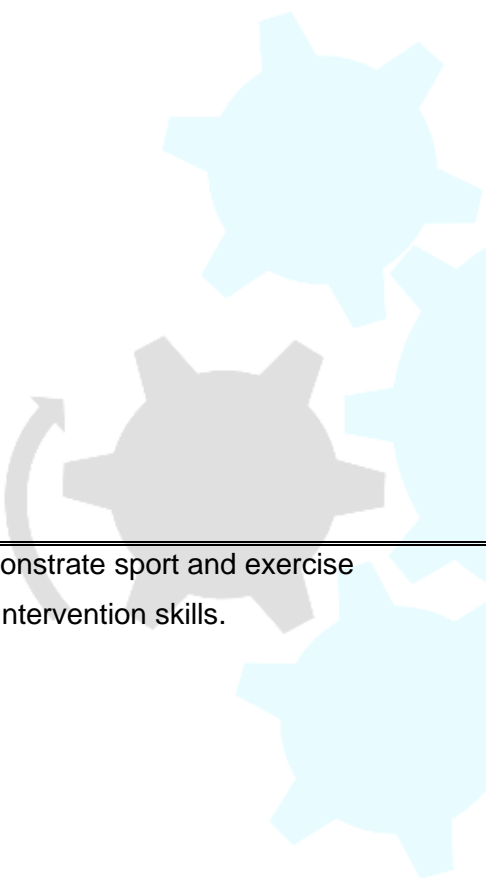
The normal entry requirements for admission into the Bachelor of Sport Science (Sport & Exercise Psychology) qualification shall be:


- NCQF Level 4 and equivalent
- Entry through Recognition of Prior Learning (RPL) and Credit Accumulation & Transfer (CAT) is allowable through institutional policies.


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SECTION B		QUALIFICATION SPECIFICATION	
GRADUATE PROFILE (LEARNING OUTCOMES) Upon completion of the qualification, the graduates will be able to		ASSESSMENT CRITERIA	
LO 1.0 Apply advanced knowledge of sport and exercise psychology in the workplace.		AC 1.1 Apply integrated sport and exercise psychology knowledge to make informed judgments about clients' needs in a variety of physical activity domains. AC 1.2 Make connections between field observations, sport and exercise psychology theories and use them to make evidence-based decisions. AC 1.3 Use scientific reasoning to interpret psychological phenomena in sport and exercise situations. AC 1.4 Demonstrate sport and exercise psychology information literacy. AC 1.5 Use scientific approach to improve sport and exercise behaviours and mental processes. AC 1.6 Use advanced knowledge of psychological theories and models to address personal, interpersonal, performance and social issues in sport and exercise situations.	
LO 2.0 Engage in systematic psychological observation, research and analysis in sport and exercise settings.		AC 2.1 Design, and conduct psychological research in sport and exercise AC 2.2 Use psychological findings to make informed judgments that strengthen sport and exercise performance.	

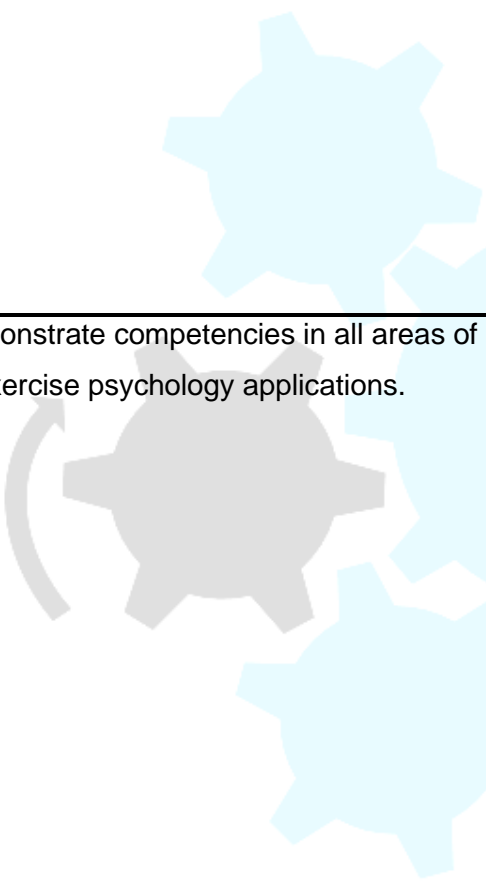
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	<p>AC 2.3 Use performance indicators for specific psychological interventions and remediation.</p> <p>AC 2.4 Conduct field and lab evaluation of sport and exercise for performance improvement.</p> <p>AC 2.5 Evaluate research designs, findings and psychology-related claims in sport and exercise science publications.</p> <p>AC 2.6 Seek and further education opportunities to acquire new knowledge and certification for continuous personal and professional development.</p>
	<p>LO 3.0 Demonstrate sport and exercise psychology intervention skills.</p> <p>AC 3.1 Teach cognitive skills to diverse categories of athletes and exercise participants.</p> <p>AC 3.2 Adapt psychological interventions to the needs of people living with disabilities.</p> <p>AC 3.3 Create a positive and supportive sport and exercise working environment.</p> <p>AC 3.4 Conduct and evaluate outcomes of sport and exercise interventions</p> <p>AC 3.5 Utilize a variety of analytic techniques to diagnose the aetiologies of psychological challenges in sport and exercise participants.</p>
	<p>LO 4.0 Demonstrate technical and leadership competencies in sport and exercise settings</p> <p>AC 4.1 Provide psychological leadership and technical assistance to teams at various levels.</p> <p>AC 4.2 Work collaboratively with the technical, tactical, medical and coaching team of professionals to improve</p>

