

# Sport & Exercise Science BSc (Hons)

UCAS Code: C604 | Duration: 3 years | Full-time | Hope Park | 2024/2025

Placement year opportunities available



## Course Overview

A degree in Sport and Exercise Science is your route into a future career in sports performance working with elite athletes, or in health & well-being working with clinical populations. Our course is endorsed by the British Association of Sport & Exercise, with an interdisciplinary perspective, focusing on psychology, physiology, biomechanics, performance analysis, nutrition and strength & conditioning.

For much of the time you will study in small teaching groups alongside tutors who are active researchers at the cutting edge of Sport & Exercise Science. Teaching takes place in our multi-million Health & Sport Sciences complex, where you will learn to conduct complete physiological, psychological and biomechanical profiles of both sports performance and health. By studying in small teaching groups in these applied settings, your learning will be promoted and you will develop essential practical skills that form the basis of a career in the field. You will be taught by and study.

By the end of your studies you will have the skills and knowledge to confidently and independently develop training programmes to maximise sports performance, enhance skill acquisition and improve the health of diseased populations.

## Entry Requirements

This course follows the standard University entry requirements. Please see the website for further information.

## Fees and Additional Costs

The tuition fees for 2024/2025 are £9,250 for full-time undergraduate courses.

On top of your tuition fees, you also need around £250 to purchase key textbooks throughout your degree and £25 for a course polo-shirt to be worn during practical sessions.

You will also need to consider the cost of your accommodation each year whilst you study at university.

Visit our accommodation webpages for further details about our Halls of Residence: [www.hope.ac.uk/halls/](http://www.hope.ac.uk/halls/)

Applicants will need access to a computer if course delivery is switched to online. The University has a laptop lending service if remote study is necessary.



**LIVERPOOL  
HOPE  
UNIVERSITY**

1844



The British Association of  
Sport and Exercise Sciences  
Endorsed Course

## CONTACT

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[www.hope.ac.uk](http://www.hope.ac.uk)

# Sport & Exercise Science

## BSc (Hons) Curriculum

### Year One

Your first year introduces you to the key disciplines that underpin sport and exercise science. You will study functional anatomy and exercise physiology, fundamental biomechanics, psychological factors for sports performance and learn about the measurement of physical activity and its relationship with health.

All areas of study are grounded in their application to the "real world", so you will spend a considerable amount of time understanding how to work within sport and exercise science laboratories, gaining a significant amount of "hands-on" experience with the latest equipment. Your first year also introduces you to essential transferable skills for success in your degree and future careers. By the end of the first year, you will have gained skills in researching information, problem solving, academic writing, referencing, numeracy and data analysis.

Topics studied include:

- Introduction to sports psychology\*
- Functional anatomy and kinesiology\*
- Exercise physiology
- Principles of exercise training
- Fundamentals of biomechanics\*
- Physical activity and health
- Study skills & research methods\*.

### Year Two

#### Explorations in Sport and Exercise Science

Your second year builds on an understanding of the psychology, physiology and biomechanics of acute sports performance to understand the chronic adaptations that occur within a training programme.

You will study the psycho-physiological adaptations to training and the scientific principles of designing a training programme and maximising its outcome. You will also learn about how to monitor these training adaptations through maximal cardio-respiratory and metabolic exercise testing in the laboratory and performance analysis in the field. You will also start to consider your future career

by understanding the general skills and attributes of a Sport & Exercise Scientist.

Topics studied include:

- Sport Psychology\*
- Physiology of exercise training
- Training programme design
- Sports performance analysis
- Sport Biomechanics\*
- Physical Activity, Health & Health Promotion
- Sports Nutrition\*
- Environmental Physiology\*
- Motor Control & Skill Acquisition\*
- Study skills & research methods\*.

### Year Three

You will learn about psychological and nutritional interventions to promote training adaptations in already elite performers, as well as the relationship between recovery, overtraining and injury from a psychological, physiological and biomechanical perspective.

You also study in detail the adverse health effects of physical inactivity, gaining a deep understanding of the physiological mechanisms contributing to this effect, and an appreciation of potential treatment strategies to combat obesity- and inactivity-related disease. You will also choose specialist areas of study and will undertake an independent research project.

Topics studied include:

- Sport Psychology\*
- Exercise & cardio-metabolic disease\*
- Sports Nutrition\*
- Biomechanics of Injury\*
- Physical Activity, Exercise & Health
- Performance Analysis
- Motor Control & Skill Acquisition
- Science of Sport Coaching
- Paediatric Exercise Science
- Research Dissertation\*

Study choice (normally choice of 2 from 4)\*

- Applied Sport Biomechanics
- Applied Sport Psychology
- Measuring cardiovascular function
- Physiology of sports performance

*Subjects marked with a \* are only studied by Single Honours students.*

## COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, seminars, laboratory and field sessions of smaller groups of around 15-20 students, and tutorials which typically have no more than 10 students. You will also go on a number of fieldtrips throughout your studies, and will have the opportunity to have a one-to-one meeting with your tutor each week.

In your first year of study there are approximately 12 teaching hours each week, which reduces to approximately 10 teaching hours in your second and third years. On top of teaching hours, you are also expected to spend approximately 30 hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

## ASSESSMENT AND FEEDBACK

Assessment of your progress is made primarily via coursework, but with two exams in the Summer term being taken in the second and third years. These exams are worth 25% of the year.

A wide variety of coursework assessments are used to enable all types of learners to excel and to prepare you for your future career. We utilise individual and group presentations, laboratory reports, portfolios, case studies, essays and practical tests.

In your final year, you will complete a research dissertation worth 25% of your final year on a research topic that you will discuss with one of the teaching team. Following submission, we provide a comprehensive, online package of feedback and future support for every piece of coursework. This can be downloaded wherever you are and saved for future reference.



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