UNIVERSITY OF EXETER

SPORT AND HEALTH SCIENCES

UNDERGRADUATE SUBJECT BROCHURE 2019
EXETER CAMPUSES

CONTENTS

Welcome	1
Degree programmes	2
Learning and teaching	6
Your successful career	9
Modules	10
Key information at a glance	17

My programme is very hands on, with all the students wanting the same outcome. We are all here to learn the most from the incredible teaching team that we have on our course, which many of us are humbled to have been taught by.

Hannah, studying Exercise and Sport Sciences with Study Abroad

SPORT AND HEALTH SCIENCES

1st for Sports Science in *The Complete University Guide 2019*

4th for Sports Science in *The Times and The Sunday Times Good University Guide 2018*, 5th in the UK for Sports Science in *The Guardian University Guide 2018*, and 3rd in the UK for research[1]

13th in the world for sports-related subjects in *QS World University Rankings 2018*

80% of our Sport and Health Sciences students go into graduate employment or further study within six months of graduating[2]

Dedicated teaching and research laboratories including a new virtual reality lab for physiology, anatomy, sleep, sensorimotor analysis, biomechanics and performance psychology

Sport and Health Sciences at the University of Exeter has an excellent reputation for both teaching and research. If you want an innovative and holistic scientific approach to the understanding of sporting performance, exercise and health, combined with an excellent general education that can lead to a wide range of employment opportunities, then our undergraduate degrees are for you.

You'll study at the historic St Luke's Campus, which provides a friendly and supportive environment. Our extensive teaching and research facilities include designated purpose-built laboratories for sport and exercise physiology, sports biomechanics, and health and performance psychology.

Many of our students represent the University in their chosen sport and a number have achieved regional, national and international sporting success. The University has an excellent Sport Scholarship Scheme and sports scholars succeed academically whilst also pursuing their sporting careers.

All of our teaching staff are research-active and their work informs the development of new products, the practice of professional organisations and public policy on exercise and health. Our academics provide scientific support and consultancy services to national and international athletes and teams, including the Rugby Football Union, UK Athletics, England and Wales Cricket Board and the Football Association. Our educational activities incorporate the latest research findings and methodologies, which ensures that our teaching places you at the cutting-edge of the field. Details of our staff research interests can be found on our website at **www.exeter.ac.uk/sportscience**

"I love the St Luke's Campus – it's such a beautiful environment to study in. It has a very friendly and welcoming vibe about it and there is always space to study and hang out with friends."

Emily, studying Exercise and Sport Science

www.exeter.ac.uk/ug/sport

[1] *Times Higher Education, REF2014: subject ranking on intensity-weighted GPA.*
[2] *Destination of Leavers from Higher Education (DLHE) of 2015/16 undergraduates.*

DEGREE PROGRAMMES

Our curriculum is driven by research and enquiry. We teach all the core subject disciplines in Sport Sciences, including physiology, biomechanics and psychology.

The foundations are laid in the first year and the first half of the second year, after which you choose the specific subjects you wish to study. You will have an advisory session with the teaching staff to help you choose your optional second and final year modules. You may want to specialise in one discipline (eg, physiology) or you might want to take a more general approach and choose options from physiology, biomechanics and psychology.

We have links with major universities in Australia, Hong Kong, New Zealand, the Netherlands, Portugal, the USA, Canada and Spain. The Study Abroad option allows you to study at an overseas university in your third year, earning credits towards your final degree while also gaining vital experience and employability skills.

HOW YOUR DEGREE IS STRUCTURED

Our degrees are divided into core and optional modules, which gives you the flexibility to structure your programme according to your specific interests. Individual modules are worth 15, 30 or 45 credits each. Full-time undergraduates need to take 120 credits in each year. Within Sport and Health Sciences, in addition to the core modules, you can choose from an extensive range of options in Years 2 and 3, a few examples of which are shown from page 12.

For up-to-date details of all our programmes and modules, please check **www.exeter.ac.uk/ug/sport**

SINGLE HONOURS

BSc/MSci Exercise and Sport Sciences (EXETER)

BSc C602 3 yrs | AAA-ABB | IB: 36-32 | BTEC: DDD-DDM

MSci C606 4 yrs | A*AA-AAB | IB: 38-34 | BTEC: D*DD-DDD

Required subjects: GCE AL science✚ at grade B; IB science at HL5.

- ☐ Develop a comprehensive understanding of the scientific principles underlying sport and exercise performance and health
- ☐ Understand the variables involved in enhancing exercise or sports performance
- ☐ Develop employability skills through modules in leadership and business, physical education, and employability/career development
- ☐ Take the opportunity, in your third year of a four-year programme, to study abroad

Year 1 Focus on developing your foundational knowledge and skills within Exercise and Sport Sciences, including: anatomical knowledge; exercise and sport within a physiological context; exercise and sport related kinesiology and biomechanics; kinanthropometry; nutrition; and underlying theories of sport and exercise psychology.

Year 2 Continue to develop your knowledge of topics including: the body's physiological response to exercise; angular kinematics and angular kinetics; statistical data analysis techniques required for a dissertation; and key psychological themes related to sport performance and skill acquisition.

