UNIVERSITY OF EXETER

SPORT AND HEALTH SCIENCES

UNDERGRADUATE SUBJECT BROCHURE 2017

TIMES HIGHER EDUCATION GLOBAL 100 UNIVERSITY

KEY INFORMATION AND ENTRY REQUIREMENTS

	UCAS CODE	TYPICAL OFFER	REQUIRED SUBJECTS
BSc Single Honours Exercise and Sport Sciences	C602	AAA-AAB; IB: 36-34	GCE AL science ^ at grade B; IB science at HL5
Exercise and Sport Sciences with Study Abroad	C605	A*AA-AAB; IB: 38-34	GCE AL science ^ at grade B; IB science at HL5
Human Biosciences	C900	AAB-ABB; IB: 34-32	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	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	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	GCE AL science grade B; IB science HL5; GCSE Maths grade B; GCSE English Language grade B
Flexible Combined Honours	Y004	A*AA-AAB; IB: 38-34	Dependent on subjects chosen. For details see **www.exeter.ac.uk/ug/flexible**
Flexible Combined Honours with Study Abroad	Y006	A*AA-AAB; IB: 38-34	Dependent on subjects chosen. For details see **www.exeter.ac.uk/ug/flexible**
Flexible Combined Honours with UK Work Experience	Y007	A*AA-AAB; IB: 38-34	Dependent on subjects chosen. For details see **www.exeter.ac.uk/ug/flexible**
Flexible Combined Honours with Work Abroad	Y008	A*AA-AAB; IB: 38-34	Dependent on subjects chosen. For details see **www.exeter.ac.uk/ug/flexible**

GCE AL/AS 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.

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**

ST LUKE'S AND STREATHAM CAMPUSES, EXETER

Website: **www.exeter.ac.uk/ug/sport**
Email: **cles-externalrelations@exeter.ac.uk**
Phone: **+44 (0)1392 725818**

^ *applicants studying one of the following BTEC Extended Diplomas will be considered without an A level science: Sport and Exercise Science; Applied Science; Sport (Performance and Excellence).*
[+] *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.*

SPORT AND HEALTH SCIENCES

1st for Sports Science in *The Times and Sunday Times Good University Guide 2016* and *The Complete University Guide 2016*

2nd in the UK for Sports Science in *The Guardian University Guide 2016*

The Times and The Sunday Times Sports University of the Year for 2016

99% of Sport and Health Sciences students progressing into employment or further study within six months of graduation[1]

2nd for Overall Satisfaction in Sports Science in the National Student Survey 2015[2]

3rd in the UK for research[3]

One of the UK's top sporting universities, consistently in top 10 in British Universities and Colleges Sport (BUCS) championships

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 will 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 public policy on exercise and health. For example, we 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 staff incorporate cutting-edge material into their teaching throughout the degrees, ensuring that teaching is informed by the most up-to-date research available. Details of our staff research interests can be found on our website at **www.exeter.ac.uk/sportscience**

We understand that preparation for your future career should be one of the first things you consider when arriving at university. Exeter has an excellent record of supporting students in achieving their career aspirations in both sports-related and traditional employment. For example, we provide an *Employability and Career Development* module that includes a work placement, highly valued by students for providing real career insight and enhancing their CVs. We help you to develop your personal and key skills, such as communication, IT, critical appraisal and self-management. Team-building days and careers workshops help you to develop vocational skills. You'll also be encouraged to attend and present at student conferences, such as the British Association of Sport and Exercise Sciences (BASES) Student Conference and to be involved in initiatives including the Student Ambassador Scheme and workplace internships.

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. Find out more at **www.exeter.ac.uk/sportscience/athenaswan**

The Times and The Sunday Times Sports University of the Year for 2016

THE TIMES THE SUNDAY TIMES GOOD UNIVERSITY GUIDE 2016 SPORTS UNIVERSITY OF THE YEAR

The University of Exeter has been named as The Times and The Sunday Times Sports University of the Year 2016, in recognition of excellence in sports performance, education and research.

