

Program Code: 071102

# Applied (Sport) Psychology Program of Beijing Sport University

(Since 2012)

## 1. Training Objectives

This program aims to produce the students who master the basic knowledge, theories and skills of psychology with thinking and research abilities in psychological science. This program is also to help students understand the basic knowledge and theories of sport sciences, and be familiar with one or two sports. They will be capable with potential to work in government institutions, government related institutions, schools, general administration departments and sport teams.

## 2. Basic Requirements

Students in this major are expected to focus on the basic knowledge, theories and skills of psychological and sport sciences. They will get basic training in research design, questionnaire making, statistical analysis, and psychological counseling.

By graduation the students will acquire the following knowledge and abilities:

- 1) Master basic knowledge and theories and psychological and sport sciences with good logic-thinking ability.
- 2) Master methodology of empirical study with abilities of experimental design, psychological measurement, and data analysis.
- 3) Acquire the capability of independently carrying on research of psychology and applying knowledge and skills of psychology to practice of different working fields.
- 4) Be familiar with principles, policies and laws related sports.
- 5) Comprehend development and application of psychology.

## 3. Major Curriculum and Courses

### 3.1 Major curriculum

Psychology, and Sport Sciences.

### 3.2. Major courses

General Psychology, Physiological Psychology, Experimental Psychology, Psychological Statistics and SPSS, Psychometrics, Developmental Psychology, Social Psychology, History of Psychology, Abnormal Psychology, Cognitive Psychology, Personality Psychology, Sport Psychology, Exercise

Psychology, Research Methods in Psychology.

#### 4. Practice Parts

Military training, graduation thesis, internship, innovation practice, and social practice.

#### 5. Core Psychological Experiment Training

Experiments of anatomy and physiology, experiments of experimental psychology, development of psychological scales, practice in research method of psychology, and etc.

#### 6. Time, Credit and Degree of the Program

- 1) Time of the program: Four years.
- 2) Credits of the program: 154 credits.
- 3) Degree of the program: Bachelor of Science.

#### 7. Arrangement of Courses

Please refer to Table 1 for arrangement, types, teaching hours, credits, start time of the courses, and extracurricular practice.

#### 8. Requirement of Extracurricular Practice

##### 8.1 Graduation thesis

Students in this program should finish a degree paper under guidance of a supervisor during school study. Provided that the degree paper or revised degree paper has passed the examination 4 credits will be awarded. In case of fail to pass no credits will be awarded. However the failed paper can be revised within 1 year and if the revised paper has passed the examination 4 credits will be awarded.

##### 8.2 Internship

Students in this program should finish internship for 4 credits during school study. Those students who have passed the internship examination can get these 4 credits. Those students who fail to take part in internship (including exiting during internship) or fail to pass examination will not be awarded the related credits.

##### 8.3 Innovation practice

During school study students in this program are required to take part in creativity practice for 2 credits. The activity includes entrepreneurship in education, academic activity, teaching and research activity and activity related to patent of invention.

#### **8.4. Social practice**

During school study students in this program should participate in social practice for 2 credits. The social practice includes social survey, volunteer work, and sport competitions.

The content captioned above is explained in details in <Instruction of Extracurricular Practice for Applied Psychology Program>.

### **9. Notes**

#### **9.1 Schedule of the courses**

Foundation courses and required courses of the major are scheduled from freshman year to junior year. Elective courses of the major are scheduled from sophomore year to senior year. Public elective courses are scheduled from junior year to senior year by the Office of Academic Affairs.

#### **9.2 Course credits rewards**

##### **9.2.1 Rewards for athletic skill levels and referee levels**

Students can get course credit reward by achieving the second or higher athletic levels. The rules are: two credits for achieving level 2, four credits for achieving level 1, six credits for achieving elite level. The course credit is rewarded once for each sport according to the highest athletic skill level achieved.

Students can get course credit reward by achieving the second or higher level referee levels. The rules are: one credit for achieving level 2, two credits for achieving level 1. The course credit is rewarded once for each sport according to the highest referee level achieved.

##### **9.2.2 Reward for scientific research**

In the case that a student publishes an academic paper as the first author and with Beijing Sport University as the sole affiliation of the author, course credit will be rewarded according to the following rules: two credits will be rewarded if a full paper is indexed in SCI, SSCI, or CSCI; one credit will be rewarded if a paper is published in core scientific journals in China, or presented as an oral report at an international conferences or an academic conference organized by an academic association of first level; 0.5 credits will be rewarded if a paper is presented as an oral report at an academic conference organized by an academic association of second level, or published in a non-core academic journal. If a student presents a poster at an academic conference of various levels, the credit rewards will be decided by the faculty according to the value of the conference.

##### **9.2.3 Rewards for professional skills**

One credit will be rewarded if a student obtains the level 3 certificate of psychological consultant awarded by Ministry of Human Resources and Social Security of the People's Republic of China.

##### **9.2.4 Rewards for computer levels**

One course credit will be rewarded if a student achieves level three or higher in the national computer level test.

### **9.2.5 Other rewards**

Students can apply to the faculty for course credit rewards if they make other contributions when studying in Beijing Sport University.

The total of various course credit rewards should be no more than 3. A student can apply for exemption of public elective courses or elective courses of the major that are of the same course credits as rewarded.

### **9.3 Fitness and health standard**

It is required for graduation that students in school reach the passing level stipulated in National Student Physical Health Standard.

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