

Sport & Physical Education BSc (Hons)

UCAS Code: C601 | Duration: 3 years | Full-time | Hope Park | 2026/2027

Placement year opportunities available



Course Overview

Our Sport and Physical Education degree gives you deep knowledge of how sport, physical education, and activity affect individuals and society. You will explore the impact of sport at various levels, from grassroots to elite. This includes individual, team, organisational, and community aspects. You'll explore these topics using both practical and theoretical methods. Areas include sport psychology, performance and technique, sport analysis, sport management, sociology, history and coaching science.

At Liverpool Hope University, you gain practical and theoretical skills based on solid research. You will explore various principles and practices in different sports. The Sport and Physical Education degree covers important topics. These include applied and theoretical sport psychology, performance, technique, and management. It also touches on sociology and coaching science.

Throughout your studies, you'll examine how sport, physical education, and activity influence individuals and society. You'll also discuss ethical issues related to competition, participation, health, and well-being. Your instructors are experts in their fields and published academics. You will have full access to our advanced Health Science Building and Sports Complex, featuring research spaces, teaching labs, a strength and conditioning suite, and a fitness centre.

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 £9,535 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/

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.



LIVERPOOL
HOPE
UNIVERSITY

1844

CONTACT

T: +44 (0)151 291 3000

E: enquiry@hope.ac.uk

www.hope.ac.uk

Sport & Physical Education

BSc (Hons) Curriculum

Year One

Core Studies in Sport and Exercise

This module provides a solid foundation in research skills and sport psychology for students. You will learn the basics of study design, data collection and analysis, and presenting findings.

Fundamentals in Sport Management and Teaching

Students will explore the coaching, teaching, sociological, and management aspects of sport. The module covers the four main principles of coaching—talent identification, development, children and young people, and community—approached from both coaching and teaching perspectives, using learning methods such as Teaching Games for Understanding.

Fundamentals in Sport and Exercise Anatomy and Physiology*

This module introduces students to the fundamentals of anatomy, physiology, and movement science using a systems-based approach.

Fundamentals in Movement, Health, and Performance*

Students study the relationship between human movement and sports performance, including motor control and the production, learning, and development of skilled movement. Biomechanics is used to quantify human movement through kinematic and kinetic approaches, covering work, power, force, speed, and velocity.

**Single honours only.*

Year Two

In your second year, you will broaden your knowledge of sport and physical education through the sub disciplines.

In sport sociology, students will assess key contemporary issues such as the globalisation and commercialisation of sport. There is also a focus on the role of

outside agencies, including the media, as well as the management and governance of sport.

In coaching and teaching, guidelines and strategies for promoting physical activity are investigated, with specific emphasis on the National Curriculum and school sport.

Sport psychology covers themes centred on health and wellbeing and their impact on sport performance, participation, and overall wellbeing.

In addition to the above, single honours students will study notational analysis, exercise physiology, and training and testing methods. Epidemiology of disease and exercise psychology are also covered to provide a deeper understanding of the scientific and applied aspects of Sport and Physical Education.

Year Three

In your final year, you will refine your subject-specific research interests by completing a dissertation in one of the sub-discipline areas. This project is closely supervised by an expert, research-active member of the teaching team.

The taught component of the course places an increased emphasis on critical analysis. In sport psychology, you will study psychological skills training and how it can enhance preparation and sport performance.

The sociology element examines contemporary issues in sport, including anti-doping within the context of sporting and government policies.

The coaching block explores diverse populations and the roles of the coach in supporting athletes, clubs, and sport governing bodies.

Single honours students additionally study applied coaching science, including recovery and injury rehabilitation.

COURSE STRUCTURE

Teaching is delivered through a combination of lectures, seminars, and tutorials. Lectures bring all students together, while seminars are held in smaller groups of around 15–20 students, and tutorials typically involve no more than 10 students. The course also includes practical sessions both on campus and at Plas Caerdeon, the University's Field Centre in Snowdonia National Park, Wales. Students have the opportunity for one-to-one meetings with their tutor each week.

Students pursuing a Sport and Physical Education degree as a single honours programme will have approximately 12 hours of face-to-face teaching per week. For those studying as a combined honours degree, first-year students have around 6 teaching hours per week.

In addition to scheduled teaching, students are expected to dedicate time to independent study each week, including group work to prepare for collaborative assessments.

ASSESSMENT AND FEEDBACK

Coursework forms the majority of assessment and includes essays, reports, laboratory logs and diaries, portfolios, literature reviews, case studies, and presentations.

In the final year, students complete a research dissertation, allowing them to demonstrate their knowledge and skills on a topic of their choice. Combined honours students have the option to complete two smaller projects, or a combined project spanning both degree subjects.

Written feedback is provided for every assessment, and students can discuss this feedback in detail with a tutor to enhance understanding and support future work.



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