

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, nutrition and exercise science, management, and psychology.

Stirling offers anyone with an interest in health and sport the opportunity to develop through internationally relevant teaching 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

The following sports bodies and organisations are based on our campus:



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



Full-time course



Part-time course



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 an MSc Psychology of Sport that is accredited by the British Psychological Society (BPS).

Psychology plays an essential role in sport performance, health, and wellbeing. Our Psychology of Sport Masters is designed to meet the current needs of this growing industry and prepare you for a range of rewarding jobs. You will learn about contemporary sports psychology to facilitate better sporting performances by individuals and teams. During your studies you will also complete a placement with one of the many sport agencies we have partnered with, many of whom are based on our campus.

Our expert teaching staff includes British Psychological Society Chartered Psychologists, British Association of Sport and Exercise Sciences accredited practitioners, and Health and Care Professions Council registered Sport and Exercise Psychologists. All of their knowledge and research has been incorporated into this Masters course, so you can be confident you'll leave Stirling ready for a career in sports psychology.

The accreditation from the British Psychological Society (BPS), means that the course meets the requirements for Stage 1 training and enables progression onto the BPS Stage 2 on route to becoming a sport and exercise psychologist.



CORE MODULES

- Frameworks, Approaches, and Skills in Applied Sport Psychology
- Current Issues in Sport Psychology
- Research Methods for Sport Psychology
- Placement in Sport Psychology
- Dissertation

CAREER PROSPECTS

Our graduates can progress onto further study to become a Health and Care Professions Council registered Sport and Exercise Psychologist.

You may also go on to various sport and health roles, or to positions in the science industry, the civil service or government. Some of our students also go onto study for a PhD.

Course Starts: September



SPORT NUTRITION



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

Sport nutrition is a 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 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 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 learn about conducting research and communicating it effectively and establish connections with leading academics.

The knowledge that you gain will 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.

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 relevant skills to succeed.

**SCOTLAND'S
UNIVERSITY FOR
SPORTING
EXCELLENCE**

UNIVERSITY of
STIRLING

Start dates: Starts on the 1st of every month



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. During your studies, you will undertake a placement with a sporting organisation, either virtually or in person. You will also be involved in organising a sports event with our industry partners, providing you with valuable practical experience.

Gain management skills including problem-solving, team-working, leadership, analysis, evaluation and presentation to support you in 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. Graduates also find posts in organisations such as national or international governing bodies of sport, 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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Course Starts: September and January





PAUL DIMEO
PROFESSOR,
HEAD OF SPORT

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 practical skills.

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. Our MSc Sport Management offers practical experience and networking opportunities, our MSc Psychology of Sport is accredited by the British Psychological Society (BPS), and our MSc Sport Nutrition is formally aligned with the work of the International Olympic Committee, the most high-profile sports organisation in the world. Our MSc 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.