

Careers and employability of graduates of the European Master in Sport & Exercise Psychology from 2009 to 2016

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ABSTRACT



European Master's programme in Sport & Exercise Psychology

- From 2009 until 2016 two European consortia of universities provided Master's level studies in sport and exercise psychology within a truly European and multicultural environment
 1. The European Master's Studies in Sport & Exercise Psychology (**EMSSEP**), a consortium of 12 European universities
 2. The Erasmus Mundus European Master in Sport and Exercise Psychology (**EMSEP**), a consortium of 4 European universities comprising Jyväskylä (coordinator), Leipzig, Lund and Thessaly (2010-2016; since 2016 this program continues jointly by Thessaly and Jyväskylä)
- A careers and employability survey of students of the EMSSEP was provided by Lintunen et al., 2009
- This is an update of the same **careers/employability survey for the years 2009-2016 for both the EMSSEP and the EMSEP**

1. European Master's Studies in Sport & Exercise Psychology (EMSSEP) – Intensive Course

- This was organized by a consortium of 12 European universities from 1996 until 2017 (but not in 2014)
- It involved a common curriculum in sport and exercise psychology (semester 1), the organization of a 2-weeks Intensive Course including students and lecturers of all network universities and away studies in one of the network universities (semester 2)
- The Intensive Course (IC) was the most central event of the EMSSEP. Every year (but 2014) lecturers and students of the consortium were moving to a host university that organized the IC with a duration between 6 to 20 days
- Since 2009, more than 236 postgraduate students from all continents took part in the 8 IC workshops that were organized in Montpellier, Leuven, Copenhagen, Amsterdam, Lund, Rome and Thessaly (2016 & 2017) respectively

