

BSC (HONS) IN APPLIED SPORTS SCIENCE

This programme enables the multidisciplinary study of sport and exercise science at a higher level. You will gain a scientific understanding of core principles in human physiology, psychology and biomechanics, for the purposes of supporting elite sporting performance, as well as developing an understanding of the sociological underpinning of sport. You will have the opportunity to study in all major disciplines of sports science, as well as an introduction to research and laboratory skills, and a research project in your final year.

Awarded By:



COURSE CONTENT

Your learning will include lectures, seminars, online activities, workshops, practical tasks, laboratory skills, peer-group learning and independent study.

Our subject specialist staff will deliver highly engaging and interactive, practical and theory sessions in line with their personal expertise and research activities.

Attention is paid to developing generic learning and academic skills required for success in higher education, particularly encouraging you to become an independent and self-motivated learner in order to maximise your full potential. Regular group work and research are key features, where you will gain communication, teamwork, critical thinking and analytical skills to enhance your transition into employment or postgraduate studies.

Assessments include a range of exams, essays, projects, practicals, presentations and reports. Such diversity allows you to experience and refine various academic and professional skills. An Academic Tutor will work with you throughout the duration of your programme, supporting your development and academic progress.

MODULES

YEAR 1

- Introduction to Sport and Exercise Psychology
- Research and Academic Skills
- Human Physiology
- Biomechanics and Human Movement
- Sociology of Sport
- Introduction to Physical Activity and Health
- Principles of Teaching and Coaching
- Injury Prevention

YEAR 2

- Employability and Placement
- Research Methods
- Sport and Exercise Physiology
- Issues in Sport and Exercise Psychology
- Biomechanics of Sports Injuries
- Nutrition for Sports Performance
- Pedagogy in Sport and Physical Education
- Contemporary Issues in Sport
- Sports Development Planning in Practice
- Physical Activity and Health Promotion
- Talent Identification and Development
- Strength and Conditioning

YEAR 3

- Research Project
- Advanced Topics in Exercise & Health Physiology
- Applied Performance Analysis
- Strength and Conditioning Training
- Applied Sport Psychology
- Physical Education and Teaching
- Advanced Topics in Physical Activity and Health
- Advanced Topics in Sports Biomechanics
- Issues in Health and Elite Sport
- Performance Nutrition
- Sports Policy and Governance
- Advanced Topics in Exercise Psychology
- Performance Physiology

ENTRY REQUIREMENTS

[96 UCAS points](#)

GCSEs or equivalent in English Language and Maths at grade 4/C or above.