The award acknowledges Exeter as the best in the country in academia and athletic achievement across a wide range of sports. It takes into account the University's outstanding support for athletes, very high student satisfaction in sport-related programmes and world-leading research which enhances athletic performance at all levels. Find out more at **www.exeter.ac.uk/sport/uniooftheyear**

[1] *Respondents to the Destination of Leavers from Higher Education (DLHE) survey 2013/14*
[2] *Based on the average percentage of positive responses across all survey categories for full service universities*
[3] *Times Higher Education, REF2014: subject ranking on intensity-weighted GPA*


WATER

DEGREE PROGRAMMES

Our curriculum is research and enquiry driven, and we teach all the main 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. To help you choose your optional modules in the second and final years you'll have an advisory session with the teaching staff. You may want to focus on options that are specific to one discipline (eg, physiology), or if your interests are more varied you might want to take a more general approach and choose options from physiology, biomechanics and psychology.

We have links with major universities offering Exercise and Sport Sciences programmes in Australia, Hong Kong, New Zealand, the Netherlands, Portugal, the USA and Spain. The Study Abroad scheme allows students on our BSc Exercise and Sport Sciences programme to study for either part of the second year abroad, or all of the third year at a university of equivalent standard and quality to the University of Exeter. Whilst abroad you'll gain credits towards your final degree while also gaining vital experience and employability skills.

How your degree is structured

The degrees are divided into core and optional modules, which gives you the flexibility to structure your degree 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 two and three, a few examples of which are shown at the back of this brochure.

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

Single Honours

BSc Exercise and Sport Sciences

(also available with Study Abroad)

Our BSc Exercise and Sport Sciences programme is studied over three years. You'll develop a comprehensive understanding of the scientific principles underlying sport and exercise performance and participation. Our programme is designed to develop your knowledge of three subject areas in Sport Sciences (physiology, biomechanics and psychology) and to help you understand the variables involved in enhancing exercise or sports performance. To support our graduates in their future career prospects, we promote the development of employability skills through modules in leadership and business (run by the Business School), physical education and employability/career development.

Year 1 In your first year, we 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 In your second year, the science, research and enquiry modules build on knowledge and skills obtained in the first year. Topics covered include: 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 In your third year, the science modules continue to build on your first two years' work, with a particular focus on the application of 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.

BSc Human Biosciences

Human Biosciences at Exeter is taught jointly by Biosciences and Sport and Health Sciences and represents an innovative collaborative teaching response to a broadening demand for graduates with skills in biological and sport science. It allows you to study scientific aspects of health, physical activity and biotechnology and recognises the importance that exercise can play in the prevention and treatment of disease. You will receive a thorough grounding in the study of human 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 medical microbiology. The programme is recognised by the Society of Biology.

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

Year 2 In your second year, the modules build on knowledge and skills obtained in the first year. You can now begin to tailor your degree to suit your personal interests in biology and exercise and sports sciences.

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'll develop the skill set needed to move forward as a science graduate.

BSc Sport and Exercise Medical Sciences

(also available with Professional Training Year)

Taught jointly by the University of Exeter Medical School and Sport and Health Sciences, this programme blends an understanding of the pathology, prevention and treatment of acute or chronic disease/injury, alongside an insight into the science underpinning the optimal preparation, performance and rehabilitation of the athlete or healing patient. The combination of medical sciences and sport and health sciences enables you to develop a holistic understanding of the human body and exercise and physical activity. The four year version, with Professional Training Year, offers you the opportunity to undertake a relevant work placement with an employer within the health sector or another appropriate sector.

The programme responds to a growing public health agenda which seeks to prevent disease and treat targeted disorders through appropriate physical activity, lifestyle-related health behaviours and nutrition. It provides a broad range of career opportunities particularly within medical sciences, rehabilitation, sport science, health and wellbeing sectors. On graduation, you will be well-positioned to support the preparation

and rehabilitation of athletes, with patients recovering from injury or illness, and to undertake roles aimed at improving lifestyle through increasing levels of sport and exercise in the population at large. You will also be well placed to pursue further postgraduate study in, for example, Sport and Exercise Medicine, Medicine, Physiotherapy, Occupational Therapy, Sports Nutrition, and Nursing.

