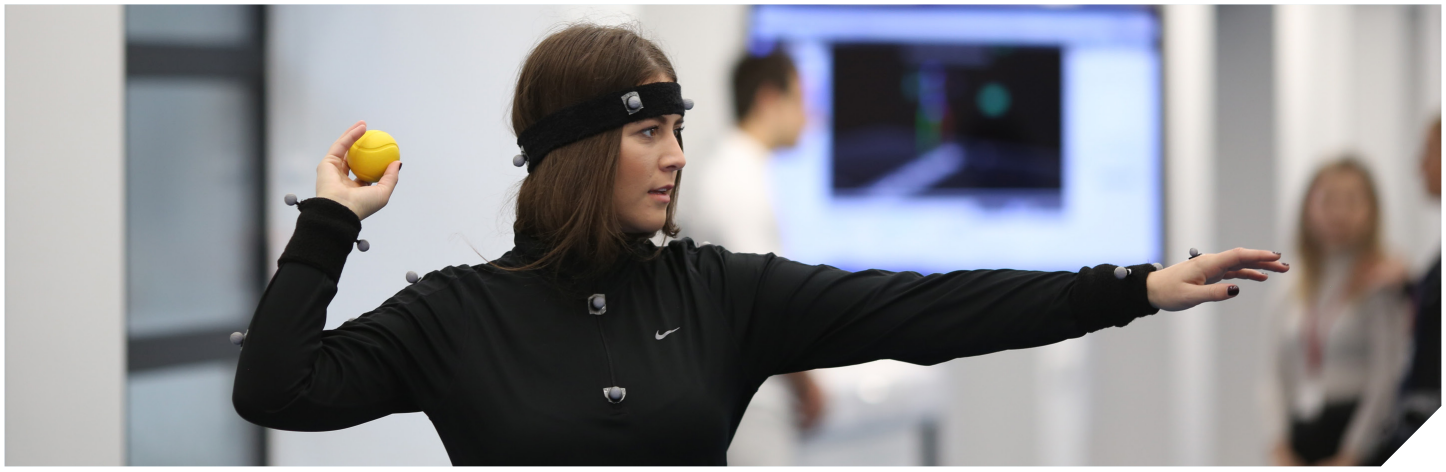
Sport & Exercise Science BSc (Hons)

UCAS Code: C604 | Duration: 3 years | Full-time | Hope Park | 2025/2026

Placement year opportunities available



Course Overview

Develop the skills and knowledge required for your future career maximising sports performance in elite athletes, or optimising public health & well-being. Our course is endorsed by the British Association of Sport & Exercise, with an applied and interdisciplinary perspective on performance and health.

You will study with tutors who are active researchers at the cutting edge of Sport & Exercise Science in our multi-million Health & Sport Sciences complex. Learning is "hands-on" with our highly applied curriculum, and you will learn a wide variety of skills needed to conduct comprehensive physiological, psychological and biomechanical profiles of both sports performance and health. By studying in small teaching groups in these applied settings, you will develop essential practical skills that form the basis of your future career in the field.

By the end of your studies you will have the skills and knowledge to confidently and independently develop ways to maximise sports performance and improve the health of inactive and diseased populations.

This course is endorsed by the Chartered Association of Sport and Exercise Sciences (CASES), the professional body for sport and exercise sciences in the UK.

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 2025/2026 are £9,535 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/**

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

BASES The British Association of Sport and Exercise Sciences Endorsed Course

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www.hope.ac.uk

Sport & Exercise Science
BSc (Hons) Curriculum

Year One

Introduction to sports psychology

You will learn foundational concepts in sports psychology and skill acquisition.

Functional anatomy and kinesiology

Providing the foundations of understanding human movement by understanding the muscles, bones, origins and insertions that coordinate the different types of muscular contraction.

Exercise physiology

Understanding the foundations of the physiological basis for sport and exercise.

Principles of exercise training

An introduction to muscular anatomy and physiology, assessment of muscular function and the adaptations to muscle anatomy and physiology due to the training process.

Further topics studies include:

- Fundamentals of biomechanics*
- Physical activity and health
- Study skills & research methods*

Year Two

Sport Psychology*

You will study applied aspects of sports psychology such as aggression, attribution and coach-athlete relationships.

Physiology of exercise training

With a focus on the physiology of cardiac function and aerobic function, you will understand adaptations to exercise training and the measurement of key parameters.

Training programme design

You will learn about the fundamental principles of strength, speed and agility training and how to program them within an overall training programme.

Sports performance analysis

This component of the course will teach you the fundamentals of notational analysis as a basis for further study in the field of sports performance.

Further topics studied include:

- Sport Biomechanics
- Physical Activity, Health & Health Promotion
- Sports Nutrition*
- Environmental Physiology*
- Motor Control & Skill Acquisition*
- Study skills & research methods*

Year Three

Sport Psychology

Advanced applications of psychological principles, including imagery, motivation, self-talk and mental toughness.

Exercise & cardio-metabolic disease*

Examining the physiological mechanisms linking physical inactivity to disease and how these are reversed with exercise training.

Sports Nutrition*

You will study the evidence and practical applications underpinning the role of diet and dietary supplementation of carbohydrate and protein to promote sports performance and training adaptation.

Biomechanics of Injury*

You will study biological and biomechanical mechanisms of sports injury and principles of injury rehabilitation.

Further topics studied include:

- Physical Activity, Exercise & Health
- Performance Analysis
- Motor Control & Skill Acquisition
- Science of Sport Coaching
- Paediatric Exercise Science

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 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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