120126

Sport & Exercise Science BSc (Hons)

UCAS Code: C604 | Duration: 3 years | Full-time | Hope Park | 2026/2027

Placement year opportunities available

Course Overview

Develop the skills and knowledge needed for a career in sports performance or public health with our Sport and Exercise Science course, endorsed by the British Association of Sport & Exercise. This applied and interdisciplinary programme provides a comprehensive view of performance and health.

You will learn from tutors who are active researchers in Sport and Exercise Science within our state-of-the-art Health and Sport Sciences complex. The course offers a hands-on learning environment where you will develop skills to assess physiological, psychological, and biomechanical aspects of sports performance and health. Small-group learning supports the development of practical skills essential for your future career.

By the end of the Sport and Exercise Science degree, you will be equipped to confidently design strategies to enhance sports performance and improve health in inactive or 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 2026/2027 are £9,790 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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Sport & Exercise Science
BSc (Hons) Curriculum

Year One

Core Studies in Sport and Exercise

You will study the basics of designing a study, collecting and analysing data, and presenting findings. Within sport psychology, key theories such as motivation, confidence, and personality are examined in relation to their impact on participation and performance.

Fundamentals in Sport and Exercise Anatomy and Physiology*

Students will study the fundamentals of anatomy, physiology, and movement science using a systems-based approach. Topics include the lungs and gas exchange, the heart and cardiac function, and muscle physiology.

Fundamentals in Movement, Health, and Performance*

This module explores the relationship between human movement and sports performance. Students will study motor control to understand how skilled movements are produced, learned, and developed.

Fundamentals in Sport and Exercise Science

This module introduces students to the core concepts of Sport and Exercise Science, providing a broad overview of the discipline and laying the foundation for specialised study in subsequent years.

**Single honours only*

Year Two

Sport Psychology*

Students on the Sport and Exercise Science course will study applied aspects of sport psychology, including aggression, attribution, and coach-athlete relationships.

Physiology of Exercise Training

This module focuses on cardiac and aerobic physiology, exploring adaptations to exercise training and measurement of key parameters such as cardiac output, lactate threshold, and maximal oxygen uptake.

Training Programme Design

Students will learn the principles of effective training programme design and evaluation to maximise performance outcomes.

Sports Performance Analysis

This module introduces the fundamentals of sports performance analysis, starting with notational analysis to evaluate the demands of specific events.

Sport Biomechanics*

Through lectures and practical sessions in purpose-built laboratories, students develop skills in kinematic analysis, with a focus on gait analysis and muscle measurement.

Physical Activity, Health, and Health Promotion

Students examine the relationship between physical activity and health, evaluating the effectiveness of health promotion campaigns aimed at increasing activity in diverse populations, including disability groups, minority communities, and workplace environments.

Sports Nutrition*

This module covers the foundational principles of carbohydrate loading before and after exercise and its impact on performance.

Motor Control and Skill Acquisition*

Supported by seminars in the biomechanics laboratory, students study the interaction of perception, visuomotor control, and feedback in producing skilled performance.

Study Skills and Research Methods*

Students develop skills in research proposal design, data evaluation, and statistical analysis.

**Single honours students.*

Year Three

Applied Sport Psychology*

Students on the Sport and Exercise Science course will explore advanced applications of psychological principles, including imagery, motivation, self-talk, and mental toughness.

Exercise, Cardio-Metabolic, and Respiratory Assessment*

This module examines the physiological mechanisms linking physical inactivity to disease and how exercise training can reverse these effects.

Sports Nutrition*

Students will study the evidence and practical applications of diet and dietary supplementation, focusing on carbohydrate and protein intake to support sports performance and training adaptation.

Sport and Clinical Biomechanics*

This module covers biomechanical assessment and treatments across various clinical conditions.

Physical Activity, Exercise, and Health

Students examine best practices for prescribing exercise to promote health in diverse populations, including those with diabetes, osteoporosis, pregnancy, and children, supporting the prevention and management of non-communicable diseases.

Performance Analysis

This module introduces fundamental principles of sports profiling and race analysis, applying contemporary technology to evaluate and improve performance outcomes.

Motor Control and Skill Acquisition

Students will study what it means to be an expert skilled performer, including the role of practice, feedback, and pressure.

Paediatric Exercise Science

This module focuses on growth, development, physical literacy, maturation, and the physiology of training and overtraining in children and adolescents.

Sports Performance*

Focusing on aerobic performance, students develop a critical understanding of lactate threshold and critical power, including measurement, estimation, and their role in defining exercise intensity domains.

Research Dissertation*

Students complete an independent research project to explore new findings in Sport and Exercise Science. Combined honours students complete two smaller research projects or may opt for a full dissertation combining elements of both subjects.

**Single honours students.*

COURSE STRUCTURE

Teaching on the Sport and Exercise Science course is delivered through a combination of lectures, seminars, laboratory and field sessions, and tutorials. Lectures bring all students together, while seminars, laboratory, and field sessions are held in smaller groups of around 25 students. Tutorials typically involve 15–20 students, allowing for more personalised support and guidance.

In the first year of the Sport and Exercise Science degree, students receive approximately 12 hours of teaching per week, which reduces to around 10 hours in the second and third years. In addition to scheduled teaching, students are expected to dedicate roughly 30 hours per week to independent study, including group work to prepare for collaborative assessments.

ASSESSMENT AND FEEDBACK

Assessments include individual and group presentations, laboratory reports, portfolios, case studies, essays, practical tests, and exams, evaluating both subject-specific knowledge and key transferable “soft” skills essential for employability.

In the final year, students complete a research dissertation worth 25% of the final-year grade on a topic of their choice. While guided by a tutor and usually related to other areas of study, students have significant independence in selecting their research focus.

Students are supported throughout the assessment process, with marking criteria provided in advance and dedicated teaching sessions to clarify assessment requirements. After submission, comprehensive online feedback is provided for every piece of coursework, which can be accessed and saved for future reference.