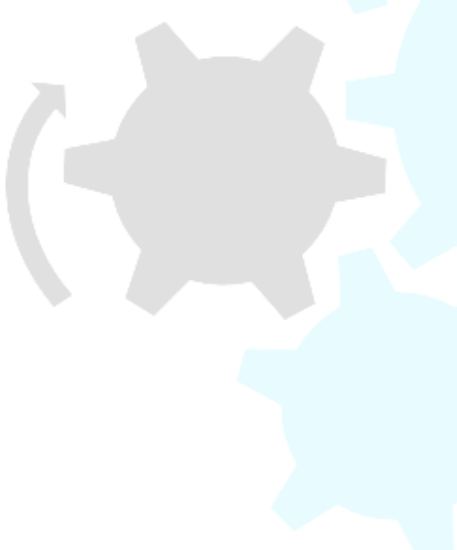
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	<p>individual and team performance.</p> <p>AC 4.3 Select appropriate approaches to addressing psychological issues in children and adults in sport and exercise.</p> <p>AC 4.4 Utilize information and feedback from clients for sport and exercise psychology services improvement.</p> <p>AC 4.5 Manage sport and exercise psychology resources efficiently.</p> <p>AC 4.6 Apply working knowledge sport and exercise psychology in industrial, academic and community settings.</p> <p>AC 4.7 Demonstrate transcultural competencies in teamwork skills in sport and exercise work place</p>
	<p>LO 5.0 Demonstrate ethical and social responsibility in the practice of sport and exercise psychology.</p> <p>AC 5.1 Comply with ethical regulatory requirements of sport and exercise psychology service provision.</p> <p>AC 5.2 Conduct risk assessment to minimize liabilities in sport and exercise psychology services.</p> <p>AC 5.3 Interpret and evaluate sport performance data for decision making.</p> <p>AC 5.4 Engage in innovative physical education and coaching practice.</p> <p>AC 5.5 Remove barriers to equity and equality in sport and exercise domains.</p> <p>AC 5.6 Apply suitable psychological interventions for</p>

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	<p>sport and exercise participants bearing in mind the social socio-cultural issues affecting physical activity behavior.</p> <p>AC 5.7 Promote equal opportunities for sport and exercise participants.</p> <p>AC 5.8 Work independently and cooperatively in sport and exercise settings.</p>
	<p>LO 6.0 Demonstrate competencies in all areas of sport and exercise psychology applications.</p> <p>AC 6.1 Devise, implement, monitor and evaluate psychological interventions.</p> <p>AC 6.2 Utilize evidence-based approaches to help sport and exercise participants cope with stress, injuries, anxiety, low self-esteem, depression and burn-out.</p> <p>AC 6.3 Use appropriate research methods and quantitative reasoning skills to solve sport and exercise problem in professional and community settings.</p> <p>AC 6.4 Work with sport and exercise instructors to build their knowledge of motivational strategies and leadership skills.</p> <p>AC 6.5 Work collaboratively with allied professionals to improve athletes' health and sport performance.</p> <p>AC 6.6 Utilize ICT to enhance equitable access to sport and exercise psychology services</p> <p>AC 6.7 Use information technology to analyse, store and communicate sport and exercise psychology information regarding individuals and sport teams.</p> <p>AC 6.8 Apply ethical standards to evaluate psychological</p>