Year 3 Put theory into practice. Subjects covered include: children and exercise; biomechanics of human movement; sports psychology; clinical exercise prescription; and physical activity and public health. The research dissertation, under the supervision of an academic tutor, will increase your ability for independent study and critical analysis.

Year 4 (MSci only) During this final year, you will undertake a dissertation while receiving postgraduate-level instruction on research methodologies, analytical techniques, and ways of sharing your results with the wider scientific community.

BSc Human Biosciences (EXETER)

C900 3 yrs | AAB-ABB | IB: 34-32 | BTEC: DDD-DDM

Required subjects: GCE AL Biology grade B and another science✚ at grade B; IB Biology HL5 and second science HL5.

- ☐ Taught jointly by Biosciences and Sport and Health Sciences this interdisciplinary degree is an innovative collaborative programme. You will study scientific aspects of health, physical activity and cell biology and learn about the importance of exercise in the prevention and treatment of disease
- ☐ A thorough grounding in the study of cell and molecular biology together with the various sub-disciplines of exercise and sport sciences, including biomechanics, kinesiology, human and applied physiology, molecular biology, genetics and microbiology
- ☐ This unique degree can lead to further study opportunities, a variety of biological and sport-related employment opportunities, and jobs in other fields – thanks to its application of theory to the real world

Year 1 Develop a foundation in exercise science and biology. Practical work is designed to complement your lectures. You will receive training in key scientific skills as part of the Fundamental Principles for Bioscientists module, which includes tutorials.

Year 2 The modules expand on knowledge and skills obtained in the first year. You will now begin to tailor your degree to suit your personal interests in biology and exercise and sports sciences through a wide range of modules.

Year 3 You have the opportunity to focus on areas of biology and exercise and sport sciences that particularly interest you. During the first two terms you can undertake a project/dissertation centred on the research work of a member of staff. Under their academic supervision, you will develop the skill set needed to move forward as a science graduate.

BSc Sport and Exercise Medical Sciences (EXETER)

BC03 3 yrs | AAA-AAB | IB: 36-34 | BTEC: DDD

with Professional Training Year BC04 4 yrs | AAA-AAB | IB: 36-34 | BTEC: DDD

Required subjects: GCE AL Biology grade B and another science✚ at grade B; IB Biology HL5 and second science HL5.

- ☐ Our Sport and Exercise Medical Sciences programme benefits from the education and research expertise of two disciplines: Medical Sciences and Sport and Health Sciences. It blends an understanding of the normal physiology, pathology, prevention and treatment of acute disease/injury, with the science underpinning the optimal preparation, performance and rehabilitation/recovery of the athlete or healing patient
- ☐ Explore the interplay between the two disciplines and choose from a range of modules to best tailor your career outlook
- ☐ Optional competitive Professional Training Year (PTY) placements in a field in line with your scientific interests and relevant to your postgraduate training

Year 1 Your first year will develop your existing knowledge and understanding of the functions of the human body. This will be supplemented with training in basic laboratory, research and study skills.

Year 2 This year builds your knowledge, skills and professional aptitudes by reflecting on your previous year's portfolio of achievements and feedback received from tutors and assessments. Core modules focus on mechanisms, treatment and diagnosis of disease and an introduction to the medical research process. You will apply your developing research skills to designing, running, analysing and reporting on your own research project. You can specialise in particular areas of medical science or retain a broad focus to your degree by choosing from a wide range of optional modules.

Year 3 You have the option of completing our highly popular, career-inspiring PTY. This is a research placement year in which you will gain first-hand experience of a research environment and develop your employment-focused transferrable skills. PTY increases your future employability by reinforcing your CV and preparing you for a smooth transition into the professional work environment after graduation. Our students have successfully secured placements with a number of different organisations in recent years, from leading companies in the pharmaceutical and biotechnology industries to prestigious research groups and institutions across the globe.

During my time my time at Exeter I was lucky enough to have the chance in my third year to study abroad in Colorado, USA. This was genuinely the best decision of my life and regardless of what university you attend in the UK, if you get the opportunity to spend part of your degree abroad, be brave and seize it! You will be so glad you did.

Ben, studying Exercise and Sport Sciences with Study Abroad

✚ *See Entry Requirements box on page 4.*

COMBINED HONOURS

BSc Psychology with Sport and Exercise Science (EXETER)

C8C6 3 yrs | AAA-AAB | IB: 36-34 | BTEC: DDD

Required subjects: GCE AL science✚ grade B; IB science HL5; GCSE Maths grade B or 5; GCSE English Language grade B or 5.

- ☐ Taught jointly by complementary disciplines Psychology and Sport and Health Sciences
- ☐ The degree provides an excellent foundation for any student interested in a career as a psychologist with a particular focus on applying those skills in the broad areas of sport, exercise and health maintenance
- ☐ Focus on two significant applications of psychology: understanding the key components necessary for developing high level skill and expertise; and understanding the effects of physical activity and exercise on behaviour, cognition, interpersonal interactions and mental health
- ☐ This programme provides British Psychological Society (BPS) accreditation – the first step towards becoming a Chartered Psychologist

Year 1 You'll study a range of core areas, gaining a broad knowledge of psychology and sport and exercise science. Practical classes will give you training in quantitative, laboratory-based, experimental methodology in psychology. Sport and Exercise Science modules include Exercise Physiology, Human Anatomy and Sport Psychology.