Year 1 Your first year will provide you with a foundation in sport and exercise science. Practical work is designed to complement the lectures. You will receive training in key scientific skills as part of the *Fundamental Skills for Medical Scientists* module, which includes tutorials.

Year 2 In your second year, the modules build on knowledge and skills obtained in the first year. You can now begin to tailor your degree to suit your personal interests in sport and exercise medicine through a wide choice of module options that include *Sports Nutrition*; *Medical Genetics*; and *Learning and Teaching in Physical Education*.

Professional Training Year The Professional Training Year (PTY) provides you with an excellent opportunity to gain invaluable experience of working in industry. Undertaking a PTY placement will enhance your professionalism, independence and confidence; increase your subject knowledge and research skills; improve your problem-solving, team-working, leadership, communication and project management skills; and prepare you for working in a professional work environment.

Final Year You will undertake advanced modules in a range of areas related to sport and exercise medicine. Modules will include *Sport Psychology*; *Advanced Rehabilitation Medicine*; and *Paediatric Exercise Physiology*. During the first two terms you can undertake a project/dissertation centred on the research work of a member of staff from either the area of Sport and Health Sciences or the University of Exeter Medical School. Under their academic supervision, you will develop the skill set needed to move forward as a science graduate.

Combined Honours Degrees

BSc Psychology with Sport and Exercise Science

This programme is taught jointly by Psychology and Sport and Health Sciences. The degree provides a good 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.

This programme provides British Psychological Society (BPS) accreditation. BPS accreditation confers eligibility for the Graduate Basis for Registration, provided the minimum standard of qualification of Lower Second Class Honours is achieved. This is the first step towards becoming a Chartered Psychologist.

Year 1 In the first year you'll study a range of core areas, gaining a broad knowledge of psychology and sports and exercise science. Practical classes will give you training in quantitative, laboratory-based, experimental methodology in psychology, covering the broad range of subject areas across the core modules. Each core module includes practical classes and small group academic tutorials.

A third of your first year credits will be taken in sport and exercise science. In these modules, you will study a broad range of sub-disciplines including physiology and psychology. A mix of lectures, seminars and laboratory-based practical classes will help develop your knowledge and provide initial opportunities to employ theoretical concepts in applied exercise and sport settings.

Year 2 The second year will challenge and prepare you for the final year. You will be expected to produce essays, reviews of 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 sports and exercise science and this will help you select your specialist seminar topics and decide on the theme of your final year research project. Staff will discuss their own research work in lectures and practicals and you'll be invited to attend formal research seminars given by external speakers.

There's a much greater emphasis on original practical work in year two and you'll start to design and carry out your own investigations with the use of computer software and statistics packages.

Year 3 In the third year, you will undertake a psychology-related research project, supervised by a member of staff from either discipline. Almost all of our third year psychology teaching is based on small seminar groups of approximately 25-35 students discussing advanced topics in psychology that are grouped into three general areas: social and developmental psychology; cognitive psychology; and comparative clinical and child psychology.

The modules offered in exercise and sport science provide an opportunity to cover a range of sub-disciplines or focus on your preferred area. A greater emphasis will be placed on discussing and analysing theories and research, but you will continue to apply your knowledge in practical settings.

By this point you will be skilled and competent enough to carry out your own project. As experienced researchers, staff will be able to give you advice on the subject matter, design, execution and writing up of the project. We regard this piece of work as the flagship of your practical work and many students have progressed to postgraduate study to develop these research interests. You'll normally work in pairs during your research project and then you'll write an independent report.

Flexible Combined Honours

This innovative Combined Honours scheme enables you to combine modules from a number of different fields of study not otherwise available through an existing Combined Honours programme. You can combine Sport and Health Sciences with up to two other subjects from an extensive list. Throughout your degree there will be support to help you choose the most appropriate pathway for you. Further information and the full list of available subjects can be found at **www.exeter.ac.uk/ug/flexible**

LEARNING AND TEACHING

Simple division into practical and theoretical work does not apply in Sport Sciences. Most modules will include a range of learning experiences, including:

- **Lead 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'll 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;
- **Study groups:** involve work with other students allowing you to rely on 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;
- **Independent research and study:** reading, researching, writing, practice assignments, projects and dissertation;
- **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. You will also need to study independently for one hour per hour of contact time you have with lecturers. Independent study is the key difference between school and university study and requires a different type of motivation and organisation. If you need help with making this transition, we run study skills workshops.

