

## **Requirements for earning the VSPN Basic Certificate in Sport Psychology (BASP), and how to meet those requirements**



Students who are taking or have completed a Master's programme in Psychology or Movement Sciences are eligible for the Basic Certificate in Sport Psychology (BASP) of the Dutch Society for Sport Psychology (VSPN). Students who are taking or have completed a comparable Master's programme (e.g. in Medicine or Health Sciences) and focussed on sport psychology can submit an argued request to the BASP committee of the VSPN to be awarded the BASP. The BASP offers the opportunity of full-time membership in the VSPN and is a condition for admission to the post-academic programme for Practical Sport and Performance Psychology (SPP, a "post-Master's" programme in Dutch; see <https://ispp.nl/>).<sup>1</sup>

In order to qualify for the BASP, students must have done advanced work in the area of sport psychology either during or after their studies. See Table 1 for an overview of the requirements. The extent of the advanced work must comprise no less than 30 EC, of which at least 18 must be at Master's level. At least 80% of the ECs for the BASP need to be obtained at one or more of the involved Dutch universities (VU, UVA, RUG and RU). The advanced work should comprise two or three courses in the area of sport psychology with a total value of no less than 10 EC, including at least one at the Master's level, as well as a detailed investigation of a particular subject within sport psychology. This last requirement refers to a literature review, a report on an internship concerned with sport psychology and/or the execution of an empirical research project with accompanying report (minimum value 10 EC), all at the Master's level. A sport psychology relevant literature review, empirical research project or thesis at the Bachelor's level may count as a Bachelor course.

It is advisable to inquire in advance from the VSPN Committee for the Basic Certificate in Sport Psychology, which is responsible for awarding the BASP, whether the subject of the research counts as a valid subject for study within the field of sport psychology.

As part of their application, students should submit the following documents to their contact person:

1. The standard application form, completely filled out (see p. 2 of "Application procedure for the BASP"), including an authorised mark list of courses meant to count towards the BASP and authorised statement by the study advisor that the student has fulfilled all requirements of the Master's.
2. A copy of the report describing the literature review, the internship in sport psychology and/or the empirical study, in PDF format.
3. A copy of each assignment in the field of sport psychology completed by the student as part of a course, in PDF format.

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<sup>1</sup> Next to the BASP, the SPP also requires that the student has knowledge in the area of psychodiagnostics and/or counseling skills (minimally 5EC).

### **Where are courses in sport psychology offered?**

Four universities in the Netherlands offer courses in sport psychology, as well as the extra advanced work necessary to earn the BASP: the University of Amsterdam (UVA); VU University Amsterdam; the University of Groningen (RUG); and Radboud University, Nijmegen<sup>2</sup> (RU).

### **Who can support you in the process of obtaining the VSPN Basic Certificate?**

Credits for the BASP must be earned under the final supervision of a contact person such as a sport psychologist or specialist working at a university:

- University of Amsterdam: Gerald Weltevreden
- VU University Amsterdam: Raoul Oudejans
- University of Groningen: Ruud den Hartigh
- Radboud University, Nijmegen: Ruud Meulenbroek

### **University of Amsterdam**

**Contact person Gerald Weltevreden:** [G.M.Weltevreden@uva.nl](mailto:G.M.Weltevreden@uva.nl)

The Psychology department offers a Master's track in Sport and Performance Psychology for 60 EC which can lead to the BASP, provided this track has included the advanced study of a subject within sport psychology in the form of a literature review, an internship or a research project (no less than 12 EC). In the mastertrack Sport and Performance Psychology the following three courses can be taken:

- Essential Sport and performance psychology (MSc; 6 EC)
- New Horizons in Sport and performance psychology (MSc; 6 EC)
- Interventions in Sport and performance psychology (MSc; 6 EC).

The abovementioned courses can only be taken if the entire Sport and Performance Psychology track is followed.

Additionally, the Psychology department offers a course that can count towards the BASP:

- Current topic: Introduction to Sport and Performance Psychology (Bachelor's course, 6 EC)

In principle, students from other faculties or universities can take part in these two courses at no additional cost. Persons who have graduated can take the courses as a non-credit student, paying the local rate.