Year 2 The second year will challenge you and prepare you for the final year. You'll be expected to produce essays, review journal articles and scientific reports that show that you can address problems systematically and can think critically and creatively. During this year you will gain more detailed knowledge and critical understanding of psychology and sport and exercise science, and this will help you select your specialist seminar topics and decide on the theme of your final year research project. There's a much greater emphasis on original practical work in Year 2 and you'll start to design and carry out your own investigations.

Year 3 You will undertake a psychology-related research project, supervised by a member of staff from either discipline. A greater emphasis will be placed on discussing and analysing theories and research, but you will continue to apply your knowledge in practical settings.

ENTRY REQUIREMENTS: MORE INFO

✚GCE AL science includes: Biology/Human Biology▲; Chemistry; Computing; Design and Technology; Electronics; Environmental Studies; Geography; Geology; Maths/Pure Maths/Further Maths▲; Physical Education; Physics; Psychology; Science (applied); Statistics.

▲ *If more than one of these is taken they would only count as one 'science' but could count as two A levels towards our general requirements.*

Additional Selection Criteria Please ensure you read the information on Additional Selection Criteria at **www.exeter.ac.uk/ug/sport**

BSc Exercise and Sport Sciences only: Applicants studying a BTEC National Extended Diploma (2016 onwards) in Sport and Exercise Science, or Applied Science will be considered without an A level science as long as the necessary grades have been obtained overall.

Applicants studying a BTEC National Extended Diploma (2016 onwards) in Sport and Exercise Science, or Applied Science will be considered without an A level science as long as the necessary grades have been obtained overall. Applicants studying a BTEC National Extended Diploma (2016 onwards) in Sport will be considered without an A level science as long as the necessary grades have been obtained overall and a DDD-DDM profile is also achieved in the following Mandatory (120 GLH) units: (1) Anatomy and Physiology, (2) Fitness Training and Programming for Health, Sport and Wellbeing, (3) Development and Provision of Sport and Physical Activity.

All applicants are also required to have a minimum of a grade C or 4 in GCSE English Language and Mathematics or equivalent qualification.

THE VIC AMBLER UNIVERSITY OF EXETER GOLF CENTRE

LEARNING AND TEACHING

- **Lectures:** designed to introduce topics, provide a framework for further reading, and provide background material for extended work through laboratory and practical experiences.
- **Laboratory sessions:** you will work in smaller groups with specialist equipment.
- **Seminars:** you will work in smaller groups, where you can contribute through discussion, role play and short presentations.
- **Independent research and study**: reading researching, writing, practice assignments, projects and dissertation.
- **Study groups:** involve work with other students allowing you to utilise the support and cooperation of fellow students as a resource.
- **Practical sessions:** some learning and teaching sessions make use of the sports facilities in order to help you gain applied experience.
- **Dissertation:** this will be conducted in an area related to your specialism and will take the form of an extended and original piece of independent research. You will present your dissertation at a third-year Sport Science dissertation conference.
- **Guest lectures:** we frequently welcome visitors of international standing in the area of exercise and sport.

On average you'll have 15 hours of teaching time per week with more at the beginning of the programme and less as you progress and take more responsibility for your own learning.

We're actively engaged in introducing new methods of learning and teaching. For example, positive feedback from our students has led us to increase use of our learning environment, an easily navigable website where you can access detailed information about modules and utilise multimedia learning resources.

ACADEMIC FACILITIES

The St Luke's Campus features several teaching and research laboratories and computer suites that have recently been extended and upgraded. The campus is home to the Medical School's Life Sciences Resource Centre, as well as extensive learning spaces for seminars and tutorials. In Sport and Health Sciences, we have designated purpose-built laboratories for sport and exercise physiology, sports biomechanics, and health and performance psychology. Further significant investment has recently been made in new multi-million pound teaching, learning, and research facilities on the campus.

At the Streatham Campus, Biosciences has benefitted from a £25 million investment in facilities. The laboratories provide a well-equipped environment for undergraduate teaching. In Psychology, we have extensive specialist laboratories and specialist facilities for studies of cognitive and social psychology as well as well-equipped workshops and a state-of-the-art audio/visual recording suite.

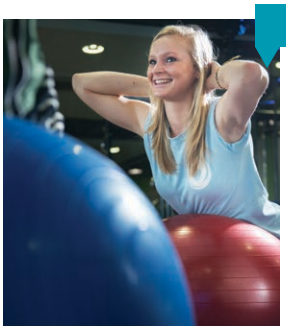
Explore our new sports and health facilities in this 360-degree video.
www.youtube.com
Search: 360 tour of sport and health sciences

PREMIER SPORTING FACILITIES

Over the last decade the University has invested over £20 million in the creation of some of the highest quality training environments and resources for the development, coaching and playing of sport.