We're actively engaged in introducing new methods of learning and teaching, including increasing use of interactive computer-based approaches to learning through our virtual learning environment, where the details of all modules are stored in an easily navigable website. Students can access detailed information about modules and learning outcomes and interact through activities such as the discussion forums.

Academic facilities

We have several teaching and research laboratories and computer suites at St Luke's Campus, which have been extended in recent years to accommodate both teaching and research activities. Our facilities include 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 and extremely safe environment for undergraduate teaching and there are always demonstrators available to ensure that you get the most out of your practical training.

In Psychology, we have extensive specialist laboratories and specialist facilities for studies of cognitive and social psychology. We also have well-equipped workshops and a state-of-the-art audio/visual recording suite.

In Medicine, we have excellent facilities based on the St Luke's Campus including the Life Sciences Resource Centre and extensive learning spaces for seminars and tutorials.

Research-inspired teaching

Our staff are research experts in the areas that they teach. You will have the opportunity to work closely with academic staff at the cutting-edge of research and academic debate and will benefit from an innovative curriculum informed by leading research. All academic staff teach on the undergraduate programmes on topics linked to their own research interests, for example, Dr Mark Wilson applies his research with the eye-tracker and motor skill performance in the second year *Skill Acquisition* module.

Academic support

Sport and Health Sciences offer a highly supportive teaching and learning environment. All students have a personal tutor who is available for advice and support throughout your 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**

Study abroad

Research indicates that 64 per cent of employers consider an international experience important for recruitment and report that graduates with an international background are given greater responsibility more frequently. 92 per cent of employers involved in a study conducted in 2014* indicated that they look for skills such as openness to and curiosity about new challenges, problem-solving and decision-making skills, confidence and tolerance towards other personal values and behaviours. The research revealed that studying abroad had a positive impact on the development of these skills and concluded that the employability and competences of students greatly benefit from mobility.

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. Students studying the three-year BSc Exercise and Sport Sciences have the opportunity to spend a semester abroad during the first half of their second year. We currently have arrangements with partner universities in Australia, New Zealand, Hong Kong, the Netherlands, Portugal, Spain and the USA.

** European Commission (2014) The Erasmus Impact Study, Luxembourg: Publications Office of the European Union, 2014*

LEARNING AND TEACHING CONTINUED

Assessment

Your first year doesn't 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.

Scholarships and bursaries

There are a number of funding opportunities available to prospective undergraduate students. For full information please see **www.exeter.ac.uk/ug/sport/funding**

Premier sporting facilities

Over the last decade the University has invested over £20 million in the creation 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:

- ☐ floodlit 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 out;
- ☐ a fleet of boats at the Roadford RYA Sailing Centre;
- ☐ a new, well-equipped boathouse on the Exeter canal.

A track record of success in student sport

Exeter is one of the UK's top sporting universities, finishing 6th in British Universities and Colleges Sport (BUCS) championships 2014-15. Our teams compete for national titles in numerous competitions including cricket, golf, hockey, lacrosse, rowing, rugby union, sailing, surfing, tennis and windsurfing, and we support individual players competing on both the national and international stage.

"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 Lane, undergraduate student


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CAREERS

There has never been a better time to study Sport and Health Sciences at the University of Exeter. We have an excellent reputation with graduate recruiters and our students and graduates are extremely competitive in the employment market. Whatever path you want to follow after graduation, we're here to help and support you with all your career and employability needs. You can also be sure that we will provide you with a challenging, vibrant and rewarding environment to study and enhance your careers choice.

Employability skills are embedded into the curriculum and specialised careers initiatives will help maximise your career prospects. We also promote the development of employability skills through modules in leadership and business, law, physical education and employability and career development.

