

SPORT

As Scotland's University for Sporting Excellence, sport is central to university life at Stirling. The Faculty of Health Sciences and Sport offers a portfolio of innovative postgraduate courses, and brings together world-leading academics to deliver high-quality teaching in coaching, health and exercise science, management, and psychology.

Stirling offers anyone with an interest in health and sport the opportunity to develop through internationally relevant curricula and our research-driven approach.

Our postgraduate community benefits from access to elite athletes and industry networks, with a number of sports agencies based on the University campus.

RESEARCH COURSES

Research excellence underpins all we do. As part of our research community, you will contribute innovative, practical and applied solutions to the challenges facing society today.

We offer research options, including PhDs, in the following areas:

- Sport culture
- Sport management
- Sport and exercise science
- Sport psychology
- Coaching and performance
- Athlete physiology
- Sport nutrition



Many of our courses offer multiple start dates, please check course webpages for details.



Full-time course



Part-time course

88% overall student satisfaction for Sport

Postgraduate Taught Experience Survey (PTES) 2021



To find out more about identifying a supervisor and submitting a research proposal, visit: stir.ac.uk/research

PSYCHOLOGY OF SPORT (ACCREDITED)



Campus based
MSc, PG Dip, PG Cert

Stirling is Scotland's University for Sporting Excellence and offers the only MSc Psychology of Sport in Scotland that is accredited by the British Psychological Society (BPS)

Psychology plays an essential role in sport performance, health, and wellbeing. Our interdisciplinary Psychology of Sport Masters course combines insights into how human behaviour impacts sport and exercise. You will learn about the differences in the mindset of elite athletes, the effect of stress on cognition, physicality, and sports behaviour. You will understand and explore the motives for exercise behaviour on performance, and you will be able to tailor your learning, developing your interests using both quantitative and qualitative research.

The Public Engagement in Sport and Exercise Psychology module will provide you with an opportunity to apply your knowledge and understanding to a specific sport setting. You will benefit from Stirling's outstanding sport facilities-ranked 1st in the UK and 5th in the world. The presence of elite athletes and national sports agencies based on our campus will offer you the chance to help coaches, athletes, and teams to achieve their specific goals.



CORE MODULES

- Application of Sport and Exercise Psychology
- Social Psychology of Sport and Exercise
- Research Methods for Sport and Exercise Psychology
- Key Readings in Sport and Exercise Psychology
- Public Engagement in Sport and Exercise Psychology
- Dissertation

CAREER PROSPECTS

Our course gives you a strong foundation for a career in the field of sport and exercise psychology. BPS accreditation for this course means that completing this Masters is equivalent to Stage 1 of the 2-stage training process required to achieve chartered sport and exercise psychologist status. Graduates may also go on to various sports and health related roles including coaching, consultancy, counselling, exercise psychologists for teams, athletes, communities and the public or continue to PhD study.

**SCOTLAND'S
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UNIVERSITY of
STIRLING

Course Starts: September



SPORT NUTRITION



Campus based (full time), distance learning (part time)
MSc

Sport nutrition is an increasingly vital part of elite sport and there has never been a better time to specialise, as recreational competitive sport and elite performance sport grow increasingly popular.

Our Masters course focuses on the science behind sport nutrition, and is designed specifically for students who have already completed the International Olympic Committee (IOC) Diploma in Sports Nutrition. The University of Stirling is one of only six universities worldwide approved to provide this Masters conversion course.

You will undergo research training through the planning and completion of an in-depth research project. This training will help you to understand how to translate research into practice and you will benefit from the close supervision of academics who are experts in the field.

During your studies, you will not only learn more about conducting research and communicating it effectively, you will also establish meaningful connections with leading academics in the field.

The knowledge that you will gain can be applied to help athletes make optimal gains, reduce their risk of injury and illness, and consistently achieve high performance levels by promoting adequate nutrition for training adaptation and recovery.

CORE MODULES

Our MSc Sport Nutrition enables you to convert your IOC Diploma in Sports Nutrition into a Masters degree by completing an in-depth research project.

CAREER PROSPECTS

Stirling Sport Nutrition graduates are well qualified to work within a number of different sporting environments. From national and international sports teams and governing bodies, to private gyms and sport and exercise organisations, graduates leave Stirling fully equipped with the skills to succeed.

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**Start dates: Starts at the beginning
of every month**



SPORT NUTRITION



Online
MSc

Sport nutrition is an increasingly vital part of elite sport and there has never been a better time to specialise, as recreational competitive sport and elite performance sport grow increasingly popular in the UK and worldwide.

Our Masters course focuses on the science behind sport nutrition, and is designed specifically for students who already have completed the International Olympic Committee (IOC) Diploma in Sports Nutrition. The University of Stirling is one of only six universities worldwide approved to provide this Masters conversion course.

You will undergo high-quality research training through the planning and completion of an in-depth research project. This training will help you to understand how to translate research into practice and you will benefit from the close supervision of academics who are experts in the field.

