

# Sport & Physical Education BSc (Hons)

**UCAS Code: C601 | Duration: 3 years | Full-time | Hope Park | 2025/2026**

Placement year opportunities available



## Course Overview

Our Sport and Physical Education degree helps you gain in-depth knowledge about the effect of sport, physical education and activity on individuals and society as a whole. The degree will allow you to explore the impact of sport at the individual, team, organisational and wider community level, from grass roots through to the elite.

Studying Sport and Physical Education at Liverpool Hope University gives you a skills-based theoretical, practical and applied experience which is underpinned by a foundation in subject knowledge and research skills. These include applied and theoretical approaches to sport psychology, performance and technique, sport analysis, sport management, sociology and history, and coaching science and development.

Within all disciplines you will approach the effect of sport, physical education and activity on individuals and society as a whole, emphasising the ethical issues relating to competition, participation and also the issues relating to health and wellbeing. You will be taught by a team of lecturers who are all experts in their field and widely published academics. You also 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.

## 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 will need approximately £200 to cover the cost of any fieldtrips and to buy core textbooks for the 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/](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.

## Work Placement Opportunities

You will have the opportunity to gain experience in teaching and coaching environments. Previous students reported that engaging in these authentic opportunities enhanced their employability and assisted in developing teacher training applications.



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## CONTACT

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# Sport & Physical Education

## BSc (Hons) Curriculum

### Year One

Your first year provides you with the knowledge of the key sub disciplines that underpin Sport and Physical Education. You will study the psychology of sport, sport sociology, coaching and teaching, motor behaviour and sport management. Within coaching and teaching, you will explore the four main principles of coaching: talent ID, development, children and young people, and community. This will be approached from both a coaching and teaching perspective and differing approaches to learning, such as Teaching Games for Understanding will be examined.

The sport sociology and history element will focus on the codification and history of sport, and the development of sport in the community. This will include work on differing ideologies of sport, as well as the impact of sport on local and national identity. Within sport psychology, key theories such as motivation, confidence and personality will be assessed in relation to their impact on participation and performance. You will also explore motor control and explore how skilled movement is produced, learned and developed.

Single Honours students also study the fundamentals of anatomy and physiology and movement science.

### Year Two

In your second year, you will broaden your knowledge of sport and physical education using the same sub disciplines. In sport sociology, the key contemporary issues of globalisation and commercialisation of sport are assessed. Additionally, there is a focus on the role of outside agencies, such as the media, and the management and governance of sport.

In coaching and teaching, guidelines and strategies for physical activity are investigated, with specific focus on the National Curriculum and school sport. The coaching element supplements this and begins to look at approaches to training for specific sports. Sport Psychology covers themes centred on

health and wellbeing and their impact on sport performance, participation and well being. These include theories of exercise behavior, body image and motivation/ barriers to exercise. The motor control unit centres on attention and its effect on both performance and learning. In addition to the above, Single Honours students study notational analysis, exercise physiology and training and testing methods. In addition to this, epidemiology of disease and exercise psychology are also covered.

### Year Three

In your final year, you hone your subject-specific research interests by completing a dissertation in one of the sub discipline areas. This is closely supervised by an expert and research active member of the team. In the taught component of the course, there is an increased focus on critical analysis. In sport psychology, you learn about psychological skills training, and how this can enhance preparation and sport performance. This will be supplemented later in the year with a block of psychology focused on mental health and well being, including social support, effective career transitions and perfectionism.

The sociology element highlights contemporary issues in sport, such as anti-doping in the context of sporting and government agendas and policies. Furthermore, and key events in sport, such as the hosting and impact of mega events are assessed. The coaching block examines diverse populations and the roles of the coach in supporting athletes, clubs and sport governing bodies. Specific teaching based content is also covered, including behavior management, and the impact of effective progression, continuity and differentiation on classroom practice.

Single Honours students also study applied coaching science, including recovery and injury rehabilitation. Furthermore, focus is placed on the physiology of health, exercise testing and prescription and advanced motor control.

## COURSE STRUCTURE

Teaching on this degree is structured into lectures, seminars and tutorials. You will also have practical sessions both on campus and at Plas Caerdeon, the University's Field Centre in Snowdonia National Park, Wales. You will also have the opportunity to have a one-to-one meeting with your tutor each week.

If you are studying a Single Honours degree, 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. If you are studying a Combined Honours degree, in your first year of study there are approximately 6 teaching hours each week, which reduces to approximately 5 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

You will have a number of assessments, including written exams, essays, reports, laboratory logs/diaries, portfolios, case studies, presentations and a literature review. In your final year you complete a dissertation research project.

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



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