Unsurprisingly, a number of our graduates choose to work in the sport, exercise and health sector, thereby applying their knowledge even more specifically. In keeping with an increasingly competitive employment market, a growing proportion of our undergraduates are electing to further specialise their training or education.

We hold an annual Graduate Futures Conference, providing you with an opportunity to engage with a range of external experts from the exercise, health and sport sector. We also regularly disseminate information about career opportunities and provide drop-in sessions with a Careers Adviser. You can also choose to take an *Employability and Career Development* module in your second year to prepare you for your future careers.

Many of our students take part in the Exeter Award and the Exeter Leaders Award. These schemes encourage you to participate in employability related workshops, skills events, volunteering and employment which will contribute to your career decision-making skills and success in the employment market.

Many employers target the University when recruiting new graduates and our programmes have a designated Careers Tutor who liaises with the University Employability and Graduate Development Service.

For further information about what the careers service offers at Exeter visit **www.exeter.ac.uk/ug/careers**

Examples of the destinations of our recent graduates:

Occupations

Audit Assistant // Brand Manager // Community Rugby Coach // Events Marketing Executive // Fitness Coach // Football Development Officer // Health Improvement Facilitator // Insurance Professional // Lecturer // Officer Cadet // Personal Trainer // Professional Rugby Player // Programme Leader in Sport and Biological Sciences // Recruitment Research // Research Fellow // Research Scientist

Employers

Bourne Teachers // British Army // Cannons // Celsian Education // County and City Councils // Danone UK // Glaxosmithcline // GLL // Havas Sports // Higher Education Institutes // JBS Associates // KPMG // Langley Hospital // Lawn Tennis Association // Medical Research Council // Moffit Cancer Research Centre // NHS // Riverside Leisure Centre // The Football Association // Well-Fit // Welsh Netball Association

Examples of subject areas of further study followed by our graduates:

First Degree Medicine // MEd Teaching and Learning // Medicine // Modular Advanced Study in Education // MPhil // MSc Education // Physiotherapy (Pre-Reg) // Neurodegenerative Disease, Quality of Life Issues // PGCE // PhD in Sport and Health Sciences // PhD Psychology // PhD Sport and Body Pedagogy // PhD Sport and Health Sciences

"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 Collin, BSc Exercise and Sport Sciences

MODULES

KEY C = Core ● = Optional

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 Sport and Exercise Science	BSc Sport and Exercise Medical Sciences
Bioenergetics	C	C	●	
Cells		C		
Cognition, Emotion and Development			C	
Expanding Horizons I				C
Foundations of Biomechanics	C	C		C
Foundations of Exercise and Sport Psychology	C		●	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 Clinical Science I				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		●	C
Sports Training Physiology	C			C

Year 2 Modules

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science	BSc Sport and Exercise Medical Sciences
Advanced Cell Biology		●		
Analytical Techniques in Biochemistry				●
Anatomical Science				●
Biological Basis of Behaviour			C	
Biomechanics and Kinesiology	C	C		C
Cognition and Emotion			C	
Cognition Practicals I and II			●	
Developmental Psychology and Psychopathology			C	
Employability and Career Development	●			
Exercise Physiology	C	C	●	C
Expanding Horizons 2				
Forensic Science		●		
Foundations in Neuroscience				
Genomics and Introductory Bioinformatics		●		●
Immunopathology				●
Integrated Clinical Science 2				C
Introduction to the Law for Non Lawyers	●			
Leadership: Challenges and Practices	●			
Learning and Teaching in Physical Education	●			●
Medical and General Microbiology		●		●
Methods and 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 Good Clinical Practice and Research				C
Professional Development Experience	●	●	●	
Qualitative Methods and Interview Skills			●	
Quantitative Research Methods		C		
Research Methods and Analytical Procedures	C			
Research Skills and Bioethics		C		
Skill Acquisition	●			●
Social Practicals I and II			●	
Social Psychology II			C	
Sport Psychology	C		●	C
Sports Nutrition and Metabolism	●			●
Strength and Conditioning Physiology	●	●		●
Study Abroad (inside the European Union)	●			
Study Abroad (outside the European Union)	●			
Wild Behaviour		●		