During your studies, you will not only learn more about conducting research and communicating it effectively, you will also establish meaningful connections with leading academics in the field.

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SPORT MANAGEMENT



Campus based
MSc, PG Dip, PG Cert

This Masters meets the industry's need for well-qualified managers, who can combine management and financial skills with a specialist knowledge of sport.

You will learn to evaluate the dynamic environment in which sporting organisations flourish, and apply this knowledge to meet a wide range of challenges faced in sport management.

Taught by experts with strong industry experience and research achievements, this Masters reflects current industry trends and employer needs. During your studies, you will undertake a period of professional practice with a sporting organisation, as well as having some involvement in the organisation of a sports event, both of which will provide you with valuable practical experience.

You will also acquire management skills such as problem-solving, team-working, leadership, analysis, evaluation and presentation through a range of learning activities essential to becoming an effective manager.

The University has strong partnerships with a number of national and local sports organisations, including: The Scottish Professional Football League, Scottish Sport Federations and Active Stirling.

CORE MODULES

- Principles of Management in Sport
- Research Methods for Sport
- Professional Practice
- Sport Event Management
- Sport Management Challenges
- Sport Marketing
- Sport Finance
- Dissertation

CAREER PROSPECTS

This Masters will prepare you for a career in sport management in commercial and professional sport organisations, voluntary sport organisations like national or international governing bodies of sport, and local authorities or leisure trusts.

Some of the roles that graduates can go on to include:

- Sports Marketing Manager
- Health and Facility/Fitness Manager
- Sports Development Officer
- Local Authority Sport and Leisure Officer
- National Sport Federation Officer
- Commercial Account Manager in sports and event agencies

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SPORT PERFORMANCE COACHING (ONLINE)



Online

MSc, PG Dip, PG Cert

Established in 2014 as the first course of its kind in Scotland, this innovative online Masters provides Sport Performance Coaches an opportunity to develop their coaching knowledge and skills.

You will develop your critical analysis skills, improve your problem-solving abilities and learn innovative solutions to performance coaching problems. The course is taught by a team of highly qualified academics with a wealth of coaching, coach development and research experience. You will be able to practically apply what you've learnt to critically reflect on decisions, develop smart strategies and boost performance.

Our course offers valuable professional development opportunities for those who work to develop coaches in contexts such as one-to-one in situ development, coach education, mentoring, and tutoring.

To gain the most from the course and enhance employability opportunities, it is expected that you will be actively coaching while completing your course. This will enable you to explore and critically examine your coaching practice.

We're proud to hold an 89% overall student satisfaction rating for Sport Performance Coaching in the Postgraduate Taught Experience Survey (PTES) 2022.

CORE MODULES

- Coaching Concepts
- The Coaching Process
- Coaching as Learning
- Independent Study
- Performance Analysis and Planning
- Applied Coaching Dissertation

[Check course web page for optional modules](#)

CAREER PROSPECTS

Most coaches who apply for this course will already be working in talent development or performance sport. Coaches who have completed the course are expected to go on to fulfil roles at the top level of their profession.

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Course Starts: September





DR PAUL DIMEO
ASSOCIATE PROFESSOR,
HEAD OF SPORT

Associate Professor Paul Dimeo has a long track record of teaching and research in sports policy with his main research focus being on anti-doping history and policy.

CHANGING THE GAME

What are the key challenges facing the sports sector and how does Stirling equip its students to tackle these?

The sport sector is fast-moving and diverse and the challenges reflect that. At one end of the spectrum commercial sport has global reach, at the other individuals need opportunities to be active in their own time and space. In between sport is delivered by a plethora of organisations, from national agencies to local community clubs.

All of these need sport professionals who can operate to the highest standards and that is what Stirling's portfolio of postgraduate courses equips students to do. Whether working with elite athletes, encouraging people to be active for health benefits, or ensuring the success of sports businesses, our courses combine the highest quality academic content with strong applied elements.

Stirling is Scotland's University for Sporting Excellence and recently won UK Sports University of the Year. How do these accolades benefit postgraduate students?

Students benefit from our commitment to quality and relevance in our provision. Our MSc Sport Management offers practical experience and networking opportunities, our MSc Psychology of Sport is the only one in Scotland that is BPS accredited, and our MSc Sport Nutrition is formally aligned with the work of the International Olympic Committee, the most high-profile sports organisation world-wide.

Our MSc in Sport Performance Coaching is an industry-leader, specifically designed to support the professional development of practising sport coaches and coach developers through a unique and innovative online format.

The University shares its campus with a number of National Governing Bodies for sport. How closely do students work with industry?

Collaboration with industry and the sport sector is fundamental to all of Stirling's postgraduate sport courses. We use our excellent networks to give students direct contact with experienced sport practitioners, managers and policy makers, ensuring they are at the forefront of pivotal, industry changing decisions and are taught by the academics who are shaping them.

Students are afforded the opportunity to undertake work placements and conduct dissertation projects with sports organisations that could be either on-campus or located in local communities.