The Sports Park on the Streatham Campus boasts some of the most cutting-edge facilities in the UK including the Russell Seal Fitness Centre. This facility, which was opened in September 2013, boasts a 200-station gym and numerous exercise studios. Additional facilities at our Exeter campuses include:

- Flood lit astro and 3G pitches
- 20 outdoor grass pitches
- Squash courts
- Gyms with the latest fitness equipment and free-weight areas
- Exercise studios
- Indoor cricket centre
- Indoor tennis centre with 10 indoor courts
- Pro-tour standard golf practice green, bunker, putting green and driving nets
- Sports halls
- Swimming pools – indoor and outdoor
- A fleet of boats at the Roadford RYA Sailing Centre
- A new, well-equipped boathouse on the Exeter canal



"The sports facilities are unbelievable. The Olympic-standard hockey pitch and the brand new gym are two of my favourites. Joining the ladies first team for hockey has meant I've got to know people really easily, and the team atmosphere is great to be in."

Kathryn, undergraduate student

RESEARCH-INSPIRED TEACHING

Our staff are world-leading research experts, and you will have the opportunity to work closely with them at the cutting edge of research and academic debate, benefitting from an innovative curriculum informed by leading research. All academic staff teach on the undergraduate programmes on topics linked to their own research interests.

ACADEMIC SUPPORT

Sport and Health Sciences offers a highly supportive teaching and learning environment. All students have a personal tutor who is available for advice and support throughout their studies. There are also a number of services on campus where you can get advice and information, including the Students' Guild Advice Unit. You can find further information about all the services in the University's undergraduate prospectus or online at **www.exeter.ac.uk/undergraduate**

ASSESSMENT

Your first year does not count towards your final degree classification, but you do have to pass it in order to progress. If you study a three-year programme, assessments in the final two years both count towards your classification, and if you study a four-year programme then the final three years all contribute.

Modules are assessed using a variety of methods including essays, exams, presentations, laboratory reports and a dissertation. We aim to strike a 50:50 balance between continuous assessment and exams over the duration of the programmes.

STUDY ABROAD

Our four-year BSc Exercise and Sport Sciences with Study Abroad programme offers you the chance to spend your third year studying abroad at a partner institution. We currently have arrangements with partner universities in Australia, Canada, Hong Kong, New Zealand, Portugal, Spain, the Netherlands and the USA. There is no need to apply direct to this programme. Students can transfer direct from BSc Exercise and Sport Sciences. Programme spaces permitting and subject to meeting progression requirements.

WORK PLACEMENTS

If you choose the optional career development module in Year 2, you will deepen your understanding of a business or work environment through a short-term practical work placement. By securing your own placement, you will gain invaluable experience making you a more competitive candidate for jobs when you graduate.

TAKING MODULES OUTSIDE OF YOUR PROGRAMME

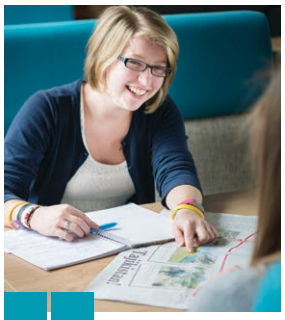
Streatham Campus

Depending on your programme you can take up to 30 credits each year in another subject, for instance a language or business module, to develop career-related skills or widen your intellectual horizons. If you achieve at least 60 credits in a language via our Foreign Language Centre (FLC) you may be able to have the words 'with proficiency in' and the language added to your degree title.

Further details about the FLC can be found on our website **www.exeter.ac.uk/flc**

Athena SWAN Silver Award

The Athena SWAN Charter recognises and celebrates good employment practice for women working in Science, Technology, Engineering, Mathematics and Medicine (STEMM) in higher education and research. Sport and Health Sciences at Exeter has recently been awarded an Athena Swan Silver award.



I really enjoy studying Sport Science at St Luke's Campus. The breadth of the programme provides a solid knowledge base and the flexibility of the course allows you to later specialise in an area that really interests you. It's great to take part in practical laboratory sessions as well as group seminar work to apply knowledge from lectures in a really hands-on way. All of the staff are really friendly and offer lots of support, from organising careers talks to personal tutoring. Studying in such a positive environment with some great friends has given me a range of skills to support my career choice.

Anna, studying Exercise and Sport Sciences

YOUR SUCCESSFUL CAREER

RECENT GRADUATES ARE NOW WORKING FOR▲:

- Allianz
- Ambios Ltd
- Bradleys Group LTD
- British Armed Forces
- BUPA Care South
- Challenge Sports
- Civil Nuclear Constabulary
- Exeter City FC
- Gillingham Football Club

RECENT GRADUATES ARE NOW WORKING AS▲:

- Account Manager Broking Assistant
- First Team Analyst
- Fitness Consultant
- Fitness Instructor
- Football Coach
- Health Promotions Adviser
- Hockey Coach

▲ *This information has been taken from the Destinations of Leavers from Higher Education (DLHE) Surveys 2015/16. Please note that, due to data protection, the job titles and organisations are listed independently and do not necessarily correspond.*

CAREERS SERVICES

We have a dedicated, award-winning Careers Service, with offices at our Exeter and Penryn campuses, ensuring you have access to careers advisors, mentors and the tools you need to succeed in finding employment in your chosen field on graduation. We offer the Exeter Award and the Exeter Leaders Award which include employability-related workshops, skills events, volunteering and employment which will contribute to your career decision-making skills and success in the employment market. Our graduates compete very successfully in the employment market, with many employers targeting the University when recruiting new graduates. For further information about our Careers Service please visit: **www.exeter.ac.uk/careers**

SUPPORTING YOUR CAREER IN SPORT AND HEALTH SCIENCES

Each year Sport and Health Sciences students are able to access a huge range of opportunities when considering their future career options. Recent events include career insights with visiting alumni, career conversations with employers on campus, and mock interviews with visiting employers and alumni.

