

Sport and Exercise Psychology (SEP) is the scientific study of people and their behaviour in sport and exercise contexts, and the practical application of that knowledge. The programme aims at educating highly qualified researchers and professionals for the growing field of SEP; for example, in the areas of motivation, performance, behaviour regulation, counselling, and preventive interventions within sport and exercise. The EMSEP programme prepares students for a research and/or professional career in Sport and Exercise Psychology through a combination of coursework, independent study, internship, and an extensive hands-on research experience.

For more information about the programme overview

<https://www.jyu.fi/sport/en/study/programmes/emsep/programme-overview>