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	<p>science and practice in sport and exercise domains.</p> <p>AC 6.9 Demonstrate effective and presentation skills</p>
<p>LO 7.0 Use a systems approach to identify and address quality and equity gaps in exercise and sport psychology services.</p> 	<p>AC 7.1 Use appropriate psychological tools and methodologies to prevent, detect and address dysfunctional behaviors in sport and exercise clients.</p> <p>AC 7.2 Use high-quality data and sound research methods to effect systemic change.</p> <p>AC 7.3 Apply multicultural skills to minimize prejudice, and discrimination in exercise and sport settings.</p> <p>AC 7.4 Display professional integrity in community, inter-group and professional contexts.</p> <p>AC 7.5 Show respect to clients, athletes, colleagues and athletes' entourages regardless of age, race, gender, nationality, ethnicity, religion, values, perspectives, social-economic status and sexuality.</p> <p>AC 7.6 Adhere to organizational, academic and professional quality standards.</p>

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SECTION C		QUALIFICATION STRUCTURE				
COMPONENT	TITLE	Credits Per Relevant NCQF Level				Total (Per Subject/ Course/ Module/ Units)
		Level [5]	Level [6]	Level [7]	Level [8]	
FUNDAMENTAL COMPONENT <i>Subjects/ Courses/ Modules/Units</i>	Communications and Academic Literacy Skills	24	-	-	-	24
	Computing Skills Fundamentals	24	-	-	-	24
	Principles of Biology	12	-	-	-	12
	Introduction to Psychology	12	-	-	-	12
	Socio-cultural Foundations of Sport & Exercise	12	-	-	-	12
	Biological bases of Human Behaviour	12	-	-	-	12
CORE COMPONENT <i>Subjects/Courses/ Modules/Units</i>	Introduction to Sports & Exercise Psychology	-	12	-	-	12
	Aquatic Skills	-	12	-	-	12
	Cohesion & Team Dynamics in Sports	-	12	-	-	12
	Injury Prevention and Emergency Care in Physical Activity	-	12	-	-	12

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	Strength & Conditioning	-	12	-	-	12
	Sensorimotor Control	-	12	-	-	12
	Motor Learning & Skills Acquisition	-	12	-	-	12
	Theories of Personality	-		12	-	12
	Special Needs and Adapted Physical Activity	-		12	-	12
	Psychological Skills Training in Sports	-		12	-	12
	Cultural Issues in Sport & Exercise Psychology	-		12	-	12
	Psychosocial Bases of Coaching	-		12	-	12
	Stress Management in Sport & Performance	-		12	-	12
	Sport Science Internship	-		12	-	12
	Positive Youth Development Through Sport	-	-	12	-	12
	Ethics in Sport & Exercise Industry	-	-	12	-	12
	Athlete Career Development	-	-	12	-	12
	Assessments in Sports & Exercise Psychology	-	-	12	-	12
	Nutrition for Sport, Exercise and Wellness	-	-	12	-	12
	Psychology of Sport Injuries Health Behavior	-	-	12	-	12
	Research Methods in Sport & Exercise	-	-	12	-	12

 BOTSWANA Qualifications Authority	BQA NCQF QUALIFICATION TEMPLATE	Document No.	DNCQF.QIDD.GD02
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	Principles of Sport & Exercise Psychology	-	-	12	-	12
	Tests, Measurement & Evaluation in Sport & Exercise	-	-	12		12
	Sport Science Internship	-	-	12		12
	Sport Science Research Project	-	-	-	24	24
	Entrepreneurship in Sport & Exercise	-	-	-	12	12
	Consulting & Intervention Programs in Sport & Exercise Psychology	-	-	-	12	12
ELECTIVE/ OPTIONAL COMPONENT <i>Subjects/Courses/ Modules/Units</i>	Plus Six Optional Courses					
	Coaching Techniques and Strategies in Badminton	-	-	12	-	12
	Coaching Techniques and Strategies in Basketball	-	-	12	-	12
	Coaching Techniques and Strategies in Handball	-	-	12	-	12
	Coaching Techniques and Strategies in Table Tennis	-	-	12	-	12
	Coaching Techniques and Strategies in Cricket	-	-	12	-	12
	Coaching Techniques and Strategies in Hockey	-	-	12	-	12
	Motor Development Across Life Span	-	-	12	-	12

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SUMMARY OF CREDIT DISTRIBUTION FOR EACH COMPONENT PER NCQF LEVEL	
TOTAL CREDITS PER NCQF LEVEL	
NCQF Level	Credit Value
5	96
6	84
7	276
8	48
TOTAL CREDITS	504
Rules of Combination: (Please Indicate combinations for the different constituent components of the qualification)	
<ul style="list-style-type: none"> Foundation courses are compulsory entry-level courses for first-year students Students must take a range of core, elective and optional courses in subsequent years. Sport Science Internship is compulsory at levels 6 and 7 Sport science research project is required at Level 7 	

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ASSESSMENT ARRANGEMENTS

There will be formative and summative assessments.