MODULES

KEY C = Core
● = Optional

Please note that availability of all modules is subject to timetabling constraints and that not all modules are available every year. For up-to-date details of all our programmes and modules, including those from Biosciences and Psychology, please check **www.exeter.ac.uk/ug/sport**

Year 1 Modules

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Exercise and Sport Science	BSc Sport and Exercise Medical Sciences
Bioenergetics	C	C	●	
Cells		C		
Cognition, Emotion and Development			C	
Foundations of Biomechanics	C	C		C
Foundations of Exercise and Sport Psychology	C		●	
Foundations of Nutrition and Metabolism				C
Fundamental Principles for Bioscientists		C		
Fundamental Skills for Medical Scientists				C
Genetics		C		
Human Anatomy and Kinanthropometry	C	C	●	
Human Physiology	C	C		
Integrated Human Physiology				C
Introduction to Biological Psychology			C	
Introduction to Clinical Psychology			●	
Introduction to Research Methods			C	
Introduction to Social Psychology			●	
Introduction to Statistics	C		C	
Microbiology		C		
Nutrition and Metabolism	C		●	
Sports Training Physiology	C			C
Workplace Learning			●	

Year 2 Modules

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Exercise and Sport Science	BSc Sport and Exercise Medical Sciences
Advanced Cell Biology		●		
Anatomical Sciences				●
Biological Basis of Behaviour			C	
Biomechanics and Kinesiology	C	C		C
Cognition and Emotion			C	
Cognition Practical I and II			●	
Developmental Psychology and Psychopathology			C	
Disease, Diagnostics and Therapeutics				C
Employability and Career Development	●			
Exercise Physiology	C	C	●	C
Forensic Science		●		
Foundation in Neuroscience				●
Genomics and Introductory Bioinformatics		●		
Immunopathology				●
Introduction to Pharmacology				●
Leadership: Challenges and Practice	●			
Learning and Teaching in Physical Education	●			●
Measurement of Physical Activity, Exercise and Sport	●	●		
Medical and General Microbiology		●		
Medical Genetics				●
Medical Research Evaluation				●
Methods in Statistics in Psychology II			C	
Modern Theories of Evolution		●		
Molecular Biology of the Gene		●		
Molecular Microbiology		●		
Nutrition and Metabolism	●	●		
Observations and Experiments in Animal Behaviour			●	
Personality and Individual Differences			C	
Principles of Medical Research				C
Qualitative Methods and Interview Skills			●	
Quantitative Research Methods		C		
Research Methods and Analytical Procedures	C			
Research Skills and Bioethics		C		
Skill Acquisition	●			●
Social Practical I and II			●	
Social Psychology II			C	
Sport Psychology	C		●	C
Sports Nutrition and Metabolism	●			●
Strength and Conditioning Physiology	●	●		●
Wild Behaviour			●	

Final Year Modules

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Exercise and Sport Science	BSc Sport and Exercise Medical Sciences
Applied Social Psychology: Health, Environment and Society			●	
Bioinformatics		●		
Biomechanical Aspects of Human Movement	●	●		●
Brain Plasticity and Language Learning across the Lifespan			●	
Cell Biology of Disease		●		
Cellular Basis of Immunity		●		
Clinical Exercise Prescription	●	●	●	●
Cognitive Behavioural Approaches to Mood Disorders			●	
Cognitive Behavioural Approaches to Working with Children with Common Mental Health Disorders			●	
Communication and Social Groups			●	
Comparative Approaches in the Study of Brain and Behaviour			●	
Compulsive Behaviour			●	
Dissertation or Independent Research Review	C	C		
Dissertation or Research Project			C	C
Ecotoxicology		●		
Employability and Career Development		●		●
Equality and Diversity at Work			●	
Frontiers in Molecular Cell Biology		●		
Health Economics				●
Integrated Physiology and Adaptation to Physical (in)Activity	●	●		●
Learning for Teaching: School Experience	●		●	
Living in a Microbial World		●		
Medical Genomics				●
Medical Imaging: Principles and Applications				●
Methods and Statistics III			C	
Mindfulness-based Interventions: Practice, Theoretical Backgrounds and Findings			●	
Molecular Basis of Infection		●		
Neuropharmacology				●