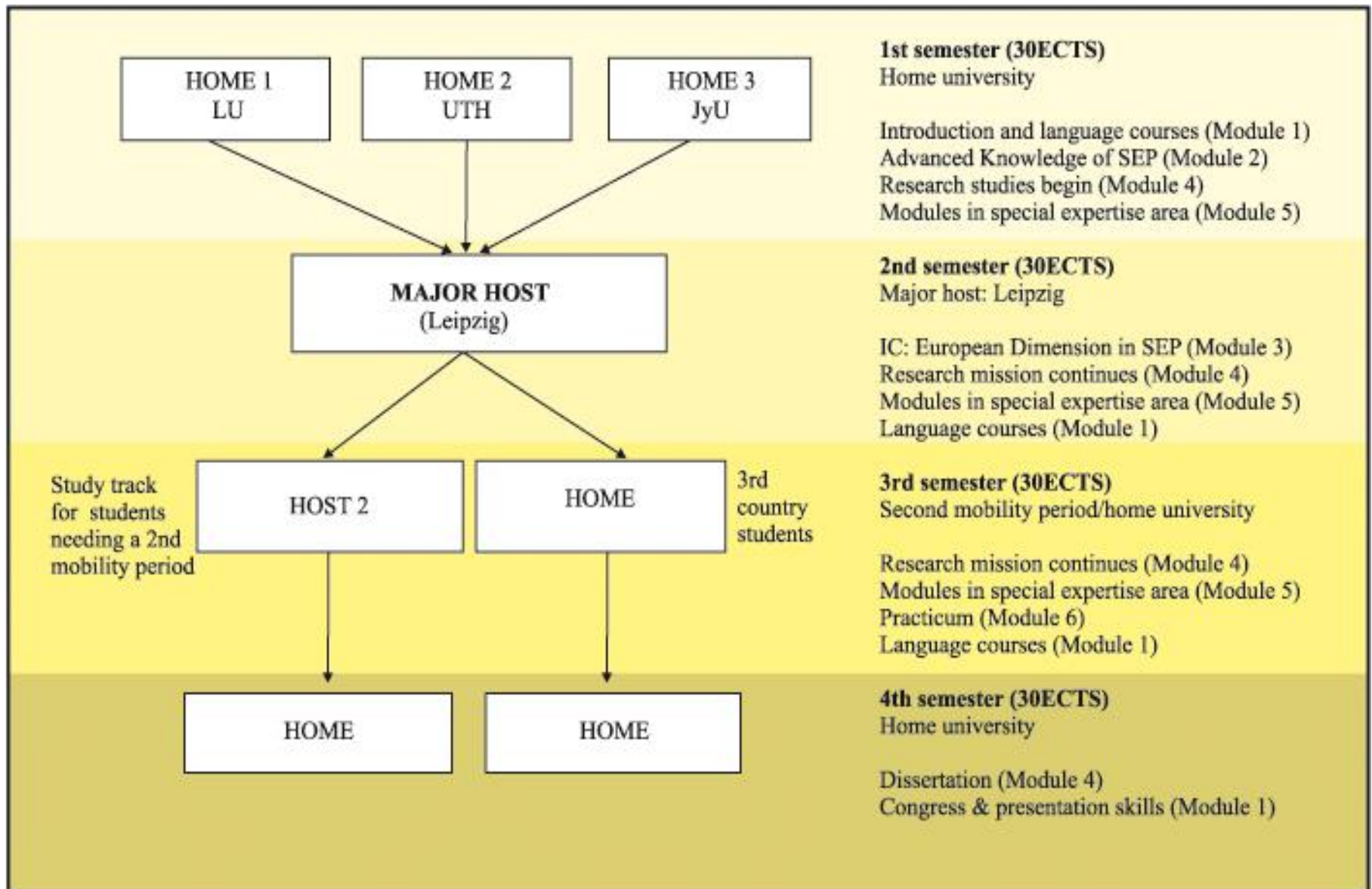
1. The EMSSEP Network

- **12 European universities from 11 countries:**
- Catholic University of Leuven, Belgium
- University of Copenhagen, Denmark
- University of Jyväskylä, Finland
- University of Montpellier, France
- University of Leipzig, Germany
- University of Thessaly, Greece
- Free University Amsterdam, The Netherlands
- Lisbon Technical University, Portugal
- Autonomous University of Barcelona, Spain
- Lund University, Sweden
- Halmstad University College, Sweden
- Norwegian School of Sport Science, Oslo, Norway (until 2012)
- Rome, Italy (in 2013) (University of Rome “Foro Italico”)

2. European Master's programme in Sport & Exercise Psychology (EMSEP)

- This program evolved from the EMSSEP
- It was a 2-year program entirely focused on Sport and Exercise Psychology, with a yearly intake of 20-25 international students who registered across three host universities (Jyvaskyla, Lund, Thessaly)
- In Semester 2 all students were moving to Leipzig where more than 10 invited international lecturers provided courses every year. The program included sport and exercise psychology courses and seminars in semesters 1, 2 and 3, practicum in semester 3 and research thesis in semester 4
- From 2016 onwards the program continues jointly by the universities of Thessaly and Jyvaskyla

2. EMSEP Mobility Program



Aim of the study

- Determine the EMSSEP and EMSEP graduates' employment status
- Explore satisfaction with the programme
- Identify relationship between participation in the programme and employment status
- This is an update of the careers and employability survey of students of the EMSSEP (Lintunen et al., 2009)

Online Survey

- Conducted between April - June 2017
- Programme: Google Drive
- Sent e-mail with the **online questionnaire's link** to **283** former students (2009-2016)
- **Questionnaire:** Adaptation of the Lintunen et al. (2009)
- Response rate: **84** completed all survey items (**29.68%**)
- **Age:** 31.45 years ($SD= 4.56$)
- **Gender:** **40.5%** female ($N = 34$), **59.5%** male ($N = 50$)
- BSc background: Mainly Sport Science (44.3%) or Psychology (43%) or other field of studies (12.7% e.g. Physiotherapy etc.)
- EMSSEP: $N = 39$ out of **180** EMSSEP students from 2009 -2016 (21.67%)
- EMSEP (2 years program): $N = 45$ out of **103** EMSEP graduates (43.69%)

