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

Papaioannou, A.¹, Krommidas, C.¹, Elbe, A.-M.², Lintunen T.³, Apitzsch, E.⁴, Alfermann, D.⁵, Boen, F.⁶, Gernigon, C.⁷, Hutter, V.⁸, Johnson, U.⁹, Torregrosa, M.¹⁰, & Serpa, S.¹¹

¹University of Thessaly, Greece, ²University of Copenhagen, Denmark, ³University of Jyväskylä, Finland, ⁴Lund University, Sweden, ⁵University of Leipzig, Germany, ⁶Katholieke Universiteit Leuven, Belgium, ⁷University of Montpellier, France, ⁸Vrije Universiteit Amsterdam, the Netherlands, ⁹Halmstad University College, Sweden, ¹⁰Autonomous University of Barcelona, Spain, ¹¹Technical University of Lisbon, Portugal
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 Jyvaskyla (coordinator), Leipzig, Lund and Thessaly (2010-2016; since 2016 this program continues jointly by Thessaly and Jyvaskyla)

• 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 EMSSEEP 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

1st semester (30ECTS)
Home university
- Introduction and language courses (Module 1)
- Advanced Knowledge of SEP (Module 2)
- Research studies begin (Module 4)
- Modules in special expertise area (Module 5)

2nd semester (30ECTS)
Major host: Leipzig
- IC: European Dimension in SEP (Module 3)
- Research mission continues (Module 4)
- Modules in special expertise area (Module 5)
- Language courses (Module 1)

3rd semester (30ECTS)
Second mobility period/home university
- Research mission continues (Module 4)
- Modules in special expertise area (Module 5)
- Practicum (Module 6)
- Language courses (Module 1)

4th semester (30ECTS)
Home university
- Dissertation (Module 4)
- Congress & presentation skills (Module 1)
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

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!