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Exercise and Sport Science	BSc Sport and Exercise Medical Sciences
Neuropsychology of Ageing and Dementia			●	
Paediatric Exercise Physiology	●	●		●
Parental Psychiatric Disorders and Children's Development			●	
Pharmacogenomics				●
Physiological Determinants of Exercise Performance	●	●	●	●
Processes of Human Memory			●	
Psychology and Law			●	
Psychology Applied to Health			●	●
Rational Drug Design				●
Rehabilitation Science				●
Science Communication		●		
Sport Psychology	●		●	●
Sport, Physical Activity and Health	●		●	●
Sports Nutrition and Metabolism		●		
Stereotypes and Stereotyping			●	
Studying Cognition and Emotion with Brain Imaging			●	
The Associative Mind			●	
The Evolution of Social Behaviour and Social Organisation			●	
The Moral Mind			●	
The Psychology of Addiction			●	
The Psychology of Gender			●	
Women's Mental Health			●	
Work and Organisational Psychology			●	

Year 4 (MSci only): *Core:* Dissertation; Research Methods and Analytical Procedures; Research Toolkit; Optional: Biomechanical Aspects of Lower Limb Injury; Laboratory Techniques in Physiology; Paediatric Exercise Health; Physical Activity in the Prevention and Treatment of Chronic Diseases; Current Issues in Sport and Exercise Psychology.

MODULES CONTINUED

Please note that availability of all modules is subject to timetabling constraints and that not all modules are available every year. Below are descriptions for a selection of modules. For a full list and details of the individual modules, please check the undergraduate section of our website at **www.exeter.ac.uk/ug/sport**

You will also have the opportunity to take option modules from other subject areas outside Sport and Health Science.

YEAR 1

Bioenergetics	Consider the biological and chemical mechanisms which sustain and support life and form the foundation of exercise physiology.
Foundations of Biomechanics	This module provides a fundamental grounding in sport and exercise related biomechanics, introducing methods for assessment of linear movement in sports. The module develops your understanding of linear kinematics and linear kinetics, and introduces the application of these principles to the analysis of human movement and sports performance.
Foundations of Exercise and Sport Psychology	Psychology is increasingly recognised as an important aspect of sport and exercise. This module introduces you to some of the core topics and underlying theories including motivation, learning and group dynamics within the area of sport and exercise psychology.
Fundamental Skills for Medical Scientists	Introduces the underlying concepts required for scientific investigation, including modern laboratory techniques, experimental design and presenting scientific data. Particular emphasis is given to learning the quantitative skills required to analysing experimental results. Team development training and small-group tutorial work are features of this module.
Human Anatomy and Kinanthropometry	Provides you with a fundamental understanding of the structure and function of the musculoskeletal and cardiopulmonary systems. You will develop practical laboratory-based skills and are expected to apply knowledge to an exercise or sports context. In addition you obtain a foundation in kinanthropometry through practical application of measurement techniques and discussion of current issues.
Introduction to Statistics	Introduces the basic concepts of statistical analyses and provides the foundation for independent quantitative research. You will learn to effectively collect, use and interpret data from published sources as well as your own data sets.
Sports Training Physiology	Provides you with the theoretical foundation and practical experience of designing fitness programmes for endurance, strength, speed and power for athletes and the recreational participant. Training programme design is a complex skill requiring the precise identification of fitness goals, knowledge of the specific fitness demands of the sport or activity, an understanding of physiological adaptations and the ability to construct a feasible and practical programme for the individual.

YEAR 2

Biomechanics and Kinesiology	Builds upon the Foundations of Biomechanics core module and introduces methods of movement assessment. You will develop an understanding of linear kinematics and linear kinetics and learn to apply these principles to the analysis of human movement and sports performance.
Leadership: Challenges and Practices	This module is run by the Business School and addresses the more practical, active and vocational aspects of leadership. You will be encouraged to draw on your own experience of leadership in practice, and to engage in activities which enable you to develop your own leadership capacity.
Learning and Teaching in Physical Education	If you are interested in informing and inspiring young people to take part in physical education and school sport then you will find this module both interesting and enlightening. In this module, you will develop an awareness and understanding of so many factors that underpin a knowledgeable, inspirational and reflective PE teacher ranging from knowledge of the rich and diverse learners (eg, gifted and talented, Special Educational Needs [SEN]) to knowledge of your subject (eg, dance, principles of games and human movement).
Research Methods and Analytical Procedures	Provides you with the tools and statistical data analysis techniques required for a dissertation using quantitative methods. It looks at the development of a research project from conception to completion, concentrating on forming and shaping of a study using a quantitative approach. The module also serves to aid your critical digestion of the results of research articles you read, and creates an appreciation for the rationale involved in making the correct choices when using statistical analyses, including considering assumptions, limitations and pitfalls.