First Job

- **88.1%** of the participants have started working after Master (EMSSEP: 87.2%; EMSEP: 88.9%)
- **42.9%** stated that a Master's degree was a requirement for receiving their first job after graduation (EMSSEP: 33.3%; EMSEP: 51.1%)
- **29.8%** stated that Master's degree was NOT a requirement, but it HELPED
- **61.9%** ($N = 52$) are still at the same job (EMSSEP: 59%; EMSEP: 64.4%)

Employment Status NOW

- **30.1%** permanent position (EMSSEP: 44.7%; EMSEP: 17.8%)
- **22.9%** self-employed (EMSSEP: 15.8% EMSEP: 28.9%)
- **12.7%** part time job (EMSSEP: 15.8 %EMSEP: 8.9%)
- **10.8%** full time studies (EMSSEP: 2.6% EMSEP: 17.8%)
- **9.6%** a fixed term or temporary job (EMSSEP: 5.3%; EMSEP: 13.3%)
- **6%** other (EMSSEP: 5.3%; EMSEP: 6.7%)
- **2.4%** family leave (EMSSEP: 0%; EMSEP: 4.4%)
- **6%** unemployed (EMSSEP: 10.5%; EMSEP: 2.2%)

- **55%** stated that a Master's degree was a requirement for receiving their **current** job (EMSSEP: 47.4%; EMSEP: 61.9%)

Nature of Job NOW

- **34.5%** Research (EMSSEP: 23.1%; EMSEP: 44.4%)
- **32.1%** Education or Teaching (EMSSEP: 38.5%; EMSEP: 26.7%)
- **16.7%** Consulting (EMSSEP: 17.9%; EMSEP: 15.6%)
- **2.4%** Customer service/ patient work (EMSSEP: 5.1%
EMSEP: 0%)
- **3.6%** Marketing and sales (EMSSEP: 5.1%; EMSEP: 2.2%)
- **4.8%** Leadership or managerial duties (EMSSEP: 2.6%;
EMSEP: 6.7%)
- **6%** other (EMSSEP: 7.7%; EMSEP: 4.4%)

Use of EMSEP skills in your current Job

- **52.6%** Constantly (EMSSEP: 32.4%; EMSEP: 70.7%)
- **39.7%** Somewhat (EMSSEP: 54.1%; EMSEP: 26.8%)
- **7.7%** Not at all (EMSSEP: 13.5%; EMSEP: 2.4%)

$$\chi^2 = 10.93, p < .01$$

EMSEP students use more constantly their sport psychology skills than EMSSEP students

- **21.4%** work as Sport Psychologist or Mental Trainer or athletes' Consultant (EMSSEP: 17.9%; EMSEP: 24.4%)

Further Education - PhD

- **29.8%** ($N = 25$) have completed or are completing a PhD [(EMSSEP: 17.9%, $N = 7$; EMSEP: 40%, $N = 18$), $\chi^2 = 4.86$, $p < .05$)

Main reasons:

- Improve their knowledge
- Interested in research
- Want to pursue an academic / university career

Satisfaction with EMSEP

70.3% were satisfied or extremely satisfied with the programme (**66.7%** EMSSEP; **73.3%** EMSEP)

79.8% felt that they have **benefited** from the international network (**69.2%** EMSSEP; **88.9%** EMSEP)

96.4% of **all** students would recommend the European Master's programme to other students in their field



Conclusion

- EMSEP/EMSSEP graduates
- are employable
- are satisfied with their programme
- have benefited from the International network of the programme
- EMSEP graduates use more constantly their sport psychology skills and pursued more research careers than EMSSEP graduates.
- Specialized Sport & Exercise Psychology programs with a strong emphasis on both practicum and research contribute to the development of the Sport and Exercise Psychology Profession.



Reference

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On behalf of all EMSSEP/EMSEP lecturers and graduates

**Thank you very much All International
Scholars who taught in the EMSEP/EMSSEP!**

Thank you very much for your attention!