Under the final supervision of a sport psychologist at this university (see above), the student can perform advanced work in sport psychology by executing a literature review or an empirical study (no less than 18 EC) at the Master's level.

### **VU University Amsterdam**

**Contact person Raoul Oudejans:** [r.oudejans@vu.nl](mailto:r.oudejans@vu.nl)

The Faculty of Behavioural and Human Movement Sciences offers eight courses that count towards the BASP:

- Sport Psychology (third-year Bachelor's course, 6 EC)
- Consultation in Sport Psychology (third-year Bachelor's course, 6 EC)\*

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<sup>2</sup> Students from Erasmus University Rotterdam, Utrecht University, Leiden University, Tilburg University, Maastricht University and Delft University who wish to obtain the BASP should approach one of the contact persons named in this document with a specific study plan.

These requirements are valid from 1 January 2022 to 1 January 2026

- Talent and Talent Development (third-year Bachelor's course, 6 EC; previous knowledge of the course in Sport Psychology is assumed)
- Current Issues in Sport and Exercise Psychology (Master's course, 6 EC)
- Sport Psychology: From Evidence to Application (Master's course, 6 EC)
- Perceptual-Motor Learning (Master's course, 6 EC)
- Talent Identification and Development (Master's course, 3 EC)

\*These courses may be taken only if the entire minor in Sport and Performance Psychology is being taken. Previous knowledge of the course in Sport Psychology is assumed for these courses as well.

To take part in the Master's courses, the student must possess a Bachelor's degree. In principle, students from other faculties or universities can take part in these courses at no additional cost. Persons who have graduated can take the courses as a non-credit student, paying the local rate.

Under the final supervision of a sport psychologist at this university (see above), the student can perform advanced work in sport psychology by executing an empirical study (Research Project) of 24 EC or combining a literature review with a practical internship (6 + 6 EC) at the Master's level.

### **University of Groningen**

**Contact person Ruud den Hartigh:** [j.r.den.hartigh@rug.nl](mailto:j.r.den.hartigh@rug.nl)

The Faculty of Behavioural and Social Sciences and the Faculty of Human Movement Sciences offer the following courses that count towards the BASP:

#### *Behavioural and Social Sciences*

- Sport and Performance Psychology (third-year Bachelor's course, in English, 5 EC)
- Sports Education and Participation (Bachelor's course, in English, 5 EC)<sup>3</sup>
- Talent Development & Creativity (Master's course, in English, 5 EC)
- Competence and Motivation (Master's course, in English, 5 EC)<sup>4</sup>

#### *Human Movement Sciences:*

- Psychology of Movement and Exercise (second-year Bachelor's course, in Dutch, 5 EC)
- Talent Development in Sport (Bachelor's course, in English, 5 EC)<sup>4</sup>
- Sport and Talent (Master's course, in English, 5 EC)<sup>4</sup>

The Psychology masters courses are offered within the Talent Development and Creativity program, and the Human Movement Sciences masters courses are offered within the Sport Sciences program. To take part in the courses, the student must possess a Bachelor's degree. In principle, students from other faculties or universities can take part in the above-mentioned courses at no additional cost.

Under the final supervision of a sport psychologist at this university (see above), the student can perform advanced work in sport psychology by executing a literature review or an empirical study (no less than 12 EC) at the Master's level. Advanced work with the department of Psychology typically takes place in the form of an empirical study for 30 EC, and with the department of Movement Sciences for 40 EC.

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<sup>3</sup> Only students who are taking the minor in Sport Science at the University of Groningen can enrol for the courses Sports Education and Participation and Talent Development in Sport. If there are places left, individual exceptions may be made.

<sup>4</sup> Only a limited number of students can be admitted to this course.

**Radboud University, Nijmegen****Contact person Ruud Meulenbroek:** [r.meulenbroek@donders.ru.nl](mailto:r.meulenbroek@donders.ru.nl)

The department of Psychology offers three courses in the area of sport psychology which count towards the BASP:

- Human Motor Control and Sport (third-year Bachelor's course, in English, 4 EC)
- Sport Psychology (third-year Bachelor's course, in English, 4 EC)
- Sport and Health (Master's course, 6 EC)

In principle, students from other faculties or universities can take part in the above-mentioned courses at no additional cost. Persons who have graduated can take the courses as a non-credit student, paying the local rate.