Skill Acquisition	In order to apply psychological knowledge to sport and health science you will need a sound understanding of psychological theories and the ability to critically evaluate relevant empirical evidence. In this module you will be introduced to cutting edge topics in skill acquisition and motor control (important for nearly all sports and successful daily living). You will learn how vision guides goal-directed movements and will be introduced to key markers of visuomotor expertise and proficiency. You will discuss the 'nature versus nurture' debate of sporting expertise and compare and contrast different pathways to excellence. You will also examine various theoretical accounts and methods that have been proposed to make skill learning more effective and resilient.
Sports Nutrition and Metabolism	You will learn to critically evaluate dietary advice and nutritional products related to optimising sports performance and training. We will cover topics such as carbohydrate manipulation, protein supplementation, and nutritional supplements such as caffeine, ß-alanine, antioxidants and polyphenols. You will be able to assess nutritional intake and make practical suggestions for how diets can be manipulated.
Sport Psychology	Sport psychology can play a significant role in enhancing sports performance. This module goes beyond the basic concepts and theories in sport psychology and develops an understanding of how to apply this knowledge in a real-world setting. You will cover various aspects of sport psychology, develop an understanding of the basic psychological skills and be able to suggest interventions based upon the application of theory.
Strength and Conditioning Physiology	This module provides you with the necessary foundation knowledge and basic practical skills to make you an informed and competent practitioner of strength, conditioning and athletic training. The module covers the physiological responses to resistance training, endocrine alterations, protein supplementation and anabolic steroids, speed, agility and quickness (SAQ), plyometrics and overtraining.

FINAL YEAR

Biomechanical Analysis of Human Movement	Further develops your ability to apply biomechanical principles to the analysis of human movement, using the concepts introduced in your first and second years. Methods are described for combining kinetic and kinematic data to improve understanding of human movement, with both theoretical and practical examples. The use of modelling techniques to estimate the loads experienced by structures of the human body are introduced.
Clinical Exercise Prescription	The use of exercise as a treatment strategy is becoming increasingly advocated for a range of clinical conditions. This module will equip you with the ability to prescribe a safe, realistic and effective programme for an individual with a particular clinical condition by giving you an understanding of the aetiology of the condition and its effect on the exercise response. You will also receive a foundation in the practicalities of delivering a safe and effective exercise prescription.
Dissertation or Independent Research Review/ Research Project	The Dissertation and Independent Research Review/Research Project provide an opportunity for you to pursue, systematically and in depth, a personal interest in a particular topic utilising the concepts, techniques and skills you have developed in previous modules.
Employability and Career Development	Develops your career management and employability skills through considering potential career pathways, highlighting the changing face of the job marketplace, identifying employer needs and defining the importance of maximising your skill base throughout your career. Guest business speakers enhance practical sessions to help you prepare for future employment. These sessions are supported by a self-organised period of work experience.
Physiological Determinants of Exercise Performance	Provides a critical review of the key physiological factors that determine and limit exercise performance in humans. Using a base of knowledge gained from previous modules and practical laboratory-based experiments you will gain a detailed understanding of the physiology of fatigue, performance across the duration-intensity spectrum and ergogenic aids.
Paediatric Exercise Physiology	Children and adolescents are not mini-adults and measurement techniques developed with adults are often not appropriate for use with young people. Children are growing and maturing at their own rate and their physiological responses to physical activity are difficult to interpret as they progress through childhood and adolescence into adult life. Methods of measuring performance, accounting for body size and interpreting the data are examined. The benefits and risks of physical activity are explored and the evidence underpinning the relationship between physical activity and health in youth will be evaluated.

Sport, Physical Activity and Health	Rather than focusing on individual sport performance, you will focus on participation in sport at the population level and will examine what type and level of participation is associated with health. The relationship between sport participation and health will be examined along with participation levels in the population as a whole, as well as sub-populations.
Sport Psychology	Continues to build on the second year foundations. Emphasis is placed on the scientist-practitioner model as students learn how to perform a psychological needs analysis, and tailor interventions to clients' needs.

YEAR 4 MSCI ONLY

Biomechanical Aspects of Lower Limb Injury	This module investigates the mechanisms of lower extremity injury and the evidence for use of different intervention strategies to avoid or treat injury. Biomechanical mechanisms for specific injuries will be investigated, including practical assessment of methodologies used. Evidence regarding the success of interventions in prevention and treatment of injuries will be evaluated.
Current Issues in Sport and Exercise Psychology	You will gain an advanced understanding of the relationship between physical activity and mental health. Areas of study will include mood and anxiety, depression and addiction. You will gain an understanding of the dose-response relationship and will study how evidence for the effects of exercise on mental health is created and how it impacts on parent disciplines of clinical psychology and psychiatry.
Laboratory Techniques in Physiology	This is a specialist module on human performance and physiological exercise testing. A pre-requisite for this module is good understanding of undergraduate-level exercise physiology. A major feature of the learning and teaching methods in this module will be the active encouragement of laboratory work. The majority of this module will take place in the laboratory, utilising techniques not necessarily previously available to undergraduate students. Part of the learning and teaching strategy will include practical class participation and this may include exercise from time-to-time.
Paediatric Exercise and Health	It is well known that the first two decades of life represents an important window of opportunity to not only improve the health and wellbeing of young people, but also their health status into adult life. The role that physical activity and fitness can play in improving markers of health and wellbeing in young people is an important area of study, especially given concerns of declining fitness and increasing obesity in today's children and adolescents. The module will provide you with a detailed insight into the immediate and possible future benefits of physical activity and exercise training for health in normal individuals, young athletes and select disease states.
Physical Activity in the Prevention and Treatment of Chronic Disease	This module will allow you to learn about how 'lifestyle diseases' such as obesity, type 2 diabetes and cardiovascular disease can be prevented and treated with exercise. You will learn about medical costs, risk factors and the role physical activity plays in preventing and treating these leading causes of death in Britain. This module will be of great benefit if you wish to pursue a career in GP referral, physiotherapy or clinical exercise physiology.
Research Toolkit	This module aims to provide you with a bespoke research 'toolkit' that will equip you with the necessary skills and knowledge to carry out postgraduate level research within Sport, Exercise and Health Sciences. It is designed to help you navigate the research journey, beginning with the conception of a research problem and ending with disseminating your work via a conference presentation and academic journal.