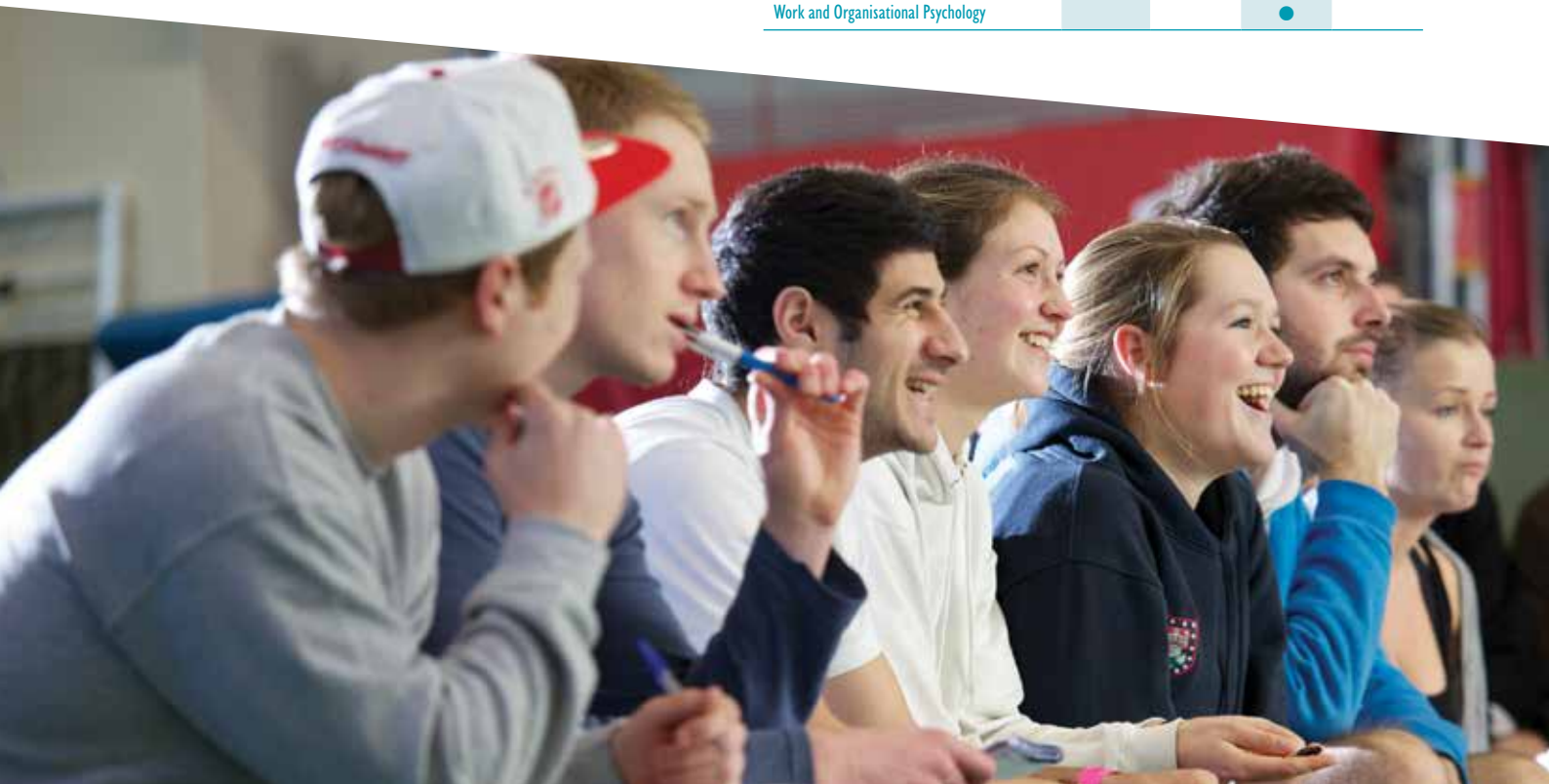
MODULES CONTINUED

KEY C = Core ● = Optional

Final Year Modules

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science	BSc Sport and Exercise Medical Sciences
Advanced Rehabilitation Medicine				C
Applied Social Psychology: Health, Environment and Society			●	
Associative Mechanisms Underpinning Human Addictive Behaviour			●	
Bioinformatics		●		
Biomechanical Analysis 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	●	●	●	●
Communication and Social Groups			●	
Comparative Cognition			●	
Compulsive Behaviour			●	
Contemporary Issues in Psychology			●	
Dissertation or Independent Research Review/ Research Project	C	C	C	C
Employability and Career Development		●		●
Frontiers in Molecular Cell Biology		●		
Integrated Physiology and Adaption to Physical (in)Activity	●	●	●	●
Learning for Teaching: School Experience	●		●	

