

Date: 2023-06-20

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Description of the programme: **Sports psychology specialist**

Károli Gáspár University of the Reformed Church

### **General information**

**Venue:** KRE BTK Csopaki street building – address: 1022 Budapest, Csopaki utca 6.

**Subject specialist:** Smohay Máté, PhD, associate professor

**Study administrator:** Mr. Ádám Horváth, +36 30 160 2878, email: [horvath.adam@kre.hu](mailto:horvath.adam@kre.hu)

**Type of training:** school-based, correspondence training

**Field of training:** humanities

**Qualification:** *Sports psychology specialist*

**Start of programme:** every two years, in September

**next expected start date:** **September 2025**

The programme will start if the required number of students enrol.

**Training sessions:** 7x2 days per semester (Friday 9:00-18:00 – Saturday 8:30-17:30)

**Fieldwork:** 20-40 hours in semesters 1 and 2, and 60-60 hours in semesters 3 and 4, for a total of 180 hours.

**Date of oral admission interview:** **20 June 2025 or 23 June 2025**

**Once we have received your application materials, we will send you detailed information about the admission process by email.**

**The interview will focus on your previous education and your reasons for applying. No special preparation is required. Number of places available: 25.**

### **Application requirements**

**Application deadline: 31 May, 2025**

**electronically, [on the KRE website](#).** Documents to be uploaded for electronic application:

- Master's degree (MA) in Psychology;
- Motivation letter of no more than one page, typed

**And then send the following by post:**

- **signed application form: printed out from the confirmation email you received after submitting your electronic application**

Postal address: KRE BTK Institute of Psychology, 1022 Budapest, Csopaki utca 6.

In order to obtain the diploma, students must fulfil the subject requirements, write a thesis and defend it in a state examination, and complete 100 hours of certified self-study. Self-study may be individual or group work and is the responsibility of the student; it is not provided by the programme.

In addition, a state-recognised, intermediate (B2) complex language exam in a foreign language used in the international sports world or an equivalent school leaving certificate or diploma is required.

Tuition fee: 379,000 HUF per semester.

### **The aim of the program**

The aim of the training is to train sports psychologists who have a solid knowledge of the theoretical, practical and methodological background of sports psychology and are prepared to plan, carry out and evaluate sports psychology tasks in all areas of sport, from children's sport to adult sport, from healthy lifestyles to recreational sports activities and competitive sport.

### **Structure of the programme**

The total number of hours in the programme is 640, of which

- 175 hours of theory,
- 285 hours of seminars, practical and hands-on experience,
- 180 hours of fieldwork.

### **Contents of individual training areas**

The theoretical subjects cover knowledge related to high-quality sports psychology work with athletes. This knowledge includes biological, psychological and social aspects closely related to sports activities. The training discusses all of this from a developmental, health and systemic perspective.

***Foundations and related disciplines (55 hours).*** Basic knowledge of sports sciences, motor development and relevant related disciplines necessary for understanding the social context of sports activities. Main topics: physical health, sports physiology, sports health, motor development, training theory, knowledge of sports, as well as sports-specific ethics, law, pedagogy, sociology and anthropology.

**Broader psychological knowledge relevant to sport (95 hours).** This includes psychological knowledge related to sport. Main topics: health psychology, clinical psychology, developmental psychology, organisational psychology, counselling skills.

**Specific sports psychology knowledge and experience (140 hours).** In this module, students will learn about the framework, experiences and challenges of sports psychology work with athletes. Main topics: the framework of sports psychology, sports psychology experience with adults, adolescents and children, crisis, trauma, doping, sports psychology measurements and research, therapeutic methods relevant to sports psychology (AT, CBT, hypnosis, ACT, logotherapy, psychodrama), and sport-specific sports psychology.

**Team-level personal experience seminars (80 hours).** In this part of the training, sports psychology work with teams is presented through personal experience. Main topics: team cohesion, working with children's teams, group dynamics.

**Individual experience seminars (30 hours).** This part of the training provides personal insight into therapeutic methods that serve to develop self-regulation in future work. Main topics: stress, breathing, autogenic training, cognitive behavioural therapy.

**Field practice (180 hours).** Observation and analysis of various sports contexts from a sports psychology perspective. Main topics: sports clubs, interviews, first interviews, measurements, test feedback discussions, case management with both child and adult athletes.

**Consultation, case management (40 hours).** In this training area, students learn the principles of interviewing athletes and important people associated with them, as well as case presentation and case description during field practice.

**Thesis consultations (20 hours).** Group work to assist in the preparation of the thesis.

*Attendance requirement: students must attend at least 80% of classes per semester and per subject! Study requirements: [Downloadable here](#)*

## **Thesis, Final Examination**

After completing the 4<sup>th</sup> semester, students write a final thesis, which they need to defend at the next Final examination. The thesis can be written on a topic covered in one of the subjects included in the programme. The topic of the thesis is developed by the student under the supervision of the thesis supervisor. Students choose and request a sports psychology supervisor themselves. The thesis consists of two main parts: (1) an essay (2) a case study. The provisions of the KRE Operational Regulation and Academic and Exam Regulations shall govern the preparation and assessment of the thesis. The thesis is defended at the same time as the Final examination.

No fees are payable for this period. (Upon request, students may receive a certificate of completion for the four semesters.)

For further information, please contact the administrative staff at [tovabbkepzes.ptk@kre.hu](mailto:tovabbkepzes.ptk@kre.hu) email address.