COMBINE THEORY WITH PRACTICE

I chose Exeter initially due to the unique degree that it offered, which combined my main two academic interests: sport and medical sciences. Because of the blend of the two courses, you obtain a greater understanding of the human body, both from a performance element, and a more scientific approach. The course itself is unlike any in the country, and due to the added skillset from the programme combination, the range of graduate jobs/opportunities is far greater than that of just doing one of the courses. We also have the opportunity to do the Professional Training Year in industry, which is unlike other courses. We are very lucky at Exeter to have such a fantastic reputation for research, and as sciences students we are encouraged to get involved with PhD or Masters projects, as well as the PTY.

Laura, studying Sport and Exercise Medical Sciences

KEY INFORMATION AT A GLANCE

	UCAS CODE	TYPICAL OFFER	REQUIRED SUBJECTS
MSci Single Honours Exercise and Sport Sciences	C606	A*AA-AAB; IB: 38-34; BTEC: D*DD-DDD	GCE AL science✚ at grade B; IB science at HL5
BSc Single Honours Exercise and Sport Sciences	C602	AAA-ABB; IB: 36-32; BTEC: DDD-DDM	GCE AL science✚ at grade B; IB science at HL5
Human Biosciences	C900	AAB-ABB; IB: 34-32; BTEC: DDD-DDM	GCE AL Biology grade B and another science✚ at grade B or two GCE AS science subjects at grade B; IB Biology HL5 and second science HL5 or two science subjects at SL5
Sport and Exercise Medical Sciences	BC03	AAA-AAB; IB: 36-34; BTEC: DDD	GCE AL Biology grade B and another science✚ at grade B; IB Biology HL5 and second science HL5
Sport and Exercise Medical Sciences with Professional Training Year	BC04	AAA-AAB; IB: 36-34; BTEC: DDD	GCE AL Biology grade B and another science✚ at grade B; IB Biology HL5 and second science HL5
BSc Combined Honours Psychology with Sport and Exercise Science	C8C6	AAA-AAB; IB: 36-34; BTEC: DDD	GCE AL science✚ grade B; IB science HL5; GCSE Maths grade B or 5; GCSE English Language grade B or 5

✚GCE AL science includes: Biology/Human Biology▲; Chemistry; Computing; Design and Technology; Electronics; Environmental Studies; Geography; Geology; Maths/Pure Maths/Further Maths▲; Physical Education; Physics; Psychology; Science (applied); Statistics.

▲ *If more than one of these is taken they would only count as one 'science' but could count as two A levels towards our general requirements.*

Applicants studying a BTEC National Extended Diploma (2016 onwards) in Sport and Exercise Science, or Applied Science will be considered without an A level science as long as the necessary grades have been obtained overall.

Applicants studying a BTEC National Extended Diploma (2016 onwards) in Sport will be considered without an A level science as long as the necessary grades have been obtained overall and Distinctions are also achieved in the following Mandatory (120 GLH) units: (1) Anatomy and Physiology, (2) Fitness Training and Programming for Health, Sport and Wellbeing, (3) Development and Provision of Sport and Physical Activity.

The full and most up-to-date information about Sport and Health Sciences is on the undergraduate website at **www.exeter.ac.uk/ug/sport** and we strongly advise that you check this before attending an Open Day or making your application.

We make every effort to ensure that the entry requirements are as up-to-date as possible in our printed literature. However, since this is printed well in advance of the start of the admissions cycle, in some cases our entry requirements and offers will change.

International students

If you are an international student you should consult our general and subject-specific entry requirements information for A levels and the International Baccalaureate, but the University also recognises a wide range of international qualifications. You can find further information about academic and English language entry requirements at **www.exeter.ac.uk/ug/international**

For further details on all our entry requirements, please see our Sport and Health Sciences pages at **www.exeter.ac.uk/ug/sport**

Applying

For information on the application, decision, offer and confirmation process, please visit **www.exeter.ac.uk/ugapplications**

ST LUKE'S AND STREATHAM CAMPUSES, EXETER

Website: **www.exeter.ac.uk/ug/sport**
www.exeter.ac.uk/enquiry
Phone: +44 (0)1392 725818

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FIND OUT MORE

Come to one of our open days. Visit us at our campuses in Exeter and Cornwall: **www.exeter.ac.uk/ug/visiting**

For further information please visit **www.exeter.ac.uk/ug/sport**

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[1] 98% of our research was rated as 2*,3* or 4* in the Research Assessment Exercise 2014.

[2] Between 2006/07 – 2015/16, the University of Exeter saw the greatest rise in research income, compared to all other Russell Group universities.

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