Formative Assessment: 60%

Summative Assessment: 40%.

Assessments will be conducted by BQA registered and accredited assessors.

MODERATION ARRANGEMENTS

There will be internal and external moderation in accordance with the institutional policy and in line with the national policy on assessment and moderation

RECOGNITION OF PRIOR LEARNING

There is a provision for the award of the qualification in full or in part through Recognition of Prior Learning (RPL) in line with the National RPL Policy.

CREDIT ACCUMULATION AND TRANSFER

There is a provision for the award of the qualification in full or in part through Credit Accumulation and Transfer (CAT) in line with the National CAT Policy.

PROGRESSION PATHWAYS (LEARNING AND EMPLOYMENT)


LEARNING PATHWAYS:

Horizontal Pathway: Bachelor of Human Movement Science

Vertical Pathway: Bachelors of Sport Science (Honours)

Postgraduate Diploma in Sport & Exercise Psychology

Masters in Sport and Exercise Psychology

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EMPLOYMENT PATHWAYS

- Sport & Exercise Psychology Teacher/Lecturer/Instructor
- Sport and exercise Psychologist
- Sport Team Manager
- Sport and Exercise Researcher
- Sports Agent
- Clinical Sport and Exercise psychologist,
- Exercise counselling and consultation

QUALIFICATION AWARD AND CERTIFICATION

Minimum standards of achievement for the award of the qualification

To be awarded a Bachelor of Sport Science (Sport and Exercise Psychology) qualification, a candidate is required to achieve a minimum of 504 credits.

Certification


Candidates meeting prescribed requirements will be awarded the qualification and will be issued a certificate and an official transcript.

REGIONAL AND INTERNATIONAL COMPARABILITY

The following are comparable programmes regionally and internationally:

Regional University

University of Johannesburg offers a comparable Bachelor in Sport Psychology to provide graduates with analytical, interpretive and integrative skills in Sport Psychology. The qualification prepares graduates for careers such as sports coaches, exercise specialists, and sport psychology counsellors. Similar courses offered include Kinesiology, Sport Administration, Anatomy & Physiology, Psychology, Sociology, Sport Practice, Didactics and Exercise Science, Developmental Psychology, Sport Psychology, Perceptual Motor

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Learning and Research Psychology

<https://www.uj.ac.za/Pages/Search.aspx?k=sport%20psychology>

International University

University of Portsmouth (UK) offers a comparable 4-year BSc in Sport and Exercise Psychology qualification taught within the Undergraduate Modular Scheme (UMS). It is built on a nationally recognized framework in which 120 credits at each level make up the UMS. Sample courses include Introduction to Sport and Exercise Biomechanics, Introduction to Sport and Exercise Physiology, Introduction to Sport and Exercise Psychology, Biological & Cognitive Psychology, Individual Differences & Psychometrics, Preparing Research, Innovation or Enterprise Projects, Principles of Skill Acquisition, Psychology of Sport and Exercise, Social & Developmental Psychology, Project, Applied Skill Acquisition, Biopsychosocial Approaches to Physical Activity and Health Promotion, Professional Practice in Sports Psychology, Issues in Clinical and Health Psychology, Neuroscience, Professional Development and Social Construction of Disability.

Comparable formative and summative assessments methods used are essays, reports, presentations, projects, exams, reflection, practical-based assignments, research and a dissertation.

Horizontal pathways include BSc (Hons) Sport and Exercise Science, BSc (Hons) Sports Management and Development, and BSc (Hons) Psychology). Vertical pathways include Health Psychology MSc, Sport and Exercise Psychology MSc and Psychology and Learning Disability MSc

Employment pathways include careers in teaching, research, counselling, consultation, coaching, sport development and health and fitness sectors.

<https://www.port.ac.uk/study/courses/bsc-hons-sport-and-exercise-psychology>

REVIEW PERIOD

The qualification will be reviewed every 5 years.