

Sport & Exercise Science BSc (Hons)



This course provides an excellent combination of up-to-date, research-based theoretical knowledge and practical application of the theory in state-of-the-art facilities.

Worcester has a proven record of excellence in the field of sport and exercise science and this course will interest anyone who has an enthusiasm for sport, exercise and health. Accredited by the [British Association of Sport and Exercise Sciences \(BASES\)](#) it provides a practical insight into scientific studies of sport and ways to integrate that knowledge into the practice and training of different sports. You will study physiology, psychology and biomechanics, as well as modules that explore the way in which these disciplines interact to affect both sporting performance and health. You will also gain a thorough grounding in the investigative and research techniques required in order to work effectively in this field.

This course includes theoretical, practical and vocational elements. Students will experience a range of teaching environments and benefit from a host of state-of-the-art facilities, while the Library has an extensive range of sport and exercise resources, together with online access to Sports Discus.

The Institute has links with universities throughout Europe, USA, New Zealand, Australia and Kenya and you will have the opportunity to study for one semester abroad.

UCAS code



UCAS is the central organisation through which applications are processed for entry onto full-time undergraduate courses in Higher Education in the UK.

Sport and Exercise Science BSc (Hons) C600 BSc/SES

For the latest information, check the UCAS website at www.ucas.com

Study options

Single Honours only (designated modules only plus a selection from other subjects)

Get in touch

Admissions Office

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admissions@worc.ac.uk

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280 UCAS Tariff points including GCSE English and Mathematics at Grade C or above

Modules

Year 1

Foundations of Sport (Psycho-Social)
Introduction to the Scientific Study of Sport
Introduction to Motor Learning & Skill Acquisition
Foundations of Sport (Physiology)
Foundation of Sports (Practical Kinesiology)

Year 2

Biomechanics of Sport & Exercise (for Sports Therapy)
Physiology of Sport & Exercise
Psychology of Sport & Exercise
Research Methods

Year 3

Independent Study (taken over two semesters)
Independent Study (taken in one semester)
Physical Activity & Disease Prevention
Contemporary Investigations In Sport & Exercise Physiology
Enhancing Performance
Physiological Support of the Elite Athlete
Limits to Human Performance
Strength, Power & Speed
Consultancy in Applied Sport & Exercise Psychology

Assessment

Teaching methods for all modules include lectures, seminars, tutorials and a large element of practical, group and teamwork. We aim to provide a learning context that will explore the full potential of all participants and encourage excellence in both theory and practice.

The expertise of the staff includes sports coaching and teaching, match analysis, biomechanics, exercise physiology, sports motivation and sports development. Students may have opportunities to take part in research projects.

Various assessment procedures are used including coursework, essays, reports, seminar papers, oral presentations, practical work and an Independent Study. No module uses entirely exam based assessment.



Michelle Patch

Student, Sport & Exercise Science BSc (Hons)

"I enjoy the scientific side of sport. Sports Nutrition was my favourite module because it was applicable to my degree and taught me a lot about my own lifestyle at the same time. I was also able to take my Basketball coaching qualifications while I was at the University of Worcester. I plan to work in sports development and am already considering doing a Masters degree."

Academic department

[Institute of Sport & Exercise Science](#)

"We are proud of our strong reputation for sporting excellence. Our mission is to enhance the knowledge, skills and understanding of our students so they can continue to make a meaningful contribution to society at all levels."

Mick Donovan, Head of Institute

Employability

With the successful 2012 Olympic bid, opportunities in the field of sport and exercise science are set to increase and this course prepares students for a wide range of careers. Graduates have entered the following occupations: sport and exercise science support, fitness and health industry, sports coaching, sports development, police and armed forces.

Alternatively, you may wish to continue to postgraduate study and other professional qualifications.

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<http://www.worcester.ac.uk/courses/sportexercise-science-bschons.html>