

Sport & Exercise Nutrition BSc (Hons)

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

Placement year opportunities available



Course Overview

Nutrition and exercise are key to a healthy lifestyle. Poor nutrition and lack of exercise can lead to many diseases. Good nutrition also supports sports performance and training. Our Sport and Exercise Nutrition degree is ideal for anyone looking to combine exercise and nutrition. It helps promote health and enhance athletic performance.

As we learn more about how exercise and nutrition improve health and sports results, the need for expert practitioners grows. These professionals help athletes, develop specialised supplements, and create food products. Our Sport and Exercise Nutrition course provides a complete learning experience. You can also specialise in these areas.

In your first year, you'll learn the basics of exercise physiology, training adaptations, human nutrition, and biochemistry. You will also explore the link between exercise, nutrition, and health. Working in exercise and nutrition labs lets you see how the body functions and assess nutritional health. In the second year, you will focus on sports nutrition, nutritional status, health, and performance assessment. The final year will cover advanced topics in sports nutrition, ergogenic aids, and behavior change for health. You will also have chances to conduct original research and learn about the role of a sports nutrition practitioner, including food and supplement development.

You'll study in our modern Health and Sport Sciences complex, which has specialised exercise and nutrition labs, from research-active tutors who publish in scientific literature. They will guide you throughout your Sport and Exercise Nutrition degree.

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.

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

CONTACT

T: +44 (0)151 291 3000

E: courses@hope.ac.uk

www.hope.ac.uk

Sport & Exercise Nutrition Curriculum

Year One

Example topics include:

Fundamentals in Sport and Exercise Anatomy and Physiology

In this module, 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.

Food Studies

In this module, students will explore food from a scientific perspective, including its composition and measurement. The course also examines the food chain, food environments, and the various social, political, and societal factors that influence food choice.

Principles of Human Nutrition

This module introduces students to the physiological processes involved in digestion and absorption, alongside the key bodily systems supporting these processes. Students will study macronutrients and their role in energy production, as well as other nutrients such as alcohol, vitamins, and minerals.

Year Two

A wide range of coursework assessments is used to enable all learners to excel and to prepare you for your future career. Assessments include individual and group presentations, laboratory reports, portfolios, case studies, essays, practical tests, and exams, designed to evaluate both subject-specific knowledge and key transferable skills essential for employability.

In the final year, you will complete a research dissertation on a topic of your choice in consultation with a member of the teaching team. While guided by your tutor and aligned with your areas of study, you have significant independence in selecting your topic. Many dissertations have been presented at scientific conferences and recognised internationally as important contributions to the field.

Students are supported throughout the assessment process. Marking criteria are provided in advance, with specific teaching sessions dedicated to understanding assessment requirements. After submission, comprehensive online feedback

is provided for all coursework, offering guidance and support that can be accessed and saved for future reference.

Year Three

Nutrition, physical activity, and sport

Students will explore key perspectives on the interrelationship between nutrition, physical activity, exercise, and health.

Clinical nutrition

This module examines the links between nutrition, obesity, and non-communicable diseases such as cardiovascular disease, hypertension, diabetes, and cancer, as well as cognitive function and impairment.

Sports nutrition in practice

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 adaptations.

Public health nutrition

This module explores the principles of public health nutrition, considering international, national, and local perspectives in the development of food and nutrition policies.

Food choice, behaviour modification, and nutrition education

The module critically appraises traditional and modern strategies for nutrition education and behaviour modification aimed at improving nutritional status.

Food product development, safety, and authenticity

This module focuses on the development of sports nutrition products while addressing global health issues and sustainable food systems.

Physical activity, exercise, and health

Students will study best practices for prescribing exercise to promote health across diverse populations, including individuals with conditions such as diabetes, osteoporosis, pregnancy, and children, supporting the prevention and management of non-communicable diseases.

Sports performance

Focusing on aerobic performance, this module develops a scientific understanding of lactate threshold and critical power, including their measurement, estimation, and role in structuring exercise intensity domains.

Research dissertation

The final-year research dissertation allows students to undertake an independent research project, generating new findings and contributing to the field of sport and exercise nutrition.

COURSE STRUCTURE

Teaching on the Sport and Exercise Nutrition course is delivered through a combination of lectures, seminars, and tutorials. Lectures bring all students together, while seminars are held in smaller groups of around 25 students, and tutorials typically involve 15–20 students. Many seminars are practical in nature, taking place in our exercise science and nutrition laboratories.

In the first year of the Sport and Exercise Nutrition 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 study to prepare for collaborative assessments.

ASSESSMENT AND FEEDBACK

A wide range of coursework assessments is used to enable all learners to excel and to prepare you for your future career. Assessments include individual and group presentations, laboratory reports, portfolios, case studies, essays, practical tests, and exams, designed to evaluate both subject-specific knowledge and key transferable skills essential for employability.

In the final year, you will complete a research dissertation on a topic of your choice in consultation with a member of the teaching team. While guided by your tutor and aligned with your areas of study, you have significant independence in selecting your topic. Many dissertations have been presented at scientific conferences and recognised internationally as important contributions to the field.

Students are supported throughout the assessment process. Marking criteria are provided in advance, with specific teaching sessions dedicated to understanding assessment requirements. After submission, comprehensive online feedback is provided for all coursework, offering guidance and support that can be accessed and saved for future reference.