220218

Sport & Exercise Science BSc (Hons)

UCAS Code: C604 | Duration: 3 years | Full-time | Hope Park | 2018/19

International students can apply

Course Overview

Sport and Exercise Science is the study of how the human body responds during exercise, how it adapts to exercise training, and the study of the relationship between exercise and health. It is underpinned by physiology, psychology and biomechanics. Our degree curriculum encompasses everything from elite sports performance to clinical populations and we take an interdisciplinary approach to the study of Sport and Exercise Science.

You will have full access to the multi-million pound, state-of-the-art Health Science Building and Sports Complex, incorporating a running track, dedicated research space and new teaching laboratories. This facility houses ultra-modern equipment; where students can learn to conduct complete physiological, psychological and biomechanical profiles of human subjects using breath-by-breath expired gas analysis, blood analysis, body composition analysis (via the BodPod), eye-tracking, electromyography and human movement analysis.

You will be taught by active researchers in the field of Sport & Exercise Science. Our rigorous, interdisciplinary curriculum is the ideal preparation for work as it reflects the demands of the key fields in sport and exercise sciences.

Entry Requirements

The standard offer level is between BBB-BBC from A levels or DDM-DMM from BTEC, or 120-112 UCAS tariff points.

Fees and Additional Costs

The tuition fees for 2018/19 are £9,250 for full-time undergraduate courses.

On top of your tuition fees, you need approximately £200 to cover the cost of any fieldtrips you may go on, plus approximately £100 to buy appropriate clothing for the field trips. You also need around £200 to purchase key textbooks, and around £20 for a lab coat.

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/**

LIVERPOOL HOPE UNIVERSITY
1844

TEF Gold

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Sport & Exercise Science
BSc (Hons) Curriculum

Year One

Foundations in Sport and Exercise Science

Your first year introduces you to the key themes that underpin sport and exercise science. You study functional anatomy and kinesiology, as well as fundamental biomechanical constructs, exercise physiology/systems physiology, and the psychological impacts of/on exercise. You will learn about the principles of training, key psychological aspects of preparation for sports performance, and acute preparation for performance.

You will gain a broad overview of physical activity and health, and physical activity monitoring and measurement. You explore the chemical and cellular basis of life, as well as anatomy and physiology in health and disease.

By the end of the first year, you will have gained skills in research methodologies, problem solving, study skills including scientific writing, data processing and analysis, numeracy, referencing.

Year Two

Explorations in Sport and Exercise Science

You develop your skills further in your second year, gaining a more detailed knowledge of Sports Sciences (physiological, psychological and biomechanical), advanced statistical techniques, utilising the primary scientific literature, understanding human experimentation, research ethics, and developing your presentation skills.

Key topics studied include the measurement of human exercise capacity, human and exercise metabolism and physiology, and the metabolic and physiological dysfunction in disease. You will also study environmental physiology, physiological, psychological and biomechanical methods to enhance sports performance, and psychological aspects of exercise and health.

You explore physiological mechanisms relating exercise to health, as well as kinematics and kinetics and nutrition. You will learn about key techniques for performance analysis and coaching, and will also study human developmental biology.

Year Three

Advanced Studies in Sport and Exercise Science

In your final year, you will explore the physiological, psychological and biomechanical aspects of performance and fatigue. You will learn about key recovery techniques, as well as the importance of strength and conditioning and nutrition. You gain a knowledge of psychological skills and skill acquisition, and will learn how to analyse performance in-depth.

Using the latest technologies, you will learn how to assess injuries and will use an Electromyography (EMG) machine to evaluate electrical activity in muscles. You will also look at ageing, diabetes, non-communicable diseases and special populations in relation to exercise. Finally, you learn about diet for sports performance and health.

By the end of your final year, you will have gained advanced laboratory techniques, learnt how to write a thesis, and how to write persuasively.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, seminars 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 a number of hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

ASSESSMENT AND FEEDBACK

Throughout your three years of study, you will have a number of assessments, including written exams, essays, reports, laboratory logs/diaries, portfolios and case studies. In your final year, you complete a dissertation research project on a topic of your choice relating to your studies.

You will be given written feedback on your assessments, and you will have the opportunity to discuss this with your tutor in more detail.

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