

Logbook – Sports Psychology Practitioner

This logbook is intended to cover 3 years full time supervised practice for those with a Master Degree which is one year long or the equivalent of two years part-time. The total number of hours to be covered is 5655.

There are two types of competencies which need to be covered:

1. The first type are the general competencies and which are common to all those who intend to practice as Psychologists.
2. The second type are the specific competencies which delineate the specialisation. Applicants must ensure that the remaining hours are covered within the specific areas.
3. No competency can be left out. The minimum hours for a competency should be 20 hours.

The following pages are indication of how your log book should be divided:

It is advisable that you write about your contributions using the following sections:

1. Description of the activity (minimum 200 words)
2. Projected Achievement (minimum 500 words)
3. Reflection (minimum 500 words)
4. Updated Reflection (number of words as needed)

General Competency 1: (Minimum 20 Hours)

Be able to understand the power imbalance between psychology practitioner and clients and how this can be managed appropriately

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 2:

Be able to gather the information required through the careful administration of the appropriate assessment techniques

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 3:

Be able to analyse, interpret and critically evaluate the information collected

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 4:

Be able to formulate and deliver care plans or interventions to meet the needs of the service users

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 5:

Be in touch with the latest developments in the particular field of psychology specialised in, critically evaluate the research and thus use it as a basis to inform their own practice. Thus, the psychology practitioner is expected to keep abreast with the key concepts of the bodies of knowledge relevant to their professional practice

Title of Activity:

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 6:

Be able to adapt practice in order to be able to meet the diverse needs of service users

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 7:

Be able to conduct audits, reviews of practice and/or effectiveness of planned activity. Related to this competence one must keep adequate records (handled and kept in line with appropriate legislation)

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 8:

Be able to conduct adequate and appropriate diagnostic procedures, treatment and therapy or other interventions keeping in the mind the safety of the service users

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 9:

Be able to practice in a non-discriminatory manner, understand the importance and be able to maintain confidentiality (as well as understand where confidentiality cannot be maintained), and understand the need and importance of informed consent and exercise a professional duty of care

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 10:

Be able to reflect critically on their practice and consider alternative ways of working

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 11:

Be able to understand and maintain a fitness to practice. Psychologists are thus expected to practice within their area of competence and specialisation, maintain high standards of personal conduct and manage the physical, psychological and emotional impact of their practice. Psychologists are also expected by the MPPB to fulfil the requirements set forth in the CPD document

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

General Competency 12:

Be able to plan, design and deliver training which would take into account the needs of participants

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Sport and Exercise Psychologist core competencies:

Specific Competency 1:

Be able to use formal assessment procedures and standardised psychometric testing and interviewing procedures in assessing their clients within a sport psychology context

Title of Activity: _____

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 2:

Be able to construct psychological interventions based on the outcomes of assessment, theories and research relevant to the specialisation of sport psychology

Title of Activity:

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 3:

Demonstrate an understanding of specific psychological skills such as arousal and anxiety, confidence, coping skills, techniques of relaxation, goal setting, biofeedback, imagery and stress management

Title of Activity:

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 4:

Demonstrate an understanding of personality and motivational differences. They must also show a grasp of how physical exercise is associated with outcomes such as mood, cognitions and self-esteem

Title of Activity:

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)

Specific Competency 5:

☑ Demonstrate an expertise in aspects of sporting activities that have a strong social component like team building, interpersonal communication and leadership skills

Title of Activity:

Hours spent on this Activity _____

Description of the activity (minimum 200 words)

Projected Achievement (minimum 500 words)

Reflection (minimum 500 words)

Reflection (number of words as needed)

Updated Reflection (if needed)