Module Name	BSc Exercise and Sport Sciences	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science	BSc Sport and Exercise Medical Sciences
Managing Clinical Trials: Putting Science into Practice				●
Medical Imaging – Principles and Applications				C
Methods and Statistics in Psychology III			●	
Microbial Effectors of Disease		●		
Molecular Basis of Infection		●		
Paediatric Exercise Physiology	●	●		●
Parental Psychiatric Disorders and Children's Development			●	
Physiological Determinants of Exercise Performance	●	●	●	●
Processes of Human Memory			●	
Professional Development Experience	●	●	●	
Psychology and Law			●	
Psychology Applied to Health				●
Science Communication		●		
Social Psychology of Prosocial and Antisocial Behaviour			●	
Sport Psychology	●		●	●
Sport, Physical Activity and Health	●		●	●
Sports Nutrition and Metabolism		●		
Stereotypes and Stereotyping			●	
Studying Cognition and Emotion with Brain Imaging			●	
The Associate Mind			●	
The Evolution of Social Behaviour and Social Organisation			●	
The Psychology of Gender			●	
Women's Mental Health			●	
Work and Organisational Psychology			●	



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	During this module you will consider the biological and chemical mechanisms which sustain and support life and form the foundation of exercise physiology.
Expanding Horizons 1	In this module you will begin to develop key skills in scientific writing, literature searching and reflective practice, which will be fundamental to your success at University and in your future career. In small groups, facilitate by researchers in the medical sciences, you will plan, research and write a literature review. The module will also introduce you to the skills of reflective writing. Reflection will help you to consolidate your knowledge and understanding from learning experiences throughout your programme and evidence key employability skills that you will have developed.
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 in 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	This module provides you with a fundamental understanding of the structure and function of the musculoskeletal and cardiopulmonary systems. You'll 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	This module introduces the basic concepts of statistical analyses and provides the foundation for independent quantitative research. You'll learn to effectively collect, use and interpret data from published sources as well as your own data sets.
Sports Training Physiology	This module 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	This module builds upon the *Foundations of Biomechanic*s core module and introduces methods of movement assessment. You'll develop an understanding of linear kinematics and linear kinetics and learn to apply these principles to the analysis of human movement and sports performance.
Integrated Clinical Science 2	This module examines current knowledge of key pathophysiological mechanisms that underpin human disease, alongside key techniques used in the diagnosis, monitoring and treatment of disease. Small group learning and structured supporting sessions are used to provide scientific 'trigger' scenarios that introduce key transferable concepts within the setting of illustrative important diseases. In this module we support and encourage you to develop personal skills such as questioning, problem-solving, explaining and communication in addition to the development of your scientific knowledge.
Introduction to the Law for Non-Lawyers	The module will provide you with an understanding of the English legal system. It will introduce you to the nature and methods of law as well as an ability to apply ethical issues which arise in the legal system and legal profession within a wider context. The structure and functions will give you a basis for analytical discussion of the law and legal issues. As part of the module, you will undertake a project which will require you to work in groups.
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 (PE), school sport then you will find this module very 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, SEN) to knowledge of your subject (eg, dance, principles of games and human movement).
Principles of Good Clinical Practice and Research	This module provides you with an opportunity to look at science in a wider context and to thereby develop your understanding of how science really takes place. Such awareness will be crucial for a successful career in contemporary healthcare research and should prove useful in many walks of life.

