

Sport & Exercise Science BSc (Hons)

UCAS Code: C604 | Duration: 3 years | Full-time | Hope Park | 2021/2022

Placement year opportunities available



Course Overview

Understanding the science of Sport and Exercise plays a central role in maximising sports performance, promoting the learning of new skills and the treatment of disease. Our degree is founded on the core disciplines of sport and exercise science, namely psychology, physiology and biomechanics, and considers in detail three core questions from a multidisciplinary perspective. How does the human body respond to the different types of exercise, how can we maximise the effects of training on sport and exercise performance, and how can physical activity reduce and prevent disease?

Study with us and you will have full access to the multi-million pound, state-of-the-art Health Science Building and Sports Complex, incorporating dedicated research space and new teaching laboratories. This facility houses ultra-modern equipment where you will learn to conduct complete physiological, psychological and biomechanical profiles of human sports performance using breath-by-breath expired gas analysis, blood analysis, vascular and cardiac screening, body composition analysis, eye-tracking, electromyography and motion capture to name but a few.

You will leave with the skills to become a sports scientist working with elite performers or clinical populations, the basis to become a sports coach or enter the teaching profession and train the next generation of sports scientists. You will be taught by tutors who are active researchers at the cutting edge of Sport and Exercise Science, and whom regularly publish their work to international audiences.

Entry Requirements

The standard offer level is 120 UCAS tariff points.

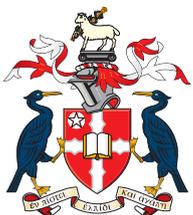
Fees and Additional Costs

The tuition fees for 2021/2022 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.

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/



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Sport & Exercise Science

BSc (Hons) Curriculum

Year One

Introduction in Sport and Exercise Science

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
- Fundamentals of biomechanics
- Physical activity and health.

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 study physical activity in children, growth and maturation and the differences in paediatric and adult exercise science.

Topics studied include:

- Physiology of exercise training
- Training programme design
- Measuring exercise and sports performance
- Paediatric exercise and health
- Sports Nutrition
- Environmental Physiology
- Technique and gait analysis.

Year Three

Advanced Studies in Sport and Exercise Science

In your final year, you will study the extremes of sport and exercise science, from pushing the "marginal gains" of sports performance to understanding the health-related consequences of physical inactivity and a sedentary lifestyle.

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.

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 each year. Assessments also include individual and group presentations, laboratory reports, portfolios, case studies, essays and practical tests.

We provide a comprehensive online package of feedback and future support for every piece of coursework, and you are always welcome to speak to academics to discuss your feedback in more detail.



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