Under the final supervision of a sport psychologist at this university (see above), the student can perform advanced work in sport psychology by executing a literature review or an empirical study (no less than 10 EC) at the Master's level.

**Information on timetables, course descriptions, enrolment procedures, etc.**

- More information on sport psychology at the University of Amsterdam  
<http://gsp.uva.nl/content-nl/masters/psychologie-sport-en-prestatiepsychologie/sport-en-prestatiepsychologie.html>  
More information on sport psychology at VU University Amsterdam  
[www.fbw.vu.nl](http://www.fbw.vu.nl)
- More information on sport psychology at the University of Groningen  
<https://www.rug.nl/masters/talent-development-and-creativity/>  
<https://www.rug.nl/masters/sport-sciences/>
- More information on sport psychology at Radboud University, Nijmegen  
<http://www.ru.nl/socialewetenschappen/studiegids/>

You can also contact one of the contact persons listed above for more specific information.

**Table 1.** Overview Requirements VSPN Basic Certificate in Sport Psychology (BASP; coursename in Dutch). At least 80% of the ECs for the BASP need to be granted by one or more of the participating Dutch universities VU, UVA, RUG and RU.

|     | Bachelor  |    | Master (courses + research) EC ≥ 18                                 |    |  |       | EC ≥ 10 |          | EC ≥ 10           |  | EC ≥ 30 |  |
|-----|---|----|---|----|--|-------|---------|----------|-------------------|--|---------|--|
|     | Courses (A BSc thesis or lit.study may be counted as a Bachelor course) | EC | Courses (at least 1 at MSc-level)                                   | EC | Research <sup>1</sup>                  | EC    | Courses | Research | BASP <sup>2</sup> |  |         |  |
| RU  | Sport Psychology  | 4  | Work, Sport and Health  | 6  |  |       |         |          |                   |  |         |  |
|     | Human Motor Control and Sport   | 4  |   |    |  |       |         |          |                   |  |         |  |
|     |   |    |   |    | Empirical research or literature study | 12-30 | 14      | 16-30    | 30-44             |  |         |  |
| UVA | Current Topic: Introduction to Sport and performance psychology         | 6  | Cursussen Mastertrack Sport and performance psychology <sup>3</sup> | 18 |  |       |         |          |                   |  |         |  |
|     |   |    |   |    |  |       |         |          |                   |  |         |  |
|     |   |    |   |    | Empirical research or literature study | 12-30 | 18-24   | 12-24    | 30-48             |  |         |  |
| RUG | Sport & Performance Psychology  | 5  | Sport and Talent  | 5  |  |       |         |          |                   |  |         |  |
|     | Sports Education and Participation                                      | 5  | Talent Development & Creativity                                     | 5  |  |       |         |          |                   |  |         |  |
|     | Psychologie van Beweging en Inspanning                                  | 5  | Competence and Motivation   | 5  |  |       |         |          |                   |  |         |  |
|     | Talent Development in Sport   | 5  |   |    |  |       |         |          |                   |  |         |  |
|     |   |    |   |    | Empirical research or literature study | 10-40 | 10-35   | 10-40    | 20-75             |  |         |  |
| VU  | Sportpsychologie  | 6  | Current Issues in Sport and Exerc Psych                             | 6  |  |       |         |          |                   |  |         |  |
|     | Talent and Talent Identification  | 6  | Sport Psych.: Evidence to Application                               | 6  |  |       |         |          |                   |  |         |  |
|     | Gespreksvoering in de Sportpsychologie                                  | 6  | Perceptual-Motor Learning   | 6  |  |       |         |          |                   |  |         |  |
|     |   |    | Talent Identification and Development                               | 3  |  |       |         |          |                   |  |         |  |
|     |   |    |   |    | Empirical research or literature study | 12-27 | 18-57   | 12-27    | 30-84             |  |         |  |

<sup>1</sup>The empirical study may comprise a combination of a (clinical) internship and a thesis.

<sup>2</sup>Students may combine courses listed in the table from different universities in order to assemble their BASP portfolio.

<sup>4</sup>Alternative: Psychology of Movement and Exercise (University of Groningen; 5 EC)