MODULES CONTINUED

Research Methods and Analytical Procedures	This module 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 the 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 create 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. Example and applications from current research in the department across a wide spectrum of domains (stroke patients, children with coordination difficulties, athletes, etc.) will be discussed.
Sports Nutrition and Metabolism	Nutrition is currently a very popular subject in relation to the enhancement of exercise and sports performance, in part because of the power of the advertising surrounding these products. However, for many of these nutritional products there is little if any empirical evidence to support their performance enhancing effects. You will learn to critically evaluate dietary advice and nutritional products related to optimising sports performance and training, including 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 then practically suggest 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'll 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	This module 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'll 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	This module 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	This module 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.
Medical Imaging – Principles and Applications	Students taking this module will be introduced to common medical imaging modalities in the context of: the basic scientific principles being used, clinical applications and implications for safe and efficient clinical practice.
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	This module again continues to build on the second year foundations. Emphasis is placed on the scientist-practitioner model as students are learn how to perform a psychological needs analysis and tailor interventions to clients' needs.

ABOUT THE UNIVERSITY OF EXETER

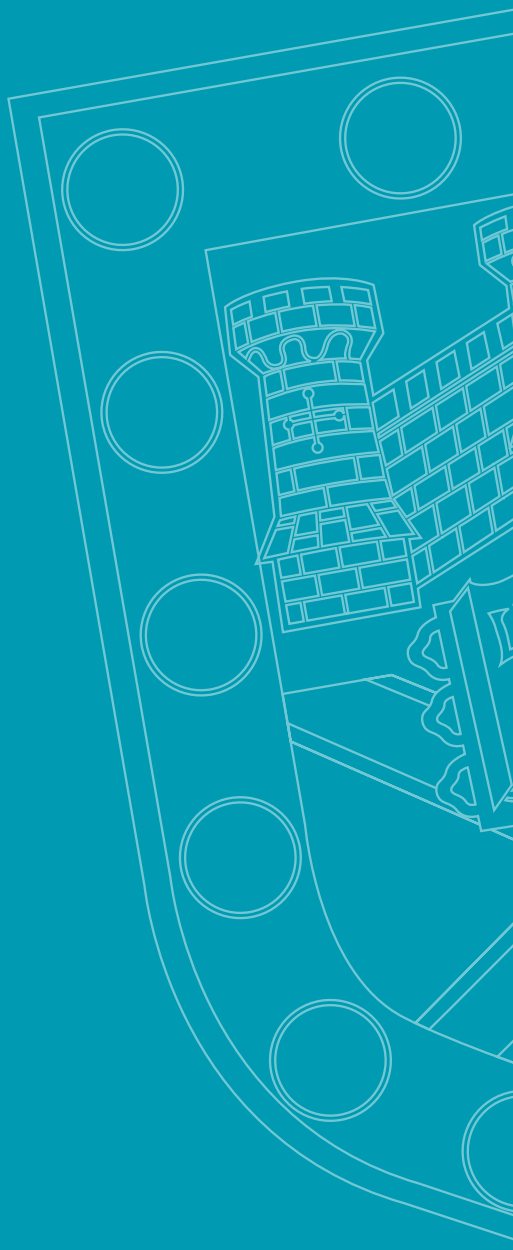
Ranked in the top 100 universities in the world

Top 10 in all major UK league tables

7th in *The Times and The Sunday Times Good University Guide 2016*

Our teaching is inspired by our research, 82% of which was ranked as world-leading or internationally excellent in the 2014 Research Excellence Framework

Six months after graduation, 95% of our first degree graduates were in employment or further study (HESA 2013/14)



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Open Days

You can register your interest now for our Open Days and receive priority access to book your place*; visit **www.exeter.ac.uk/ug/opendays**

** Pre-registration guarantees priority access to the booking system and is not an absolute guarantee of a place at any of our Open Days. Booking is essential and is on a first-come, first-served basis.*

Exeter campuses:
Friday 3 June 2016
Saturday 4 June 2016
Saturday 1 October 2016

Campus Tours

We run campus tours at the Streatham Campus each weekday and at St Luke's Campus on Tuesdays and Fridays, during term time. You will be shown round by a current student, who will give you a first-hand account of what it's like to live and study at the University.

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